

Feed Your Skin Week

Programme

with **ELEMIS**

Monday 18th - Sunday 24th February 2019

Diet is recognised as a vital source of nutrients required for daily health maintenance and the appearance of our skin.

This week, we will be powered by potent ingredients to smooth, firm, renew and refresh your skin with a healthy and balanced skincare regime.

Start your new skin story this week with the latest trends from ELEMIS



RAGDALE HALL

a dedicated **SPA** like no other

SUNDAY 17th February

8.45pm - The Atrium - A Feast for your Skin

Join us and discover a green and balanced skincare diet to leave your complexion feeling deeply nourished and replenished, with the latest trends from ELEMIS

MONDAY 18th February

25-minute Taster Treatments available all day in the Beauty Shop with ELEMIS

See back page for details

11.40am - Thermal Spa Entrance - SPA Ceremony*

**Places are limited, please visit the Beauty Shop or call 303 to book*

Join ELEMIS for an interactive session guiding you through an application of face and body products before inviting you to enjoy a Thermal Spa experience

5.05-5.55pm - Studio One - Candlelight Stretch

Join us for an all over body mobility and stretch class, a great end to a busy day

8.45pm - The Pavillion - Your Ultimate Guide to a Better Night's Sleep

Let Sarah-Louise guide you through a practical demonstration aimed at relieving mental stresses, promoting deep relaxation and improving sleep quality

TUESDAY 19th February

25-minute Taster Treatments available all day in the Beauty Shop with ELEMIS

See back page for details

11.40am - Thermal Spa Entrance - SPA Ceremony*

Join ELEMIS for an interactive session guiding you through an application of face and body products before inviting you to enjoy a Thermal Spa experience

8.45pm - Studio Two - Health and Healing from the Garden

In this interactive session, Heli will explore the natural healing properties of plants, herbs and vegetables. From your kitchen cupboard to your garden, she will guide you in through nature's own medicine chest for maintaining healthy and nourished skin

WEDNESDAY 20th February

25-minute Taster Treatments available all day in the Beauty Shop with ELEMIS

See back page for details

9.05-9.55am - Studio One - Beginners Aerobic Fat Burner

Join us for a traditional aerobics class, putting together a routine with aerobics moves, a great way to start your day

11.40am - Thermal Spa Entrance - SPA Ceremony*

Join ELEMIS for an interactive session guiding you through an application of face and body products before inviting you to enjoy a Thermal Spa experience

8.45pm - The Atrium - A Feast for your Skin

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THURSDAY 21st February

25-minute Taster Treatments available all day in the Beauty Shop with ELEMIS

See back page for details

11.40am - Thermal Spa Entrance - SPA Ceremony*

Join ELEMIS for an interactive session guiding you through an application of face and body products before inviting you to enjoy a Thermal Spa experience

4.05-4.55pm - Studio Two - Roll and Release

Using foam rollers, spiky balls and a range of stretching and self-massage techniques, this session will encourage healthy functioning fascia for pain free motion

8.45pm - Studio Two - Facial Aerobics

Ever wished that you could roll back the years, and look and feel 10 years younger than you really are? Well, you can! With this updated version of Facial Aerobics we will introduce you to a 10-minute routine of face and massage exercises that really work

FRIDAY 22nd February

25-minute Taster Treatments available all day in the Beauty Shop with ELEMIS

See back page for details

11.40am - Thermal Spa Entrance - SPA Ceremony*

Join ELEMIS for an interactive session guiding you through an application of face and body products before inviting you to enjoy a Thermal Spa experience

8.45pm - The Atrium - A Feast for your Skin

Join us and discover a green and balanced skincare diet to leave your complexion feeling deeply nourished and replenished, with the latest



SATURDAY 23rd February

25-minute Taster Treatments available all day in the Beauty Shop with ELEMIS

See back page for details

11.30-11.55am - The Exercise Pool - HIIT the Water

A fun, fat burning class deploying the current hot trend of high intensity interval training

11.40am - Thermal Spa Entrance - SPA Ceremony*

Join ELEMIS for an interactive session guiding you through an application of face and body products before inviting you to enjoy a Thermal Spa experience

8.45pm - Studio Two - Household Remedies

Some health problems can be exacerbated by the cold and dark of winter, such as colds/flu, arthritis, dry skin, SAD, as well as symptoms from overindulgence in rich food and alcohol. We all have ways of dealing with these ailments, so join Adrian in tonight's talk and discover the less well-known, more unusual and even bizarre cures!

SUNDAY 24th February

25-minute Taster Treatments available all day in the Beauty Shop with ELEMIS

See back page for details

11.40am - Thermal Spa Entrance - SPA Ceremony*

Join ELEMIS for an interactive session guiding you through an application of face and body products before inviting you to enjoy a Thermal Spa experience

8.45pm - Studio Two - Laughter Therapy

Destress, lift your mood and have fun with Laughter Yoga, discovering new ways to laugh! Adults laugh 10 times a day, children 400 times a day... fancy doing something about it? Come and have a laugh.

Gift With Purchase

Receive this beautiful complimentary gift when you purchase **two** ELEMIS products*



Gift contains:

- Frangipani Mono Body Cream 50ml
- Pro Radiance Cream Cleanser 30ml
- Soothing Apricot Toner 50ml
- Pro-Collagen Oxygenating Night Cream 15ml

Or **UPGRADE YOUR GIFT** and receive a Sweet Orchid Body Oil 100ml gift when you purchase three or more ELEMIS products.

**One to be skincare. One gift per customer, whilst stocks last. Not to be used in conjunction with any other ELEMIS offer.*

Taster Treatments

Book in for one of our ELEMIS 25-minute Taster Treatments this week

Available everyday in the Beauty Shop**

- **Superfood Pro-Radiance Facial**
- **Refresh and Renew**
- **Facial Sculpting Neck and Jaw Treatment**
- **Revital-Eyes Treatment**
- **Best Foot Forward**
- **Hand and Arm Treatment**

Visit us in the Beauty Shop, or call us on ext. 303 to make a booking

***A £20 booking fee will be redeemed upon the purchase of two or more ELEMIS products on the day. One treatment per guest, per promotion.*

Treatment Offer

Book two or more specialised ELEMIS treatments this week and take home this beautiful ELEMIS gift **FREE*****



Worth
£36

ELEMIS Embrace
Life Elixir Candle

Simply book **two or more** of the following treatments to begin your journey with ELEMIS:

- **Sole Delight Foot Treatment**
- **Mineral Body Bliss**
- **Garden of England Rose Restore**
- **Deep Tissue Massage**
- **Pro-Collagen Age Defy Facial**
- **Bespoke BIOTEC Facial**
- **Ultimate BIOTEC Facial**
- **Dynamic Resurfacing Precision Peel Facial**
- **Intensely Cleansing Salt Scrub**
- **Body Nectar Nourishing Flotation – Frangipani**
- **Deep Tissue Massage**
- **Peaceful Pregnancy Massage**

Alternatively, if you book the following specialist ELEMIS **All-in-One** treatment, you will receive the free gift:

- **Signature Absolute Spa Ritual**
115 mins - £120

Visit us at the Treatments Reception Desk, or call us on ext. 5250 to make a booking.

****Both treatments must be booked by the same guest. Not to be used in conjunction with any other offer or discount.*

RAGDALE HALL — SPA —

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