

ENRICHMENT WORKSHOP TIMETABLE

12th October to 18th October

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18		Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2:00pm £20	Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	Fashion Tips Workshop 3.00pm	Cocktail Demonstration 3.30pm £5 redeemable Twilight Bar	Qigong with Jon Jarvis 12.00pm £18		
	Fashion Tips Workshop 3.00pm	Menofit Fitness Class 4.15pm Complimentary	Premium Skincare Workshop 5.00pm £10 Redeemable*	Managing Menopause with Exercise Talk 3.45pm	Fashion Tips Workshop 3.00pm	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Reclaim Your Rest - Sleep Workshop 8.00pm Complimentary Pavilion	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.

ENRICHMENT WORKSHOP TIMETABLE

19th October to 25th October

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Art of Self Reiki 12.00pm £18	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2:00pm £20		Fashion Tips Workshop 3.00pm		Qigong with Jon Jarvis 12.00pm £18		
	Fashion Tips Workshop 3.00pm	Managing Menopause with Exercise Talk 3.45pm	Premium Skincare Workshop 5.00pm £10 Redeemable*		Fashion Tips Workshop 3.00pm	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*		Premium Skincare Workshop 5.00pm £10 Redeemable*	Sound Bathing 5:00pm £20		

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