

WOOF! SURF'S UP

Duuude, watch me hang five!



This rip is barking!

It's for a good cause – the event has raised £15,000 for charity



This year California, next year Newquay! San Diego's annual surf dog comp could be heading here soon!

Sleep saviour?



Does Kush work or is it a storm in a C cup?

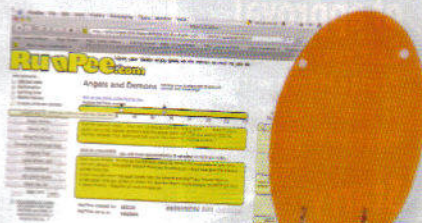
Ladies with large chests are getting support from Kush – a plastic device which helps prevent cleavage wrinkles! Go to www.kushsupport.co.uk.



Must-see website

www.runpee.com

Ever been at the cinema watching a great film, but needed the loo and missed the best scene? Now you can pre-plan your toilet breaks for the boring bits! You'll never miss a tear-jerking moment like Renée Zellweger uttering 'You had me at hello' ever again!



Toilet trouble? Just run and pee!

EVENT DATE
11-13 Oct
2009



Come spa with us

Join **Woman's Own** for a luxury break at Ragdale Hall

Fancy a treat? Why not club together with friends and join the **Woman's Own** team for a relaxing spa break at the award-winning Ragdale Hall. Book without delay to avoid disappointment!

YOUR TWO-NIGHT BREAK INCLUDES

- Welcome drink on arrival at 2.30pm and tour of Ragdale Hall.
- Meet and greet the **Woman's Own** team.
- Two nights' accommodation (to stay a third night, see How To Book).
- Breakfast, lunch and delicious dinners.
- Clarins gift*, worth £23.98.
- **Woman's Own** goody bag**, worth over £46.
- 25-minute Clarins Facial.
- 25-minute Back, Shoulder and Neck Massage.
- Evening events: Ragdale Hall Fashion Show, plus a 10 per cent off voucher for Ragdale Boutique; join Clarins experts for a skincare demo and make-up session.
- Use of all spa facilities, including the new Thermal Spa.
- To view all spa treatments and facilities, go to www.ragdalehall.co.uk. Offer is subject to availability.



HOW TO BOOK



CALL 01664 433 000 AND QUOTE WOMAN'S OWN

Cheques should be made payable to Ragdale Hall. Or you can pay by MasterCard, Visa or Maestro. Deposit cheques of £100 are to be made payable to Ragdale Hall. Final balance to be settled on departure. Terms and conditions apply.

PRICES BASED ON TWO PEOPLE SHARING

- Economy £229pp
- Standard/Lodge £265pp
- Superior £279pp

WHY NOT STAY AN EXTRA NIGHT?

If you'd like to extend your stay, you can book Tuesday, 13 Oct 2009. This extra night costs £119, and includes three meals and a Conditioning Hand Treatment.

*Clarins gift is an Eau Ressourçante Spray 50ml (image shown is 100ml) and an Eau Ressourçante Silky-Smooth Body Cream
**Goody bag contents may vary subject to availability