

# 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.

### TOP TO TOE TREATMENT

70 MINS | £75

75 minutes of total relaxation, ease away the stress with a warming massage to the back, neck and shoulders, followed by a indulgent prescriptive facial, working on any of your concerns, leaving the skin radiant, hydrated and looking beautiful.

## 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.

### TRADITIONAL SWEDISH MASSAGE

55 MINS | £65

The world's favourite traditional massage and one as popular today as ever. A massage that helps soothes 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 the muscle is thicker will leave you feeling relaxed and ready for whatever life brings next.

### FULL BODY AROMATHERAPY MASSAGE

55 MINS | £65

This indulgent totally relaxing massage is designed to enhance your mood, be it relaxed, energised, or rebalanced. Also includes a scalp massage to leave you tension free. Treatment may be taken with traditional oils.



# TREAT YOUR *body*

## 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

Our exclusive Maychang Halo warm oil is drizzled over the area and blended with Welsh sea salts, leaving 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 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.

## TEMPLE SPA 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 | £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

## 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. Highly unique elements include special lymph draining massage techniques to reveal fresher skin, a warm melting mask to help iron out fine lines and wrinkles, specialist lifting massage to strengthen muscle tone on the face and jowls, 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. You will receive a flute of bubbly and a delicious handmade truffle as you admire your complexion!



## 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.

### 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.

## 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.

### REFLEXOLOGY 55 MINS | £65

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### 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.

### VALE SOUL REVIVOR 55 MINS | £65

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.

## 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.

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### 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 ROSE QUARTZ FACIAL 55 MINS | £65

This specialist facial is designed to leave your complexion glowing, more youthful and instantly wonderful. A triple infusion alginate mask will help iron out fine line and wrinkles. Specialist lifting massage will strengthen muscle tone then a facial drainage using Rose Quartz stones which have light reflective properties that help illuminate the skin, soften flaws and boost radiance.

