



Lifehouse Daily Talks & Workshops

Every day in March

Join us for complimentary talks & workshops every day. Talks & workshops change daily and are free of charge. Please ask Spa Reception for more information.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wellness & Fitness Talks (Spa Lounge) 11.10 - 11.40am	Spring Dietary Cleansing Made Easy	Guasha natural facelift demonstration	Reiki demystified	Health MOTs	Understanding Crystal Healing	Mind body spirit: healing from the inside out	Fitness hacks to improve your exercise experience
Spa Retail Workshops (Spa Retail Shop) 2.30 – 3.00pm	Skin Masterclass Discover the secrets to beautiful skin						

10% off colour coded voucher to be distributed at the end of each session. Only valid on the day for retail or must book a session on the day for the future. Free beauty samples with every spa retail purchase using voucher.

