

VALE SPA *treatments*

FEED YOUR *face*

CLARINS AROMATIC BALANCER

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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 | MON-THURS **£80** | FRI-SUN **£90**

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 CHAMPAGNE & TRUFFLES FACIAL

85 MINS | MON-THURS **£95** | FRI-SUN **£105**

The crème de la crème of facials

This luxury facial has been adapted to 50 minutes and combines the award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing alginate mask 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.

NOURISH YOUR *body*

TEMPLE SPA WORK IT OUT MASSAGE

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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.

EXFOLIATING DRIZZLE MASSAGE

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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 GO FIGURE

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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!

TEMPLE SPA GLORIOUS MUD

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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.

TEMPLE SPA ROCKS OF THE MEDITERRANEAN

70 MINS | MON-THURS **£80** | FRI-SUN **£90**

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 SIGNATURE BODY TREATMENT

70 MINS | MON-THURS **£80** | FRI-SUN **£90**

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.

holistic SELECTION

VALE SOUL REVIVOR

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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 ROSE QUARTZ FACIAL

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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

TEMPLE SPA MENOPAUSE MASSAGE (50 MINS)

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

This gentle treatment uses a combination of expert therapist hands and Himalayan Salt stones with nurturing skincare. Healing stones produce negative ions to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension and a gentle lymph drainage facial reduces puffiness to leave skin fresh. You'll leave feeling calm & content knowing that you have done something for you.

TEMPLE SPA NEW BEGINNINGS TREATMENT

70 MINS | MON-THURS **£80** | FRI-SUN **£90**

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.

gentleman's SELECTION

CLARINS MEN'S SKIN BLITZ FACIAL

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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.

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Exclusive to the Vale Spa

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REFLEXOLOGY

50 MINS | MON-THURS **£70** | FRI-SUN **£80**

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.

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