

Forever Young Week

Programme

Monday 9th to Sunday 15th September 2019

ELEMIS

This week it's all about *YOU*. Join us for a week of activities and promotions designed to help you look and feel 'Forever Young'.

From results-driven skincare and treatment offers from ELEMIS, the UK's number one skincare brand, to exercise sessions, talks and demonstrations that focus on health and wellbeing from the inside - we're confident you'll leave us feeling re-energised, and looking fabulous.

RAGDALE HALL
SPA

ELEMIS

SUNDAY 8th SEPTEMBER

8.45pm - The Atrium - Rose Infused Top Tips for Younger Looking Skin with ELEMIS

So, why rose? The versatility of extracts that can be produced from this humble flower include beautifully fragrant, soothing and calming essential oils, rejuvenating vitamins and fatty acid rich oil from its seeds. Rosehip seed oil has even been touted as 'nature's retinol'! Together can create an entire rose-infused routine, so you can reap the full benefits of this beautiful bloom throughout your skincare, both day and night.

MONDAY 9th SEPTEMBER

Taster Treatments with ELEMIS available all day in the Beauty Shop

See back page for details.

11.40am - Thermal Spa Entrance - Spa Ceremony with ELEMIS

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

Places are limited - please book in advance via the Beauty Shop and arrive in swimwear.

8.45pm - The Garden Room - Live Music with Charlie

After an amazing day, what better way to relax and stay forever young whilst enjoying the surrounds of the Garden Room whilst Charlie entertains you with his music.

TUESDAY 10th SEPTEMBER

Taster Treatments with ELEMIS available all day in the Beauty Shop

See back page for details.

11.40am - Thermal Spa Entrance - Spa Ceremony with ELEMIS

For details, see Monday.

Places are limited - please book in advance via the Beauty Shop and arrive in swimwear.

4.05-4.30pm - Exercise Pool - Aquaflex

Using water woggles and floats to tone your target areas both above and below the waterline.

8.45pm - The Beauty Express - Create-Your-Own Treatments with Pic 'n' Mix!

Come along to this interactive Beauty Express demonstration where you will be given the opportunity to trial and experiment our fantastic range of treatments in order to be able to create your own. Our Pic 'n' Mix treatments are creative and fun, so this demonstration is definitely not to be missed!

Places are limited - please arrive early to avoid disappointment!

WEDNESDAY 11th SEPTEMBER

Taster Treatments with ELEMIS available all day in the Beauty Shop

See back page for details.

11.40am - Thermal Spa Entrance - Spa Ceremony with ELEMIS

For details, see Monday.

Places are limited - please book in advance via the Beauty Shop and arrive in swimwear.

6.00pm - The Beauty Shop - VIP ELEMIS Skincare Masterclass

Join us for a complimentary glass of wine and learn from the experts. £10 booking fee redeemable against two or more ELEMIS skincare purchases.

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

A great night's sleep is a fantastic way of helping you stay *Forever Young*. Let Sarah-Louise guide you through a practical demonstration aimed at relieving mental stresses, promoting deep relaxation and improving sleep.



THURSDAY 12th SEPTEMBER

Taster Treatments with ELEMIS available all day in the Beauty Shop

See back page for details.

9.05-9.55am - Studio One - Intermediate Step

A traditional step class based around choreography or power blasts. Keeping your heart rate up, you'll leave feeling revitalised.

Places are limited - please book via the Gym or on ext. 318. Please note this is a higher intensity class.

11.40am - Thermal Spa Entrance - Spa Ceremony with ELEMIS

For details, see Monday.

Places are limited - please book in advance via the Beauty Shop and arrive by the entrance of the Thermal Spa in swimwear.

8.45pm - The Lounge - Hypnotherapy

Join Dr Heli tonight to learn how Hypnotherapy can contribute to your overall wellness. Find out how it can help with different types of phobias, anxiety disorders and stress-related complaints.

FRIDAY 13th SEPTEMBER

Taster Treatments with ELEMIS available all day in the Beauty Shop

See back page for details.

11.40am - Thermal Spa Entrance - Spa Ceremony with ELEMIS

For details, see Monday.

Places are limited - please book in advance via the Beauty Shop and arrive in swimwear.

5.05-5.50pm - Studio One - Sunset Stretch

An all over body mobility and stretch class, a great end to a busy day.

Places are limited - please book in advance via the Gym or on ext. 318.

8.45pm - The Atrium - Rose Infused Top Tips for a Younger Looking Skin with ELEMIS

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SATURDAY 14th SEPTEMBER

Taster Treatments with ELEMIS available all day in the Beauty Shop

See back page for details.

11.40am - Thermal Spa Entrance - Spa Ceremony with ELEMIS

For details, see Monday.

Places are limited - please book in advance via the Beauty Shop and arrive in swimwear.

8.45pm - Studio Two - Discover Your Aura

Join us for a special evening of discovery by making you more open to the energy field that surrounds you, in a fun, practical and thought-provoking way, including a lesson in levitation.

SUNDAY 15th SEPTEMBER

Taster Treatments with ELEMIS available all day in the Beauty Shop

See back page for details.

11.40am - Thermal Spa Entrance - Spa Ceremony with ELEMIS

For details, see Monday.

Places are limited - please book in advance via the Beauty Shop and arrive in swimwear.



Gift With Purchase

Your **FREE** gift when you purchase **two or more** ELEMIS products, one to be skincare*. Includes:
 15ml Pro Collagen Marine Mask
 15ml Pro Collagen Marine cream
 30ml Pro Radiance Cream Cleanser

Worth
£47



Worth
£21

In addition receive a Golden Azahar Body Balm (120ml) when your purchase **three or more** ELEMIS products, one to be skincare*.

**One complimentary gift collection per customer, while stocks last.*

Taster Treatments

Available all week in the Beauty Shop

Book a 25-minute Taster Treatment in the Beauty Shop any day this week. All treatments have a £20 booking fee which can be redeemed against the purchase of **two or more** ELEMIS products**.

Choose from:

- Smooth the Lines Facial
- Refresh and Renew Facial
- Sculpting Neck and Jaw Treatment
- Revital-eyes Treatment
- Best Foot Forward
- Garden of England Rose Restore Hand & Arm Treatment

To make a booking, please visit the Beauty Shop or call ext. 303.

***One treatment per guest, per promotion, excludes accessories.*

Treatment Offer

Book **two or more** specialised ELEMIS treatments and take home a beautiful, complimentary ELEMIS Peptide gift*** containing:

Worth
£50



- Gentle Foaming Face Wash 150ml
- Peptide⁴ Recovery Night Cream-Oil 30ml
- Peptide⁴ Eye Recovery Cream 5ml
- Peptide⁴ Thousand Flower Mask 15ml

Simply book **two or more** of the following ELEMIS treatments to receive your free gift:

- Deep Tissue Massage**
55 minutes - £78
 - Life Elixir Mindful Massage**
90 minutes - £99
 - Mindful Flotation**
60 minutes - £69
 - Intensely Cleansing Salt Scrub**
30 minutes - £43
 - Peaceful Pregnancy Massage**
85 minutes - £95
 - Pro-collagen Age Defy Facial**
75 minutes - £94
 - Mineral Body Bliss**
55 minutes - £74
 - Sole Delight Foot Treatment**
50 minutes - £55
 - Bespoke Biotec Facial**
60 mins - £79
 - Ultimate Biotec Facial**
90 mins - £104
- Alternatively, if you book the following specialist ELEMIS **all-in-one** treatment you will receive the free gift: **Signature Absolute Spa Ritual**
115 minutes - £120

To make a booking, please visit the Treatments Reception or call ext. 5250.

****This offer cannot be used in conjunction with any other offer.*

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