



# Sunshine Spa and Dine

Choose a treatment to suit your mood from our special selection, take time to recharge your batteries in our five relaxation zones then round off the day with sumptuous dinner in our Vale Grill restaurant.

## VITAMIN C BOOST FACIAL

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.

## AROMATHERAPY MASSAGE

A Full Body Aroma massage can be tailored to your mood, be it relaxed, energised or rebalanced. A scalp massage will relieve any tension so you leave with mind, body and soul lifted. Treatment may be taken with traditional essential oils.

## SUMMER LEGS

A brisk body brush and exfoliation will stimulate the blood flow and lymphatic system followed by a deep drainage massage. Total body lift is applied to the upper legs to tighten and tone. Summer legs is the ideal treatment to help achieve super smooth summer ready legs.

## TWINKLE TOES

A Complete treat for your lower leg. A massage to soften skin and relax the lower leg then cuticles are tidied, nails reshaped and varnished in your favourite colour and we even give you the mini polish to take home. Beautiful fresh feet like you're walking on air.

**PLUS - A sumptuous 3 course Table D'Hote Dinner at the Vale Grill**

**SPA AND DINE** only **£75\*** per person

01443 665888 | [www.valeresort.com](http://www.valeresort.com)

\*Subject to availability. Mon-Thurs only. Treatments from 3-6pm, dinner from 6.30pm.

*Vale*  
RESORT  
★★★★