

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.

DAY *spa*

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!

CLASSIC

£99

Includes up to 90 minute treatment time of your choice

INSPIRE

£120

Includes up to 120 minute treatment time of your choice

AWAKEN

£160

Includes up to 180 minute treatment time of your choice



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.

SPA DAYS *planner*

85 MINUTES

- Temple Spa Champagne & Truffles Deluxe Facial
- Clarins Luxury Elixir Facial
- Sundāri Omala*
- Sundāri Jagriti*
- Temple Spa Work It Out Full Body Massage
- Clarins Mens Skin Blitz Facial
- Jessica Manicure
- Jessica Pedicure

70 MINUTES

- Clarins Tri-Active Facial
- Temple Spa Red Carpet Miracle Facial
- Clarins Tri-Active Body Treatment
- Temple Spa Rocks of the Mediterranean Treatment
- Clarins Mother To Be Treatment
- Sundāri Balanati*
- Sundāri Odati*

55 MINUTES

- Vale Soul Revivor
- Temple Spa Repose Aromatherapy Facial
- Sundāri Kalya Facial
- Clarins Aromatic Balancer Facial
- Temple Spa My Kinda Skin Prescriptive Facial
- Exfoliating Drizzle Massage
- Full Body Massage
- Sundāri Abhyanga Massage
- Temple Spa In Good Spirits Full Body Massage
- Temple Spa Go Figure Body Treatment
- Temple Spa Drift Away Massage

45 MINUTES

- Back, Décolleté Face and Scalp Massage
- Targeted Cellulite Leg Treatment
- Clarins Make-Up Make Over

25 MINUTES

- Vale Diary Date Facial
- Clarins Age Defying Eye Treatment
- Vale Target Massage
- Vale Celestial Temple Massage
- Back, Neck and Shoulder Massage

15 MINUTES

- Brow Tint
- Lash Tint
- Brow Shape
- Sienna Spray Tan
- Foot Soak Massage

**Limited availability.*

FEED YOUR *face*

CLARINS AROMATIC BALANCER 55 MINS | £60

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

LIPOFIRM LIFT FACIAL 55 MINS | £60

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.

TEMPLE SPA MY KINDA SKIN 55 MINS | £60

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.

TEMPLE SPA RED CARPET MIRACLE FACIAL 70 MINS | £70

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 TRI-ACTIVE FACIAL 70 MINS | £70

With over 60 years of expertise, these Clarins facials deliver immediate rejuvenating and well-being results which last. Each Tri-Active 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 Tri-Active Facial Treatments.

CLARINS LUXURY ELIXIR FACIAL 85 MINS | £75

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 | £75

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.



TREAT YOUR *body*

TARGETED CELLULITE LEG TREATMENT 40 MINS | £45

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 | £60

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.

SUNDĀRI ABHYANGA MASSAGE 55 MINS | £60

Profound relaxation for the overstressed using Abhyanga, or literally, "oil massage." This rhythmic and deeply relaxing massage with the pouring of warm oil, rejuvenates by clearing stagnant energy and restoring the flow of "prana", the life force that stimulates your body's vital energy. As your nerves are soothed, you drift into a deep state of bliss.

EXFOLIATING DRIZZLE MASSAGE 55 MINS | £60

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 | £60

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 | £70

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 TRI-ACTIVE BODY TREATMENT 70 MINS | £70

Clarins Tri-Active 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.

SUNDĀRI BALANATI 70 MINS | £70

Profound relaxation for the overstressed designed to bring the subtle energies of the body into balance. Warm oil drizzled to the back with a rhythmic and revitalising massage. Once deeply relaxed the traditional Ayurvedic Shirodara is then applied. A powerful treatment changing the balance of ones life by awakening the senses, and invigorating the soul.

SUNDĀRI ODATI 70 MINS | £70

Receive the most amazing balancing back treatment with Abhyanga, and deep exfoliation with mask, including massage to back of legs. Complete the journey with a deeply relaxing facial MarMassage and healing scalp treatment with Neem and Eucalyptus.

SUNDĀRI JAGRITI 85 MINS | £75

Divine Abhyanga back massage, followed by full body exfoliation and body wrap (prescribed dosha specific). Truly Relaxing, de-stressing and unforgettable ayurvedic experience.

nurture SELECTION

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

CLARINS MOTHER-TO-BE AND NEW MOTHER TREATMENT

70 MINS | £70

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.

SUNDĀRI OMALA MOTHER-TO-BE TREATMENT

85 MINS | £75

The ultimate pampering treatment for Mothers to be. Your treatment will begin with a revitalizing foot cleanse and scrub, then a back and shoulder massage to de-stress and ease any aches. Your journey will take you onto a soothing and purifying mini facial using Neem, known as the Indian Pharmacy Tree, and an Omega 3 mask for the tummy. Legs and feet are treated to an Ayurvedic massage to help relieve soreness or swelling, leaving you rejuvenated from head to toe.

gentleman's COLLECTION

CLARINS MEN'S SKIN BLITZ FACIAL

55 MINS | £60

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 | £60

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 | £60

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 | £60

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 | £60

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 | £70

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 | £60

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 | £60

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 | £60

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 | £60

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 | £60

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.

HOPI EAR CANDLELING

55 MINS | £60

A relaxing therapy to clear the ears, inducing stress release from headaches and tendency to Vertigo, as well as enhancing your well-being and improved clarity and alertness.



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.

EYES

Brow & Lash Tint	£20
Brow Tint	£12
Lash Tint	£12
Brow Shape	£12

EPIILATION

10 mins	£15
Course of 6 x 10mins	£75

WAXING

Full Leg & Bikini Tidy	£30
Half Leg & Bikini Tidy	£25
Half Leg	£20
Chest	£20
Back	£20
Forearm	£20
Bikini Tidy	£15
Underarm	£15
Lip & Chin	£10
Lip	£8



MEDI-SPA INCH loss TREATMENT

LIPOFIRM WRAP TREATMENT

55 MINS | £60

Course of four £200

Banish your fat with this highly scientifically proven fat cell reduction treatment which works by breaking down fat cells and aiding the body in transporting released Triglyceride's through the body's natural waste processes allowing the contents of the fat cell to be naturally eliminated from the body. Active ingredients are applied topically and are activated by heat to deepen and destruct the fat cells. Whilst the treatment is 55 mins it can carry on working for 72 hours after treatment.

LIPOFIRM LIFT FACIAL

55 MINS | £60

Course of four £200

Lipofirm PLUS radio frequency facial treats common problems associated with ageing: Sagging skin on the neck, décolleté and face along with wrinkles, enlarged pores and loss of elasticity. This is mainly due to the reduction of collagen production. The Lipofirm facial will remodel and enhance dermal density enabling skin tightening and improvement of the skin's appearance painlessly without post-op downtime of classic surgery applications or other invasive methods.

LIPOFIRM

55 MINS | £75

Course of four £250

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.



BETTER together



SPA GROUPS

As the Vale Resort is set in 650 acres of space, the spa is fortunate to be able 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, sweet treats or even Champagne Spa High Tea. 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

GIFT experiences

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
- Chocolate Making
- Monetary Vouchers and much much more...

CLICK OR COLLECT - THE CHOICE IS YOURS
www.vale-hotel.com/gifts



feed YOUR SOUL



Add our 2 Course Spa Buffet Lunch for **£10pp** when pre-booked.

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.