



Welcome to the Vale Spa, we hope you enjoy your experience today.

HOW TO OPEN/CLOSE LOCKERS

Press C

Enter a 4-digit code

Press 

Once changed into your robe please return to Spa Reception where a member of staff will be waiting to show you around the Spa.

LUNCH

If your Spa Day includes lunch, we offer a two course buffet served in the Spa Café area between 12 noon - 2pm. A complimentary juice is included. If you wish to order any alcoholic beverages/hot drinks or cake, you can set up a tab and pay on departure.

TREATMENTS

Please take a seat in our 'waiting pod' area next to Spa Reception
5 minutes before your treatment time.

LAUNDRY

Upon departure please leave your robe and towel in the allocated laundry basket in the changing rooms. Please feel free to take your slippers and your bag home.

NOISE

Noise levels need to be kept to a minimum for other Spa guests enjoyment throughout all Spa facilities. N.B. Fire alarm test every Monday at 10.30am and 10:45am.

Spa USER GUIDE





RELAXATION ZONES

Cwtch Room

- Relaxation lounge where food and drink may be taken.

Private Sauna/Chromatherapy Shower

- **For Spa guests only**, in addition to the other facilities on poolside.

Main Relaxation Lounge

- **Slumber Zone** - comfy sofas where you can access the wet facilities downstairs via a spiral staircase.
- **Float Zone** - we kindly request you spend no more than **20 minutes per session** to allow other guests to use the heated water beds.
- **Sleep Zone** - Moroccan inspired room with beds to sleep and zone out on.

Swimming Pool Area

- Relaxation beds around the pool and whirlpool bath.

External Patio

- Relaxation beds outdoors.

01443 665888 | www.valeresort.com

Hensol Park, Hensol, Vale of Glamorgan CF72 8JY

Spa RELAXATION

