WEEKLY BULLETIN

16th November to 22nd November 2026

THIS WEEK'S OFFERS, EVENTS AND PROMOTIONS

BEAUTY SHOP

A GIFT FOR YOU...

Purchase 2 or more Elemis and receive the 'Everyday Rituals' gift set.



Gift Selection:
Frangipani Monoi Oil, Pro Collagen spf 30 Cream, Pro Collagen Cleansing Balm, Skin Bliss Capsules

PREMIUM SKINCARE WORKSHOPS - £10

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

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

Held in the Beauty Shop 5:00pm.

MAKE-UP MASTERCLASS

Held daily in the Beauty Shop at 11.00am.

Do you feel stuck in the same make-up routine? Join our Clarins Expert as they guide you through the latest make-up trends and looks.

£10 booking fee redeemable when you purchase one or more Clarins products after the workshop.

ELEMIS 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.***

ADVANCED 3D SKIN ANALYSIS - ~~£15~~ NOW £10

SPECIAL OFFER

Offering 8 comprehensive observation modes that allow you and your skincare professional to understand your skin's health. Find the best skincare product for you. Recommending Clarins, ELEMIS, Sea Magik and Medik8 skincare products. *Bookable via Beauty Shop. Available daily. £15 booking fee redeemable against the purchase of two recommended products after consultation.*

Scan the QR code and learn more about whats happening at the Hall this Autumn with our Seasonal Focus **'Rest'**



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

HIGHLIGHTS OF THE WEEK

SOUND BATHING

Monday | 2:00pm | Friday | 5.00pm | Soul Studio | £22

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.

THE ART OF SELF REIKI

Wednesday | 12.00pm | Soul Studio | £20

A gentle, meditative practice that empowers you to channel healing energy into your own body. Whether you're new to Reiki or deepening your practice, this session offers a chance to reconnect with yourself, restore balance, and experience a deeper sense of mindfulness.

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 | £20

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.

TREATMENTS

PRO EXPERT DEEP HEALING MASSAGE

TREATMENT TIME: 70 MINUTES PRICE: £110

A Deep Healing Massage designed to relieve tension and promote relaxation by blending Clarins' expertise with Thai massage techniques for a deep massage designed to release muscle tightness and enhance flexibility. Skin is nourished, tension is released, and mindfulness is restored.

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