

RELAX...we tell you how!

Submitted by: Ragdale Hall Spa

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In need of some relaxation?

Exhausted, stressed, tired, run-down and hassled are all things many of us feel these days, no matter what our lifestyle. With the excessive demands on our time and energy, either at work or at home with the children, many of us are in danger of forgetting how to relax and are getting stuck in a rut.

The need for a break every now and then is becoming more and more apparent on many people's faces. If anyone has commented that 'you look tired' recently, it's time to STOP, think of yourself and don't feel guilty about grabbing five minutes of me-time. So if you need to put some yummy back into your mummy, rejuvenate your weary soul, recharge your batteries and get rid of those knots, we have the perfect solution.....

Designed by our spa and fitness experts, the Recharge and Relax Week at Ragdale Hall promises to offer ultimate relaxation for the mind, body and soul, plenty of self indulgent 'me' time/'us' time and chance for some vital recuperation.

Included in the special week, which is to be held from Monday 25th February to Sunday 3rd March 2013, will be a Relax and Unwind Class, a Meditation Workshop, a talk on How to Relieve Stress and Sleeplessness with Dr Heli Goode, not to mention plenty of pampering treatments to choose from, some healthy but indulgent food and unlimited use of the luxury Thermal Spa (a playground for adults) and much much more.

Download a full programme of events here.

(http://www.ragdalehall.co.uk/cmsAdmin/uploads/recharge-&-relax-programme-march-2013_001.pdf)

All this, confined within the protective walls of this truly idyllic place, is a haven far removed from the outside world....sounds tempting – check out our spa days

(<http://www.ragdalehall.co.uk/spa-days.php/Spa-Days-1/>), spa breaks

(<http://www.ragdalehall.co.uk/spa-breaks.php/Spa-Breaks-1/>) and special offers

(<http://www.ragdalehall.co.uk/spa-offers.php>) and book in with us during this week. You won't regret it and we know you'll leave feeling like a new person, on top of the world and ready to face whatever may come your way.

For further information contact Vicki Taylor, Marketing Manager.

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