

# HOW TO *spa*

A whole new sense of well-being is just waiting to be discovered at the Vale Spa.

## OPENING TIMES

**Monday - Friday**

**9.00am - 8.00pm**

**Weekends and Bank Holidays**

**9.00am - 6.00pm**

**N.B.** Facilities close 30 minutes prior to closing time.

**Please arrive 20 minutes before your treatment time and note that late arrivals will not receive an extension to their scheduled treatment time. Treatments less than 55 minutes do not include use of the spa or leisure facilities, robe, towel and slippers. Treatments of 55 minutes or more include a strict 60 minutes use of spa facilities either before or following treatment.**

**N.B.** 5 minutes aftercare will be added to all treatment times.

## WHAT TO BRING

Towel, robe and slippers are provided for guests enjoying a body or facial treatment of 55 minutes or more. You will need to bring swimwear for wet and heat facilities.

**N.B.** One complimentary robe per client per day. £10 charge applies for any further robes.

## SPA ETIQUETTE

Please respect your fellow spa-users' right to peace and privacy whilst in the Spa. Relaxation zones are for reading, sleeping or quiet contemplation. Mobile phones are not permitted in this area.

**N.B.** All spa visitors will need to be 18 years of age or older.

## ADVANCE BOOKINGS

We highly recommend booking your treatment in advance to ensure your preferred time and service is available.

With four individually inspired suites, we are able to offer you and a friend or loved one the ultimate experience of lying side by side to enjoy your treatments.

## HEALTH & PREGNANCY

Certain medical conditions may preclude you from some of the treatments available. Please advise of any health conditions, allergies or injuries at time of booking. If you are pregnant we will be happy to advise you of suitable treatments.

## PAYMENTS

We take a credit/debit card number at time of booking for full payment on all appointments to secure your reservation. Please ensure you settle all charges before leaving the spa. No shows or cancellations made within 24 hours of the scheduled time will incur a 100% charge. Booking payments are non-refundable but can be transferred.

## SPA DAYS *planner*

A day spent at the Vale Spa is the ultimate in indulgence and relaxation. As our guest you can spend the day making full use of all of our facilities, including the pool, whirlpool bath, sauna, steam room, gymnasium and our five bespoke relaxation zones. You would be most welcome, should you choose, to participate in any of our Health Club classes on offer.

Spa High Tea, snacks, hot drinks and even a glass of Prosecco or Champagne can be purchased should you wish. We would ask you to arrive by 9.30am and make yourself available until 6.00pm. Whether you want to de-stress, recharge or just be thoroughly indulged - the choice is yours!

### SENSORY

Includes tea or coffee on arrival, a 55 minute treatment of your choice, two course buffet lunch.

£85

### SERENITY

Includes tea or coffee on arrival, a 70 minute treatment of your choice, two course buffet lunch and a glass of wine.

£115

### SANCTUARY

Includes tea or coffee on arrival, two x 55 minute treatments of your choice, two course buffet lunch and a glass of Prosecco.

£145

\*Monday-Friday prices, £10 supplement for Saturday and Sunday.



**N.B.** Health Club class bookings subject to availability on the morning of arrival. Spa High Tea reservations require 24 hours notice. 5 minutes aftercare will be added to all treatment times.

## YOUR SPA DAY, YOUR WAY...

Choose your treatment to suit your needs

### 70 MINUTES

- Clarins Signature Facial
- Temple Spa Red Carpet Miracle Facial
- Deluxe Aromatherapy Full Body Massage
- Temple Spa Rocks of the Mediterranean Massage
- Top to Toe Face and Body Treatment

### 55 MINUTES

#### BODY MASSAGE

- Swedish Full Body Massage
- Chakra Balance Massage
- Aromatherapy Massage
- Exfoliating Drizzle Massage
- Temple Spa Work It Out Full Body Massage

#### BODY TREATMENTS

- Temple Spa Go Figure Body Treatment
- Temple Spa Glorious Mud Treatment
- Vale Soul Revivor Treatment

#### FACIALS

- Clarins Aromatic Balancer Facial
- Temple Spa My Kinda Skin Prescriptive Facial
- Vitamin C Boost Facial
- Timeless Beauty Facial
- Youth Booster Facial
- Clarins Men's Skin Blitz Facial

## VALE SPA *Autograph* COLLECTION

Our beautiful Autograph Collection is designed for all ages and focuses on turning back time leaving "Ageless Beauty". Our beautiful decadent range of mind relaxing facials will leave you feeling totally pampered and skin beautifully radiant, plump and flawless. Our Body treatments are designed to relieve all muscle tension from head to toe and release any blocked energy the body can succumb to on a daily basis, accompanied with our tailored made essential oils the body and mind will feel like it has travelled on a journey of pure bliss.

## FACIALS

### VITAMIN C BOOST FACIAL

55 MINS | £65

Skin can look tired and dull from the day to day elements, pollution, stress and not enough water. Drench and boost the skin with our infusion of Vitamin C. Active vitamins work on penetrating much deeper into the epidermis and dermis of the skin aiding hydration, repair, protection, and firmness, leaving the skin looking visibly beautiful.

### TIMELESS BEAUTY FACIAL

55 MINS | £65

Roll back the years with our anti aging facial. Your therapist will use long lymphatic movements zoning in on the neck, jawline, cheeks, forehead and concentrating on the eyes. Using ingredients such as collagen and vitamin E this facial is designed to work on the cell structure of the skin in turn leaving it rejuvenated, restored, hydrated with a dew like appearance.

### YOUTH BOOSTER FACIAL

55 MINS | £65

You may have youth on your side but skin can become congested, shiny and excessively oily. This is due to increased androgen levels which produces excess oil in the pores of the skin. A triple exfoliation using a fruit enzyme which munch away at dead skin leaving the it deeply cleansed and exfoliated, working with sensitive products so not to over stimulate the skin.

## MASSAGE

### CHAKRA BALANCE MASSAGE

55 MINS | £65

The concept of Chakra originates from the ancient Indian healing art of Ayurveda. There are 7 energy centres along the spine that are believed to connect your sub-conscious with your body and a Chakra Re-Balance seeks to help restore your balance in your Chakra system. You will be able to choose from one of 4 specially prepared essential oils to specifically resonate with your needs - Calm, Restore, Nurture and Awaken and gentle touch combines with long soothing strokes combine to help re-discover yourself.

### RESTORATION WAVE MASSAGE

55 MINS | £65

Inspired by the tides of the oceans this massage will help you change to way you breath, move and think. Just like the waves, gentle rhythmical strokes using mainly forearms follow a continuous flowing motion that help heal old wounds and bring joy to your body. Four unique essential oils will be offered - each with their own unique properties to reflect your personal , physical and spiritual needs.

### TRADITIONAL SWEDISH MASSAGE

55 MINS | £65

The world's favourite traditional massage and one as popular today as ever.. A massage that helps sooths muscles, aids blood circulation, helps flush out toxins , helps keep tendons and ligaments supple and generally helps you relax and feel pretty good all over. Softer strokes and the more delicate and bonier parts of your body combined with deeper and stronger strokes where he muscle is thicker will leave you feeling relaxed and ready for whatever life brings next.



## TREAT YOUR *body*

### TARGETED CELLULITE LEG TREATMENT 40 MINS | £50

A brisk body brush stimulates the blood flow and gets the lymphatic system flowing. Followed by a full leg exfoliation to lift dead skin cells and break down toxins. A deep drainage massage using Clarins Anti Eau aromatherapy oil (designed for cellulite). Followed by an application of Clarins Total Body Lift to upper leg concentrating on cellulite areas.

### TEMPLE SPA WORK IT OUT MASSAGE 55 MINS | £65

A detoxifying massage that helps sculpt the body, relieve fluid retention and work out tired muscles. Full body brushing combined with deep tissue, lymph draining massage all help improve circulation, work our knots & tension and start the detox process.

### EXFOLIATING DRIZZLE MASSAGE 55 MINS | £65

Warm oil is drizzled over the area and blended with Welsh sea salts. This leaves you feeling relaxed and calm with all the skin softening benefits of a body polish.

### TEMPLE SPA GO FIGURE 55 MINS | £65

*A firming, toning, tightening body detox treatment*

Need a bit of help with the wobbly bits? Hips, thighs & abs are exfoliated then worked on with detoxifying & lymph draining massage techniques, an intensive marine mud wrap is applied and finally a friction rub with Go Figure anti-cellulite gel. One treatment is fab, a course of six is amazing!

### TEMPLE SPA ROCKS OF THE MEDITERRANEAN MASSAGE 70 MINS | £75

Head-to-toe thermal treatment that harnesses the touch of warm basalt lava stones and the superb benefits of the heat on the body. Muscles are exceptionally relaxed and rejuvenated. Trust us, it's an experience you must have at least once in your life.

### CLARINS SIGNATURE BODY TREATMENT 70 MINS | £75

Clarins Signature Body Treatments combine high-performing plant extracts with the power of Clarins manual massage movements. A highly personalised consultation before each treatment allows the Beauty Therapist to create a targeted, made-to-measure experience with results you will both see and feel.

### LIPOFIRM 55 MINS | £75

The ultimate non-invasive solution for inch loss, body sculpting, cellulite removal and skin tightening. Your treatment may be accurately targeted to your areas of concern. Fantastic results may be achieved on both men and women, for stomach, calves, thighs, buttocks and arms.

### GLORIOUS MUD 55 MINS | £65

This heavenly treatment starts with a lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smothered all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt so good.

## FEED YOUR *face*

### LIPOFIRM LIFT FACIAL 55 MINS | £65

Lipofirm PLUS radio frequency facial treats sagging skin on the neck, décolleté and face along with wrinkles, enlarged pores and loss of elasticity. The Lipofirm facial improves and tightens the skin's appearance painlessly, without post-op downtime.

### CLARINS AROMATIC BALANCER 55 MINS | £65

Oily, congested, dry and dull, dehydrated, sensitive... Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

### TEMPLE SPA MY KINDA SKIN 55 MINS | £65

*Bespoke prescription facial for individual skin types*

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes lymph drainage a face, scalp, hand and arm massage of your choice - choose from tranquil or lifting.

### CLARINS SIGNATURE FACIAL 70 MINS | £75

Now more effective than ever with new techniques from over 60 years of expertise. These facials deliver immediate rejuvenating and well-being results which last. Each Signature Facial is unique and perfectly adapted to you. At the heart of each is a 25 minute anti-ageing massage which lifts, firms and sculpts the contours of the face giving immediately visible rejuvenating results. Choose from five Signature Facial Treatments.

### TEMPLE SPA RED CARPET MIRACLE FACIAL 70 MINS | £75

This high-tech miracle facial delivers instant and visible results and skin fit for the Red Carpet, a radiant glow and the sculpted firmness of youthful skin. With super advanced skin-lifting and muscle-energising massage techniques combined with dynamic glycolic resurfacing this facial really delivers. Wow! Roll out the Red Carpet.

### CLARINS LUXURY ELIXIR FACIAL 85 MINS | £85

*Exclusive to the Vale Spa*

A superior facial experience begins with a back scrub, warming Clarins oil back massage followed by an intensely nourishing and hydrating luxury face treatment. Clarins skincare at it's best giving lasting results and unashamed luxury.

### TEMPLE SPA CHAMPAGNE & TRUFFLES DELUXE TREATMENT 85 MINS | £85

*The crème de la crème of facials*

This stunning treatment is just the thing if you are looking for a serious celebration for the skin, containing ingredients such as champagne, silk, diamonds, gold and of course black truffles. Starting with a Hot Stone Shoulder Massage, this highly unique facial includes special lymph drainage techniques to reveal fresher skin, a Triple Infusion Alginate mask to help iron out fine line and wrinkles, specialist lifting massage to strengthen muscle tone on the face and jowls, and an iced blend to reduce puffiness and cold stone therapy. Finally an application of Temple Spa award winning SKIN TRUFFLE will leave your complexion glowing, more youthful and instantly wonderful.

## nurture SELECTION

A special choice of treatments that can be enjoyed both pre and postnatal.

### TEMPLE SPA NEW BEGINNINGS TREATMENT 70 MINS | £75

*Pre and postnatal body treatment*

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and achey muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know your little bambino might enjoy the sense of calm too.

### CLARINS MOTHER-TO-BE AND NEW MOTHER TREATMENT 70 MINS | £75

*Pre and postnatal body treatment*

Pure indulgence for face and body. This luxurious treatment is adapted to pre and postnatal stages of pregnancy and to how you look and feel. Eases backache, fluid retention, stress, fatigue and tired legs, as well as improving skin tone and elasticity. Afterwards, you'll feel energized and wonderfully relaxed, with baby-soft skin. Using the highly acclaimed Clarins tonic body treatment oil, your skin will feel baby soft and radiant and your sense of well-being restored.

## gentleman's COLLECTION

### CLARINS MEN'S SKIN BLITZ FACIAL 55 MINS | £65

Shaving bumps and irritation, stress and tiredness, greyness and congestion... Whatever life puts your skin through, this super-relaxing bespoke facial will target and treat it. Your face will look and feel refreshed, healthy and smooth.

### VALE SOUL REVIVOR 55 MINS | £65

*Exclusive to the Vale Spa*

A beautifully nurturing therapy from top to toe. Includes a wonderful foot ritual, a massage to ease tension and stress in the back, neck and shoulders, a face mask and relaxing scalp massage - using Temple Spa products.

### REFLEXOLOGY 55 MINS | £65

Reflexology is a complementary therapy whereby a therapeutic gentle pressure massage to the feet gives a supremely effective holistic method of healing, resulting in a numbers of ailments being relieved.

### TEMPLE SPA WORK IT OUT MASSAGE 55 MINS | £65

*Detoxing/muscle workout*

A detoxifying massage that helps sculpt the body, relieve fluid retention and work out tired muscles. Full body brushing combined with deep tissue, lymph draining massage all help improve circulation, work our knots & tension and start the detox process.

### TEMPLE SPA DRIFT AWAY MASSAGE 55 MINS | £65

*Relaxing full body massage*

A top-to-toe massage, formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. A full body and scalp massage - we'll wind you down and take your mind off your thoughts for a while. Zzzzzzz!

### TEMPLE SPA ROCKS OF THE MEDITERRANEAN MASSAGE 70 MINS | £75

Head-to-toe thermal treatment that harnesses the touch of warm basalt lava stones and the superb benefits of the heat on the body. Muscles are exceptionally relaxed and rejuvenated. Trust us, it's an experience you must have at least once in your life.

## holistic SELECTION

Holistic 'meaning whole' is a belief and philosophy that deals with the communication between mind, body and soul - re-awakening the subtle energies.

### VALE SOUL REVIVOR 55 MINS | £65

*Exclusive to the Vale Spa*

A beautifully nurturing therapy from top to toe. Includes a wonderful foot ritual, a massage to ease tension and stress in the back, neck and shoulders, a face mask and relaxing scalp massage - using Temple Spa products.

### TEMPLE SPA IN GOOD SPIRITS 55 MINS | £65

*Energising full body massage*

An invigorating top-to-toe massage designed to leave you full of vitality. This exhilarating massage encourages lymph drainage and revs up circulation to stimulate the whole mind, body and soul - guaranteed to leave you raring to go.

### TEMPLE SPA DRIFT AWAY MASSAGE 55 MINS | £65

*Relaxing full body massage*

A top-to-toe massage, formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. A full body and scalp massage - we'll wind you down and take your mind off your thoughts for a while. Zzzzzzz!

### REFLEXOLOGY 55 MINS | £65

Reflexology is a complementary therapy whereby a therapeutic gentle pressure massage to the feet gives a supremely effective holistic method of healing, resulting in a number of ailments being relieved.

### TEMPLE SPA REPOSE AROMATHERAPY FACIAL 55 MINS | £65

*Relaxing, indulgent facial for all skin types*

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes lymph drainage a tranquil face massage, a relaxing eye treatment and hot oil scalp massage. Pure Bliss.



## FINISHING *touches*

### SIENNA SPRAY TAN

15 MINS | **£25**

Instant and effective. Select the colour you wish from a 'healthy golden glow' to a 'fortnight in the Caribbean' look. Easy, speedy and even tanning in 10 minutes. Best applied the day before you need the finished look.

### JESSICA PEDICURE

55 MINS | **£45**

Complete foot treatment with massage to soften skin and relax the lower leg. Cuticles are tidied, nails reshaped and varnished with your choice of mini polish\* to take home. Feet feel fresh and beautified. *(Not applicable to spa packages)*

### JESSICA MANICURE

55 MINS | **£45**

Pampering and effective hand and nail treatment. Relaxing and nourishing to improve skin appearance, beautifying cuticles and nails, including a mini polish\* to take home.

*(\*Not applicable to spa packages)*

### JESSICA GELERATION MANICURE OR PEDICURE

55 MINS | **£50**

Amazing high gloss, hard wearing and instant dry colour, protecting the natural nail, and lasting up to 3 weeks\*.

*(Please note this is a gel polish application only. This does not include a full manicure.)*

### JESSICA SOAK OFF & TREATMENT COAT

25 MINS | **£15**

Gentle removal of Geleration and a treatment base-coat applied, prepared for fresh Geleration application.

### CLARINS MAKE-UP ONE-TO-ONE

45 MINS | **£45**

Create the look that suits you with an expert make-up application. Using the full range of Clarins luxury cosmetics from base colours to glossy lips, and everything in between.

### CLARINS SUN GLOW

55 MINS | **£55**

The ultimate self tanning treatment for face and body with skin-smoothing exfoliation, a deeply pampering application of an award-winning self tanner and an all over gorgeous, long-lasting, golden colour that looks as natural in winter as in summer. You can even get dressed immediately.



## BETTER *together*

### SPA GROUPS AND HEN PACKAGES

As Wales' largest spa, we are fortunate to have the space to cater for groups of up to 40 friends and family. We can create packages to suit the needs of your group to include as little or as much pampering as you like. These packages can then be combined with light lunch or even Champagne Spa High Tea, evening dinner and overnight accommodation. The choices are endless and totally indulgent.

#### SPA FACILITIES INCLUDE

- 19 treatment Rooms
- 5 Relaxation Zones
- Chai Café
- Boutique Shopping Area
- 20 Metre Swimming Pool
- Steam Room
- Sauna
- Whirlpool Bath
- Poolside Patio Terrace

**VISIT [www.valeresort.com/spa/groups](http://www.valeresort.com/spa/groups)  
FOR SPECIAL OFFERS AND SPA BREAKS**



# GIFT experiences



Vale Resort gift vouchers are the ideal luxury gift for a loved one, friend or colleague, whatever the occasion. All available to buy online.

- Spa Treatments
- A La Carte Dinner
- Golf Lessons
- Short Breaks
- A Round of Golf
- Sunday Lunch
- Golf Membership
- Pamper Day
- Afternoon Tea
- Monetary Vouchers and much much more...

**CLICK OR COLLECT - THE CHOICE IS YOURS**  
**[www.valeresort.com/gifts](http://www.valeresort.com/gifts)**

# feed YOUR SOUL



Add our 2 Course Spa Buffet Lunch  
for **£20PP** when pre-booked.

For illustrative purposes only, selection varies with the seasons.

## SPA HIGH TEA FOR TWO

Our Spa High Tea offers a two tier selection of treats you can enjoy with friends in the spa.

SERVED IN THE VALE SPA 3-6PM | **£25**  
INCLUDE A GLASS OF BUBBLY | **£4.50 PER GLASS**  
OR CHAMPAGNE | **£6 PER GLASS**



**Only available to spa guests on day packages**  
**24 hour reservation required**

## AFTERNOON TEA FOR TWO

For a truly decadent treat try our full afternoon tea offering a selection of delicious finger sandwiches, cakes and tartlets served in the relaxed atmosphere of the Vale Grill Conservatory.

SERVED IN THE VALE GRILL 1-4.30PM | **£35**  
INCLUDE A GLASS OF BUBBLY | **£4.50 PER GLASS**  
OR CHAMPAGNE | **£6 PER GLASS**

**24 hour reservation required**

**To book call the Vale Grill on 01443 667959**