



Spa Tariff

welcome

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

With five relaxation zones, our vibrant Chai Cafe and boutique shopping area, you have everything you need for the perfect relaxing spa getaway.

Please arrive 20 minutes before your treatment and note that late arrivals will not receive an extension to their scheduled treatment time.

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



01443 665888 | spa@valeresort.com

Hensol Park, Hensol, Vale of Glamorgan, CF72 8JY | www.valeresort.com



How to *Spa*

Opening Times

Mon - Fri **9.00am - 6.00pm**

Weekends **9.00am - 7.00pm**

Bank Holidays **9.00am - 6.00pm**

N.B.

Facilities close 30 minutes prior to closing time.

What To Bring

If you want to use our gym, don't forget trainers and appropriate gym wear. 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.

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. Please note that we take full non-refundable payment at time of booking for all Spa bookings. If you need to reschedule your Spa booking, we require a minimum of 7 days' notice prior to your booked date. For groups of 6+ we require 14 days' notice prior to your booked date.

Cancellation Policy

If you wish to reschedule within 7 days of your booking, you will be liable for 100% of the total cost of your booking and we unfortunately will not be able to issue a refund or reschedule. We are however, happy for you to gift your Spa booking to a friend or family member to use on your behalf. No shows or cancellations made within 24 hours of the scheduled time will incur a 100% charge.

Advance Bookings

We highly recommend booking your spa experience in advance. 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.



Wales' Best Resort Spa



Half day *spa experience*

TEMPLE SPA DRIFT AWAY MASSAGE (50 MINS)

Formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. We wind you down and take your mind off your thoughts for a while. Zzzzzzz!

TEMPLE SPA IN GOOD SPIRITS MASSAGE (50 MINS)

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 GO FIGURE (50 MINS)

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!

PREGNANCY MASSAGE (50 MINS)

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. You never know your little bambino might enjoy the sense of calm too.

TEMPLE SPA MENOPAUSE MASSAGE (50 MINS)

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 BACK & FACIAL TREATMENT (50 MINS)

If you can't decide between a facial or massage then why not have both! This treatment is a combination of half facial and half back massage so you get the best of both worlds in one treatment.

CLARINS AROMATIC BALANCER FACIAL (50 MINS)

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 FACIAL (50 MINS)

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 ROSE QUARTZ FACIAL (50 MINS)

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.

HALF DAY SPA EXPERIENCE INCLUDES:

- Welcome and tour of spa facilities
- Half day in the Vale Spa
(morning 10am-2pm or afternoon 2pm-6pm)
- 50 minute treatment (from our special selection)
- Full use of spa facilities
- Spa buffet lunch (morning slot)
or high tea (afternoon slot)
- Towel, robe and slippers
- FREE parking and wifi

MON - THURS £99* pp

FRI - SUN £109* pp

*Prior to booking please review our cancellation policy.



Full day *sanctuary spa*

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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 ROCKS OF THE MEDITERRANEAN (50 MINS)

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.

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TEMPLE SPA GO FIGURE (50 MINS)

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 CHAMPAGNE & TRUFFLES FACIAL (50 MINS)

The creme de la creme 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.

CLARINS MEN'S SKIN BLITZ FACIAL (50 MINS)

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.

TEMPLE SPA MENOPAUSE MASSAGE (50 MINS)

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.

FULL DAY SPA EXPERIENCE INCLUDES:

- Welcome and tour of spa facilities
- Full day in the Vale Spa (10am-7pm)
- 2 x 50 minute treatments
- Full access to the spa relaxation zones
- Buffet lunch, high tea and glass of prosecco
- Full use of extensive leisure facilities
- Towel, robe and slippers
- FREE parking and wifi

MON - THURS £190* PP

FRI - SUN £200* PP

*Prior to booking please review our cancellation policy.

