ENRICHMENT WORKSHOP TIMETABLE

26th October to 1st November 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £18					Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*		Art of Self Reiki 12.00pm £18	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*		Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2:00pm £20	Pilates Reformer 2.00pm £25 *Limited Spaces*	Fashion Event 3.00pm **Boutique** *Limited Spaces*		Qigong with Jon Jarvis 12.00pm £18		
	Fashion Event 3.00pm **Boutique** *Limited Spaces*		Premium Skincare Workshop 5.00pm £10 Redeemable*		Fashion Event 3.00pm **Boutique** *Limited Spaces*	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Reclaim your Rest - Sleep Workshop 8:00pm Complimentary	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5:00pm £20		

Beauty Shop - To book call the Beauty Shop on 01664 434 411 or visit the Beauty Shop
*Redeemable against two or more purchases

The Retreat -To book call Treatments on 01664 433 043 or Ext 525

Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness

The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique

To view all timetables and weekly updates, scan our QR code for more information on fitness classes, seasonal focus' and special offers in our retail areas.

EVERYDAY

ADVANCED 3D SKIN ANALYSIS
An in-depth skin analysis consultation, to examine deep within your skin.
£15 Redeemable*

CLARINS MAKEOVER
A makeover to help you find your look.
£25 Redeemable*

BIKES
Bikes and helmets available throughout the day. Visit the Main Reception for route maps.

TENNIS/ PICKLEBALL
Racquets & balls are available from Fitness.

ART SUPPLIES
Capture Ragdale through pastels and our portable easel. Available for complimentary hire at Main Reception.

T&C's apply * - Experiences are subject to change

ENRICHMENT WORKSHOP TIMETABLE

2nd November to 8th November 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning						Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*		Art of Self Reiki 12.00pm £20	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*		Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2:00pm £22		Fashion Event 3.00pm **Boutique** ***Limited Spaces***		Qigong with Jon Jarvis 12.00pm £20		
	Fashion Event 3.00pm **Boutique** ***Limited Spaces***	Reformer Pilates 3.00pm £25 ***Limited Spaces***	Premium Skincare Workshop 5.00pm £10 Redeemable*	Restorative Relaxation 4:00pm ***Limited spaces***	Fashion Event 3.00pm **Boutique** ***Limited Spaces***	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Reclaim your Rest - Sleep Workshop 8:00pm Complimentary	Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5:00pm £22		

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Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness

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