

Daily Activities Timetable

TIME	MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:30am	Crystal Meditation £10 20 minutes ●			Crystal Meditation £10 20 minutes ●					
11am	Age with Beauty Makeup Masterclass £10 ●	Flawless Finish Makeup Masterclass £10 ●		Day to Night Makeup Masterclass £10 ●	Age with Beauty Makeup Masterclass £10 ●	Day to Night Makeup Masterclass £10 ●		Flawless Finish Makeup Masterclass* £10 ●	Easy Sunday Makeup Masterclass* £10 ●
2pm	Good to Glow Skincare Workshop <i>Complimentary</i> ●	Spa at Home Skincare Workshop <i>Complimentary</i> ●	Tennis Group Sessions £15 45 minutes ●	Love the Age You Are Skincare Workshop <i>Complimentary</i> ●	Skincare for Beginners Workshop <i>Complimentary</i> ●	Quick Skincare for Busy Lifestyles Workshop <i>Complimentary</i> ●	Cocktail Masterclass £20 1 hour <i>(Last Friday of the month)</i> ●	Good to Glow Skincare Workshop <i>Complimentary</i> ●	Spa at Home Skincare Workshop <i>Complimentary</i> ●
3pm		Fashion Tips Workshop <i>Complimentary</i> ●				Fashion Tips Workshop <i>Complimentary</i> ●			

TAKING PLACE DAILY		
<p>Elemis Skin Lab</p> <p>A 3D skin and facial mapping analysis using clinical imaging to identify dehydration, UV damage, wrinkles, problem pores, areas of sensitivity. £10, redeemable against the purchase of two Elemis products (excluding accessories). ●</p>	<p>Clarins Makeovers</p> <p>Whether you're looking to enhance your natural beauty or learn how to take your look from day to night, our makeovers are designed to give you the know how to recreate at home. £20, redeemable against the purchase of two Clarins products (excluding accessories). ●</p>	<p>Complimentary Makeup Service</p> <p>Choose one area for our Skincare experts to give you tips and tricks. Base Bronze & blush Eyes Lips ●</p>

NB: All activities are subject to availability.

● The Retreat ● Tennis Courts ● Beauty Shop ● The Lounge ● Twilight Bar

Green, orange and purple – Please call our Treatments Team on 01664 433043 or visit our Treatments Reception.

Pink – Please call our Beauty Shop Team on 01664 434411 ext. 303 or visit the Beauty Shop.

Blue – Please call the Boutique on 01664 433089 or visit the Boutique.