



TIME TO **SPA**



Wales' Best Resort Spa





# WELCOME

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

With a range of indulgent and results driven treatments plus four relaxation zones, 20 metre pool, steam room sauna, whirlpool baths and gym plus a vibrant cafe and boutique shopping area, you'll have everything you need for the perfect relaxing spa getaway.

## FULL AND HALF DAY EXPERIENCES

You will be provided with a towel, robe and slippers to use during your visit

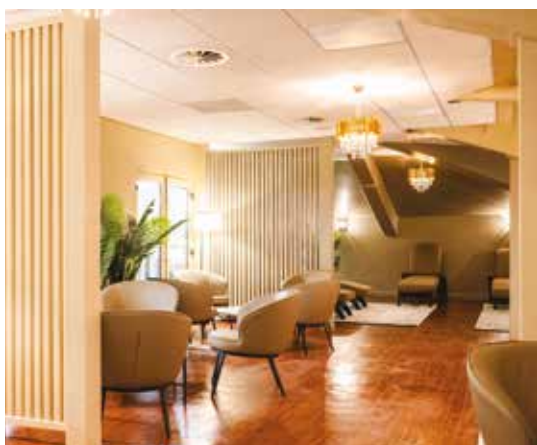
## TREATMENT ONLY

Does not include access to the relaxation or wet facilities so no towel, robe or slippers provided. You can add 90 minutes spa access for an additional £25 per person.

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.**

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



# HOW TO SPA

## OPENING TIMES

Monday - Sunday  
(including 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. 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 full or half day package. You will need to bring swimwear for wet and heat facilities.

### **N.B.**

One complimentary robe per client per day, for full and half day packages only. £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



## ELEMIS

**A 360-Approach to Skin Wellness.**

We're ELEMIS, a luxury British skin wellness brand with over 35 years' experience in spa excellence. Alongside our sensorial, results-driven skincare collection, we offer rejuvenating face and body treatments, delivering a 360-approach to skin health.

We know skin because we perform 1500 facials every day\*, our treatments combine powerful natural actives with cutting-edge technology to deliver visible results for all skin types.

\*Based on number of retail treatments performed daily in the uk

## TEMPLE SPA

**Science-led Skincare. Bathed in Mediterranean sunshine.**

Marrying clinically proven formulas with naturally rich botanicals, TEMPLESPA is beauty redefined. Merging the finest derma-science with the warmth and vitality of the Mediterranean, our 100% British brand has a truly global appeal.

Founded in 2000, TEMPLESPA is built on over 20 years of skincare breakthroughs and cutting-edge science. But our heart, well, that's full of sunlight. With a deep respect for our awe-inspiring planet, our ethically conscious brand creates results-driven, science-led skincare that's bathed in Mediterranean sunshine.

## TEMPLESPA & AMETHYST TRUST

We have worked with the renowned Amethyst Trust to create an adapted menu of our wonderful TEMPLESPA treatments that are suitable for clients who are medically frail, recovering from illness or are immunocompromised such as those with or recovering from cancer.



## FULL DAY SPA PACKAGE



### FULL DAY SPA PACKAGE INCLUDES:

- Welcome and tour of spa facilities
- Full day in the Vale Spa
- One 50 minute treatment (from full day selection)
- 20% off any additional treatments (at time of booking)
- Full use of spa relaxation facilities
- Spa lunch\*
- Full use of extensive leisure facilities
- Towel, robe and slippers
- FREE parking and wifi

MON - THURS  
£129\*  
PP

FRI - SUN  
£149\*  
PP

\*Prior to booking please review our cancellation policy.

\* Sunday Lunch only on Sundays

M | F - Male & female suitable treatments

## FULL 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. M | F

### TEMPLE SPA FEELING 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

### TEMPLE SPA MENOPAUSE MASSAGE

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. F

### TEMPLE SPA NEW BEGINNINGS PREGNANCY MASSAGE

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. F

### TEMPLE SPA ROCKS OF THE MEDITERRANEAN (limited availability)

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. M | F

### ELEMIS EXPERT™ TOUCH NOURISH FACIAL

#### Cleanse, Rebalance & Revive.

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived. M | F

### TEMPLE SPA CHAMPAGNE & TRUFFLES FACIAL (limited availability)

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

### TEMPLE SPA ROSE QUARTZ FACIAL

This specialist facial is designed to leave your complexion glowing, more youthful and instantly wonderful. 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

### ELEMIS EXPERT™ TOUCH RENEW FACIAL

#### Hydrate, Lift & Firm.

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm. M | F

UPGRADE TO AN ELEMIS EXPERT™  
TECH FACIAL FOR AN ADDITIONAL £20

## HALF DAY SPA PACKAGE



### HALF DAY SPA EXPERIENCE INCLUDES:

- Welcome and tour of spa facilities
- Half day in the Vale Spa  
(morning 9.15am-2pm or afternoon 2pm-6pm)
- One 50 minute treatment (from half day selection)
- Full use of spa and leisure facilities
- Spa lunch\*
- Towel, robe and slippers
- FREE parking and wifi

MON - THURS  
£109\*<sub>pp</sub>

FRI - SUN  
£129\*<sub>pp</sub>

\*Prior to booking please review our cancellation policy.

# Sunday Lunch only on Sundays

M | F - Male & female suitable treatments

## HALF DAY TREATMENT CHOICE

(ALL 50 MINUTES)

### TEMPLE SPA DRIFT AWAY MASSAGE

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away. M | F  
AMETHYST TRUST APPROVED.

### TEMPLE SPA MY KINDA SKIN FACIAL

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed. AMETHYST TRUST APPROVED. M | F

### TEMPLE SPA FEELING GOOD MASSAGE

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean Citrus groves. Bergamot, Sweet Orange, Lemon, and cooling Mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. You will be left feeling re-energised and at ease. M | F

### TEMPLE SPA ROSE QUARTZ FACIAL

This specialist facial is designed to leave your complexion glowing, more youthful and instantly wonderful. 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 NEW BEGINNINGS PREGNANCY MASSAGE

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 aching muscles while you feel completely comfortable and relaxed. The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. F

### ELEMIS EXPERT™ TOUCH RENEW

#### Hydrate, Lift & Firm.

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm. 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

### TEMPLE SPA MENOPAUSE MASSAGE

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. F



# FULL DAY SPA BREAK



## SPA BREAK INCLUDES:

- 1 night luxury accommodation
- Full Welsh breakfast
- Full day in the Vale Spa
- One 50 minute treatment (from spa break selection)
- Full use of spa and leisure facilities
- Spa lunch #
- Towel, robe and slippers
- FREE parking and wifi

SUN - THURS  
FROM £165\* PP

FRI - SAT  
FROM £180\* PP

\*Prior to booking please review our cancellation policy.

# Sunday Lunch only on Sundays

M | F - Male & female suitable treatments

## SPA BREAK TREATMENT CHOICE

(ALL 50 MINUTES)

### TEMPLE SPA DRIFT AWAY MASSAGE

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. M | F  
AMETHYST TRUST APPROVED.

### TEMPLE SPA FEELING GOOD MASSAGE

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean Citrus groves. Bergamot, Sweet Orange, Lemon, and cooling Mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. M | F

### TEMPLE SPA MENOPAUSE MASSAGE

This gentle treatment uses a combination of expert therapist hands and Himalayan Salt stones, producing positive ions to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh. F

### TEMPLE SPA NEW BEGINNINGS PREGNANCY MASSAGE

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 aching muscles while you feel completely comfortable and relaxed. The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. F

### TEMPLE SPA ROCKS OF THE MEDITERRANEAN (limited availability)

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. M | F

### ELEMIS EXPERT™ TOUCH NOURISH FACIAL

#### Cleanse, Rebalance & Revive.

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived. M | F

### TEMPLE SPA CHAMPAGNE & TRUFFLES FACIAL (limited availability)

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

### TEMPLE SPA ROSE QUARTZ FACIAL

This specialist facial is designed to leave your complexion glowing, more youthful and instantly wonderful. 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

### ELEMIS EXPERT™ TOUCH RENEW FACIAL

#### Hydrate, Lift & Firm.

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm. M | F

# ELEMIS EXPERT™ TECH FACIALS

A treatment only does not include access to the relaxation or wet facilities so no towel, robe or slippers provided. You can add 90 minutes spa access for an additional £25.

## ELEMIS EXPERT™ TECH SCULPT+FIRM FACIAL

50 MINS | £89 (MON-THUR) £99 (FRI-SUN)

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all six BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined. **M | F**

## ELEMIS EXPERT™ TECH RADIANCE+REVIVE FACIAL

50 MINS | £89 (MON-THUR) £99 (FRI-SUN)

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant. **M | F**

## ELEMIS EXPERT™ TECH SMOOTH+POLISH FACIAL

50 MINS | £89 (MON-THUR) £99 (FRI-SUN)

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin. **M | F**

## ELEMIS EXPERT™ TECH LIFT+REJUVENATE FACIAL

50 MINS | £89 (MON-THUR) £99 (FRI-SUN)

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift. Ultrasonic peel to gently exfoliate and Oxygen infusion to plump. Skin will appear renewed, toned and firmer. **M | F**



### BIOTEC Technology:

Ultrasonic Peel for glowing skin

LED Light Mask to re-energise the skin

Galvanic technology to restore the skin

# FACIAL TREATMENTS

A treatment only does not include access to the relaxation or wet facilities so no towel, robe or slippers provided. You can add 90 minutes spa access for an additional £25.

## ELEMIS EXPERT™ TOUCH DEFINE

80 MINS | £109 (MON-THUR) | £119 (FRI-SUN)

### Energise, rejuvenate and sculpt.

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results. For the ultimate facial. **M | F**

## TEMPLE SPA CHAMPAGNE & TRUFFLE (LIMITED AVAILABILITY)

80 MINS | £109 (MON-THUR) | £119 (FRI-SUN)

### The crème de la crème of facials

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate. The 80 minute version includes an exquisite cooling alginate mask and rose quartz massage therapy. **M | F**

## ELEMIS EXPERT™ TOUCH RENEW

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### Hydrate, Lift & Firm.

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm. **M | F**

## ELEMIS EXPERT™ TOUCH NOURISH

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### Cleanse, Rebalance & Revive.

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived. **M | F**

## TEMPLE SPA ROSE QUARTZ

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

This specialist facial is designed to leave your complexion glowing, more youthful and instantly wonderful. 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**

## ELEMIS EXPERT™ TOUCH REVEAL

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### Resurface, Smooth & Glow

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing. **M | F**

## TEMPLE SPA MY KINDA SKIN

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### 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. **M | F**



# BODY TREATMENTS

A treatment only does not include access to the relaxation or wet facilities so no towel, robe or slippers provided. You can add 90 minutes spa access for an additional £25.

## TEMPLE SPA BACK & FACIAL TREATMENT

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

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. **MI F**

## VALE SOUL REVIVOR

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### 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. **MI F**

## TEMPLE SPA WORK IT OUT MASSAGE

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### Detoxing/muscle workout

A tension easing, deep tissue massage that works out tired, aching muscles and overworked limbs using the WORK IT OUT detoxifying massage oil with Mediterranean essential oils of juniper & cypress combined with purifying eucalyptus and soothing arnica. A full body brushing to stimulate circulation and improve lymph drainage, then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a workout. **MI F**

## TEMPLE SPA GLORIOUS MUD

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

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. **MI F**

## EXFOLIATING DRIZZLE MASSAGE

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

A full body exfoliation 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. **MI F**

## TEMPLE SPA DRIFT AWAY MASSAGE

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### Relaxing full body massage

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. **MI F**

## TEMPLE SPA FEELING GOOD MASSAGE

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

This revitalising power massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean Citrus groves. Bergamot, Sweet Orange, Lemon, and cooling Mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation. **MI F**

## TEMPLE SPA ROCKS OF THE MEDITERRANEAN (limited availability)

70 MINS | £89 (MON-THUR) | £99 (FRI-SUN)

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. **MI F**



## ELEMIS EXPERT™ LED ENERGY MASK £20 FOR 20 MINS

**Why not add on a light therapy treatment to your spa visit.** Illuminate your skin with our LED facial mask enhancement. Discover the power of the innovative ELEMIS 7-in-1 Light Mask to calm, soothe and energise, leaving your skin visibly refreshed and glowing.

**INFRA-RED** - Helps with loss of elasticity and firmness

**GREEN** - known for skin renewing properties

**CYAN** - Skin soothing and calming

**BLUE** - Anti-blemish properties, helps with uneven skin tone

**RED** - Helps combat anti-ageing concerns such as deep lines, loss of elasticity and firmness

**YELLOW** - Helps to reduce redness in blemishes and softens the appearance of pigmentation

**MAGENTA** - Known to rejuvenate the appearance of the skin

# GENTLEMEN'S COLLECTION

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

A treatment only does not include access to the relaxation or wet facilities so no towel, robe or slippers provided. You can add 90 minutes spa access for an additional £25.

## VALE SOUL REVIVOR

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### 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 WORK IT OUT MASSAGE

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### Detoxing/muscle workout

A tension easing, deep tissue massage that works out tired, aching muscles and overworked limbs using the WORK IT OUT detoxifying massage oil with Mediterranean essential oils of juniper & cypress combined with purifying eucalyptus and soothing arnica. A full body brushing to stimulate circulation and improve lymph drainage, then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a workout. **M | F**

## ELEMIS EXPERT™ TOUCH NOURISH

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### Cleanse, Rebalance & Revive.

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived. **M | F**

## TEMPLE SPA DRIFT AWAY MASSAGE

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

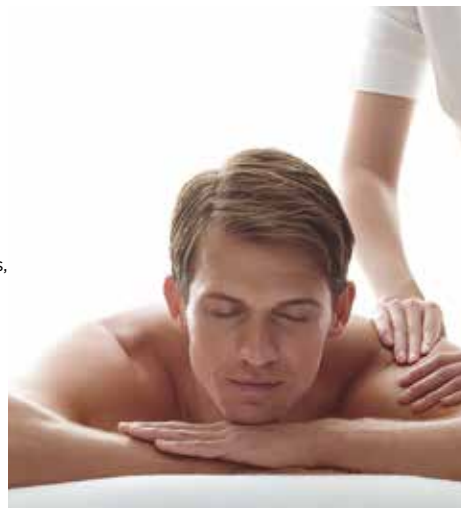
### Relaxing full body massage

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.

## TEMPLE SPA ROCKS OF THE MEDITERRANEAN (limited availability)

70 MINS | £89 (MON-THUR) | £99 (FRI-SUN)

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. **M | F**



# NURTURE COLLECTION

A treatment only does not include access to the relaxation or wet facilities so no towel, robe or slippers provided. You can add 90 minutes spa access for an additional £25.



## TEMPLE SPA NEW BEGINNINGS PREGNANCY TREATMENT

70 MINS | £89 (MON-THUR) | £99 (FRI-SUN)

### 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 | £79 (MON-THUR) | £89 (FRI-SUN)

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. **F**

# HOLISTIC COLLECTION

## VALE SOUL REVIVOR

50 MINS | £79 (MON-THUR) | £89 (FRI-SUN)

### 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 | £79 (MON-THUR) | £89 (FRI-SUN)

### Relaxing full body massage

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. **M | F**

## TEMPLE SPA ROCKS OF THE MEDITERRANEAN (limited availability)

70 MINS | £89 (MON-THUR) | £99 (FRI-SUN)

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. **M | F**

# 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, evening dinner and overnight accommodation. The choices are endless and totally indulgent.



## SPA FACILITIES INCLUDE:

- 4 relaxation zones
- Chai Café
- Boutique shopping area
- 20m swimming pool
- Steam room
- Whirlpool baths
- Poolside outdoor 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 | AFTERNOON TEA  
 GOLF LESSONS | GIN TOUR AND TASTING | SHORT BREAKS  
 A ROUND OF GOLF | GIN/RUM MAKING | SUNDAY LUNCH  
 GOLF LESSONS | PAMPER DAY | COCKTAIL MASTERCLASS  
 MONETARY VOUCHERS AND MUCH MORE...



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



# SPA LUNCH

## From Bowl to Soul

Indulge in a wholesome, balanced lunch designed to complement your spa experience and served in the relaxed surroundings of our Vale Grill restaurant. Our vibrant spa bowls are crafted using fresh, locally sourced ingredients, packed with nutrients to rejuvenate your body from within.

Choose from a variety of nourishing options, including lean proteins, seasonal vegetables, whole grains, and flavourful dressings—each bowl thoughtfully prepared to leave you feeling satisfied and refreshed. Perfectly portioned to energise without weighing you down, our spa bowls are the ideal way to enhance your wellness journey. Not available on Sunday.



## SUNDAY LUNCH

Enjoy a traditional 2 course Sunday Lunch in the relaxed surroundings of our Vale Grill Restaurant.

Only available on a Sunday.





Wales' Best Resort Spa



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

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