



WEEKLY BULLETIN

12th October to 18th October 2026

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS



BEAUTY SHOP

A GIFT FOR YOU...

Monday only

Purchase 2 or more ELEMIS
& receive this free ELEMIS gift.
*Limited to one gift per customer,
whilst stocks last.*



*Gift Selection: The Skin Edit ,
The Body Edit, or The Makeup Edit
Please see Beauty Shop for more.*

ELEMIS

Wednesday to Sunday **TASTER TREATMENTS**

- Pro-Collagen Facial
- Sculpting Neck and Jaw Treatment
- Revital-eyes Treatment
- Best Foot Forward
- Hand & Arm Treatment

*£25 booking fee, redeemable
against the purchase of **two** full
size ELEMIS products. **Must be
redeemed on the day of
treatment.***

Medik8 TREATMENT

Tuesday only

Treat yourself to a 25-minute
Medik8 Mini Facial Treatment.

*£25 booking fee which is redeemable
against the purchase of two or
more Medik8 products* after your
treatment. Limited to one **booking
per guest, per promotion.** Please
book in advance by visiting the
Beauty Shop or call Ext. 303.*

A GIFT FOR YOU...

ELEMIS

Wednesday to Sunday

Purchase 2 or more Elemis and
receive the 'Travel Essentials'.

*Limited to one gift per customer,
whilst stocks last.*



CLARINS

MAKE-UP IN MINUTES

Monday only

Book a 25-minute one-to-one
Clarins makeover to discover
your make-up must haves and a
fresh new look.

Learn how to:

- Get the rosy glow
- Quick fix make up
- Create stand out eyes
- Get a perfect base

***£25 booking fee redeemable when
you purchase 2 or more Clarins
products after your makeover.
Must be redeemed on the day of
makeover.***

PREMIUM SKINCARE WORKSHOPS - £10

Join our Clarins or ELEMIS
Experts at one of our VIP
evening workshops. With
expert advice.

Tuesday - **CLARINS**
Wednesday - **ELEMIS**
Thursday - **ELEMIS**

***Held in the Beauty Shop
5:00pm.***

HIGHLIGHTS OF THE WEEK

ENERGY RESET MEDITATION

Tuesday and Saturday | £18 | The Retreat | 10.30am

Gently awaken the body and mind with mindful breathing, quiet reflection, and an uplifting story. As you release tension and set a positive tone for the day ahead, you'll feel ready to welcome new experiences and embrace the adventure woven into the everyday.

RECLAIM YOUR REST SLEEP WORKSHOP with Sarah-Louise

Wednesday | Complimentary | Pavilion | 8.00pm

Struggling with sleeplessness and feeling it affect your wellbeing, work or relationships? Running on caffeine and adrenaline can only last so long. Join expert sleep therapist Sarah Louise for a workshop designed to help you rebuild confidence in your ability to sleep well and learn practical tools for creating a calmer, healthier relationship with rest.

QIGONG with Jon Jarvis

Friday | 12.00pm | Soul Studio | £18

Discover the healing power of the Five Elements in this Qigong class. Through gentle, mindful movements and breathwork, you will balance your body, mind, and energy, supporting overall wellbeing and helping you thrive.

COCKTAIL DEMONSTRATION

Tuesday & Thursday | 3.30pm | Twilight Bar | £5 Redeemable

Experience a live cocktail demonstration with our expert mixologists. Watch as they craft signature drinks, learn about the balance of flavours and techniques, and enjoy tasting each creation. This session tests your knowledge with a fun quiz, and the winner receives a perfectly made cocktail. *£5 off cocktail voucher will be given to redeem against the price of a cocktail in the Twilight Bar.

PRECIOUS MOMENTS with CLARINS

CLARINS LAUNCH Discover it first at Ragdale Hall Spa

Thursday | 2.00pm | Twilight Bar | Complimentary | Limited Space

Join us for an exclusive Clarins experience and discover Clarins Precious, our most luxurious skincare collection. Inspired by the rare Moonlight Flower, this exceptional range combines cutting-edge science with remarkable natural ingredients to help reveal firmer, smoother and more radiant-looking skin. Enjoy expert skincare advice, discover the story behind the collection, and experience its indulgent textures and fragrances.

WEEKLY BULLETIN

19th October to 25th October 2026

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Available Monday Only

Purchase **two** or more Aromatherapy Associates products and receive this free exclusive gift.



Available Tuesday and Wednesday
Purchase **two** or more Clarins products one to be skincare or foundation and choose one of these edits receive this exclusive gift.



Gift Selection: *The Skin Edit*,
The Body Edit or *The Makeup Edit*
Please see Beauty Shop for more.

CLARINS

CLARINS MINI TREATMENTS

Available Tuesday and Wednesday

Book a 25-minute Clarins taster treatment.

Choose from:

- Clarins Radiance Booster Facial
- Clarins Sculpt & Uplift Facial
- Clarins Soothing Hand Ritual
- Personalised Make Up Consultation

£25 booking fee, redeemable when you purchase 2 or more Clarins products (one to be skincare or foundation). Subject to availability. Must be redeemed on the day.

ELEMIS

Thursday to Sunday

Purchase 2 or more Elemis and receive the 'Travel Essentials'.



Thursday to Sunday

ELEMIS treatments available,

Please see Beauty Shop to book. £25 booking fee redeemable against ELEMIS products.

For more information and to book your workshops or masterclass, visit our Beauty Shop or call Ext 303

HIGHLIGHTS OF THE WEEK

CANDLE POOL MEDITATION

Monday, Tuesday & Wednesday | £18 | Candle Pool | 8.30am

The Candle Pool Sound Meditation offers a peaceful escape, allowing you to unwind as the warm water, perfectly matched to your body's rhythm, eases away tension. As you float, surrounded by the glow of candlelight, the calming sounds of Tibetan singing bowls guide you into a state of mindfulness and deep relaxation.

MANAGING MENOPAUSE WITH EXERCISE TALK

Tuesday and Saturday | £18 | The Retreat | 10.30am

Take a seat with fitness expert Dean Hodgkin as he explores the vital role exercise plays during menopause. Through practical demonstrations, expert insights, and easy-to-follow advice, you'll learn how movement can help support energy levels, strength, bone health, and overall wellbeing. Leave feeling informed, empowered, and equipped with achievable ways to make exercise work for you.

QIGONG with Jon Jarvis

Friday | 12.00pm | Soul Studio | £18

Discover the healing power of the Five Elements in this Qigong class. Through gentle, mindful movements and breathwork, you will balance your body, mind, and energy, supporting overall wellbeing and helping you thrive.

SOUND BATHING

Monday | 2:00pm | Friday | 5:00pm | Soul Studio | £20

Join us for a guided journey to the centre of your being, nurturing the garden within. Through meditation and a candle ritual, you'll connect deeply with yourself, embrace your emotions, and create a sacred space for reflection and growth. Take home this meaningful practice to cultivate peace, intention, and the vibrant energy of winter.

TREATMENTS

ELEMIS REFRESH & RESET FACIAL | 25 MINS | £52

Reveal radiant, refreshed skin with this results-driven facial, combining ELEMIS massage techniques with advanced skin technology. Personalise your treatment with a choice of:

ELEMIS Sculpting Cryotherapy – Helps reduce puffiness, sculpt facial contours, and leave skin looking instantly lifted and glowing.

ELEMIS Red Light Therapy – Advanced LED technology helps improve skin tone and texture while brightening and revitalising tired-looking skin.

**Please note this treatment is carried out in the Beauty Express.*

For more information and how to book your sessions, call 01664 433 043 or ext. 525.