

*Vale*  
RESORT  
\*\*\*\*



01443 665888 | [spa@valeresort.com](mailto:spa@valeresort.com)

Hensol Park, Hensol, Vale of Glamorgan CF72 8JY | [www.valeresort.com](http://www.valeresort.com)



TIME TO SPA

*Vale*  
RESORT  
\*\*\*\*



## WELCOME

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

From a simple rejuvenating massage to the luxury of a Champagne and Truffle Facial. With five relaxation zones, our vibrant Chai Café and boutique shopping area, you have everything you need for the perfect relaxing spa getaway.

The Vale Spa philosophy is to combine your chosen treatment with total relaxation time, to give you an overall spa experience to remember.

**Please arrive 20 minutes before your treatment time and note that late arrivals will not receive an extension to their scheduled treatment time. Treatments of 55 minutes or more include robe, slippers and 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.

## OPENING TIMES

Monday - Friday  
**9.00am - 8.00pm**

Weekends  
**9.00am - 7.00pm**

Bank Holidays  
**9.00am - 6.00pm**

### **N.B.**

Facilities close 30 minutes prior to closing time.

## 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 these areas.

### **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.

# HOW TO *spa*





## LIFESTYLE *boutique*

All products used for your treatment are available at the boutique, for you to continue your spa regime at home. Our Reception team will be happy to assist you with your purchases.



## PARTNERS

### CLARINS

Clarins products and application techniques are the result of over 60 years of dialogue with the clients. Clarins treatments are totally unique. They combine the power of the Clarins Touch - a specialised and skillful massage - with the purest plant extracts and aromatic essential oils. The result is a blissful sensory experience that addresses the way you look and feel.

### TEMPLE SPA

A British lifestyle brand with a Mediterranean heartbeat that creates results driven products and treatments dedicated to preserve skin, body and soul. Crafted with advanced derma-science, technical edge and rich in botanicals combined with cashmere feel-good textures. Offering facial treatments that deliver instant and visible anti-ageing results and body treatments totally devoted to de-stressing, rebalancing and restoring. You will leave any treatment with that "AAHHH!" feeling and better for it.



# YOUR SPA DAY, YOUR WAY...

## SPA *days*

A day spent at the Vale Spa is the ultimate in indulgence and relaxation. As our guest you will enjoy a two course buffet lunch and 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!

**N.B.** Health Club class bookings subject to availability on the morning of arrival. Spa High Tea reservations require 24 hours notice.

**\*Mon-Fri prices, £10 supplement for Sat and Sun**

### SENSORY £85\*

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

### SERENITY £115\*

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

### SANCTUARY £145\*

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

Treatment choice on following pages.

*"The time to relax is when you don't have time for it"*





# DAY SPA *planner*



## 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

### 55 MINUTES

#### **FACIALS**

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

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

# VALE SPA *Autograph* COLLECTION

Our Autograph Collection is a specially designed choice of facials and body treatments that are exclusive to the Vale Spa. Decadent mind relaxing facials to stress relieving body treatments using a choice of four holistic essential oils, will leave you pampered, indulged and glowing all over.

## 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 and 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 Balance Massage seeks to help restore balance in your Chakra system.

### TRADITIONAL SWEDISH MASSAGE

55 MINS | **£65**

The world's favourite traditional massage and one as popular today as ever. This massage helps soothe the muscles, aids blood circulation, and flushes out toxins. It also keeps tendons and ligaments supple and generally helps you relax and feel pretty good all over. Swedish Massage can be tailor made to work deeper into the muscles as well as also using lighter strokes for the bonier areas.

### 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.





## 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.

## FEED YOUR *face*

## 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.

## LIPOFIRM LIFT FACIAL

55 MINS | **£65** *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. 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.

## 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.

## TEMPLE SPA CHAMPAGNE & TRUFFLES DELUXE TREATMENT

85 MINS | **£85**

*The crème de la crème of facials*

This luxury facial combines the award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-destressing alginate mask and cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow. You'll then be treated to a glass of champagne and a delicious chocolate truffle to complete the luxury and help you relax.



## 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 to improve circulation, work our knots and tension and start the detox process.

## 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 and abs are exfoliated then worked on with detoxifying and 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!

## 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 therapist to create a targeted, made-to-measure experience with results you will both see and feel.

## EXFOLIATING DRIZZLE MASSAGE

55 MINS | **£65**

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

## TEMPLE SPA ROCKS OF THE MEDITERRANEAN

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.

## 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.

TREAT YOUR *body*

## 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.



# 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 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 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.

## 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 achy 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 numbers of ailments being relieved.



# gentleman's COLLECTION

Most of our treatments are suitable for both sexes however we have listed here our Gentleman's favourites.



## 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 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 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 and tension and start the detox process.

## TEMPLE SPA ROCKS OF THE MEDITERRANEAN

70 MINS | **£75**

A 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.

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**



## 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 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 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 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. Nails are 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.



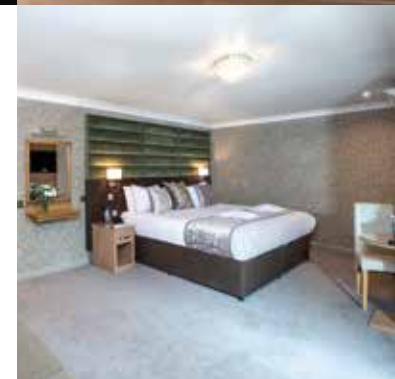
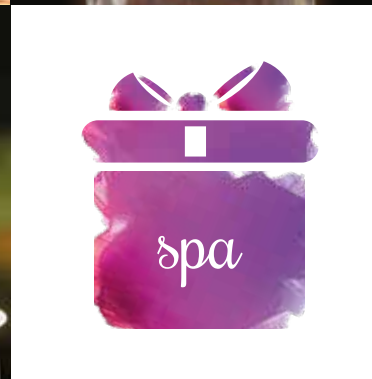
FINISHING *touches*

# 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
- Gin breaks
- 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.

## 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 | **£5.95 PER GLASS**

OR CHAMPAGNE | **£7.50 PER GLASS**

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



For illustrative purposes only, selection varies with the seasons.

## FULL AFTERNOON TEA FOR TWO IN THE VALE GRILL

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 1.30-4.30PM | MON-FRI **£35** | SAT-SUN **£40**

INCLUDE A GLASS OF BUBBLY | **£5.95 PER GLASS** OR CHAMPAGNE | **£7.50 PER GLASS**

***24 hour reservation required***

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