



TIME TO **SPA**

*Vale*  
RESORT  
★★★★



Wales' Best Resort Spa



# 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 Rose Quartz Facial. With five relaxation zones, our vibrant 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 15 minutes before your treatment time and note that late arrivals will not receive an extension to their scheduled treatment time. Treatments only, of 50 minutes or more include robe, slippers and a strict 60 minutes use of spa facilities either before or following treatment.**

**N.B.** 5 minutes after-care will be added to all treatment times.

# HOW TO SPA

## OPENING TIMES

Monday - Friday  
**9.00am - 6.00pm**

Weekends  
**9.00am - 6.00pm**

Bank Holidays  
**9.00am - 6.00pm**

**N.B.**  
Facilities close 30 minutes prior to closing time.

## 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.

## PAYMENT CANCELLATION

Please note that we take full non-refundable payment at time of booking. 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.

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.

## WHAT TO BRING

Towel, robe and slippers are provided for guests enjoying a body or facial treatment of 50 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.

## 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.

## 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.



# 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.



# OUR **BRAND** PARTNERS



## CLARINS

Clarins products and application techniques are the result of over 60 years of dialogue with their clients. Clarins treatments are totally unique.

They combine the power of the Clarins Touch – a specialised and skilful 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 “AAAHHH!” feeling and better for it.



# FACIAL TREATMENTS



## CLARINS AROMATIC BALANCER

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

Oily, congested, dry and dull, dehydrated, sensitive... Whatever your skin condition, this customised treatment will rebalance and coax your face back to blooming.

## CLARINS SIGNATURE FACIAL

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

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 MY KINDA SKIN

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

**Bespoke prescription facial for individual skin types**

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a cleanse, tone and ex-foliation followed by a lymphatic drainage and a face, scalp, hand and arm massage.

## TEMPLE SPA CHAMPAGNE & TRUFFLES FACIAL

85 MINS | MON-THURS **£100** | FRI-SUN **£110**

**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 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.



# BODY TREATMENTS

## TEMPLE SPA WORK IT OUT MASSAGE

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

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. **M | F**

## EXFOLIATING DRIZZLE MASSAGE

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

A full body ex-foliation applied in a massage method. 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. **M | F**

## TEMPLE SPA GLORIOUS MUD

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

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. **M | F**

## TEMPLE SPA ROCKS OF THE MEDITERRANEAN

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

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. **M | F**

## CLARINS SIGNATURE BODY TREATMENT

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

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. **M | F**



# GENTLEMEN'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

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

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

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

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 **£75** | FRI-SUN **£85**

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. Zzzzzzzz!

## TEMPLE SPA WORK IT OUT MASSAGE

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

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

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.

# NURTURE COLLECTION



## TEMPLE SPA NEW BEGINNINGS TREATMENT

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

Pre and postnatal body treatment

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. **F**

## TEMPLE SPA MENOPAUSE MASSAGE

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

This gentle treatment uses a combination of expert therapist hands and Himalayan Salt stones with nurturing skincare. Healing stones produce positive 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 and content knowing that you have done something for you. **F**

# HOLISTIC COLLECTION

## VALE SOUL REVIVOR

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

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. **M | F**

## TEMPLE SPA DRIFT AWAY MASSAGE

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

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. Zzzzzzzz! **M | F**

## TEMPLE SPA ROSE QUARTZ FACIAL

50 MINS | MON-THURS **£75** | FRI-SUN **£85**

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. **M | F**

# HALF DAY SPA EXPERIENCE



## 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 half day selection)
- Full use of spa and leisure facilities
- Spa buffet lunch (morning slot)  
or buffet 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.

**M | F** - Male & female suitable treatments

# HALF DAY TREATMENT CHOICE

(ALL 50 MINUTES)

## TEMPLE SPA DRIFT AWAY MASSAGE

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! **M | F**

## TEMPLE SPA FEEL GOOD MASSAGE

Starting with a body brush, 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. **M | F**

## PREGNANCY MASSAGE

**Female 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. **F**

## TEMPLE SPA MENOPAUSE MASSAGE

This gentle treatment uses a combination of expert therapist hands and Himalayan Salt stones with nurturing skincare. Healing stones produce positive 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 and content knowing that you have done something for you. **F**

## CLARINS AROMATIC BALANCER FACIAL

Oily, congested, dry and dull, dehydrated, sensitive... Whatever your skin condition, this customised treatment will rebalance and coax your face back to blooming. **M | F**

## TEMPLE SPA MY KINDA SKIN FACIAL

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a cleanse, tone and ex-foliation followed by a lymphatic drainage and a face, scalp, hand and arm massage. **M | F**

## TEMPLE SPA ROSE QUARTZ FACIAL

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. **M | F**

## TEMPLE SPA BACK & FACIAL TREATMENT

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. **M | F**

# FULL DAY SANCTUARY SPA DAY



## FULL DAY SPA INCLUDES:

- Welcome and tour of spa facilities
- Full day in the Vale Spa
- 2 x 50 minute treatments
- 20% off any additional treatments (at time of booking)
- Full use of spa facilities
- Spa 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.

**M | F** - Male & female suitable treatments

# FULL DAY TREATMENT CHOICE

(CALL 50 MINUTES)

## TEMPLE SPA DRIFT AWAY MASSAGE

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## TEMPLE SPA FEEL GOOD MASSAGE

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## TEMPLE SPA CHAMPAGNE & TRUFFLES FACIAL

*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. **M | F**

## CLARINS MEN'S SKIN BLITZ FACIAL

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. **M | F**

# SPA EXPERIENCE BREAK



## SPA BREAK INCLUDES:

- 1 night luxury accommodation
- Full Welsh breakfast
- Half day in the Vale Spa  
(morning 10am-2pm or afternoon 2pm-6pm)
- 50 minute treatment (from half day selection)
- Full use of spa and leisure facilities
- Spa buffet lunch (morning slot)  
or high tea (afternoon slot)
- Towel, robe and slippers
- FREE parking and wifi

SUN - THURS

FROM **£150\*** PP

FRI - SAT

FROM **£165\*** PP

\*Prior to booking please review our cancellation policy.

**M | F** - Male & female suitable treatments



# SPA BREAK TREATMENT CHOICE

(ALL 50 MINUTES)

## TEMPLE SPA DRIFT AWAY MASSAGE

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## TEMPLE SPA FEEL GOOD MASSAGE

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## PREGNANCY MASSAGE

**Pre and postnatal body treatment**

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## TEMPLE SPA BACK & FACIAL TREATMENT

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# BETTER TOGETHER

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:

- 17 treatment rooms
- 5 relaxation zones
- Chai Café
- Boutique shopping area
- 20m swimming pool
- Steam room
- Whirlpool bath
- Poolside patio terrace



FOR SPECIAL OFFERS AND SPA BREAKS FOR GROUPS AND HEN PACKAGES VISIT:

[www.valeresort.com/spa/groups](http://www.valeresort.com/spa/groups)

# 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 | GIN TOUR AND TASTING  
SHORT BREAKS | A ROUND OF GOLF | GIN/RUM MAKING | SUNDAY LUNCH  
GOLF LESSONS | PAMPER DAY | AFTERNOON TEA | COCKTAIL MASTERCLASS  
MONETARY VOUCHERS AND MUCH MORE...

**CLICK OR COLLECT - THE CHOICE IS YOURS**  
**[www.valeresort.com/gifts](http://www.valeresort.com/gifts)**

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



Wales' Best Resort Spa

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