



Lifehouse Daily Talks & Workshops

Every day in February

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	Gut Health and the microbiome	Guasha natural facelift demonstration	Reiki demystified	Health MOTs	Understanding Crystal Healing	Fitness hacks to improve your exercise experience	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.

