

REDISCOVER YOURSELF





WELCOME

To a whole new sense of wellbeing. Discover the power of our treatments... the gentle waters of our pool...the thermal qualities of the steam room and sauna... or simply relax in the peace and comfort of the relaxation lounge, sipping herbal tea.

The Complete Experience

Whilst we offer individual treatments, why not consider the complete experience and book one of our day packages, where you can design a package of treatments that best suits you. Take time to enjoy our pool, steam room, sauna and whirlpool bath as well as a healthy lunch and plenty of relaxation time in our lounge.

Share The Experience

Lying side by side you and a friend or loved one can enjoy the ultimate experience together, by booking one of our double treatment suites.

General Information

Opening hours: Monday to Friday 9.00am - 8.00pm*
Saturday, Sunday & Bank Holidays - 9.00am - 6.00pm*

Please arrive at least 20 minutes and up to one hour prior to your treatment time. All spa treatments include collection and return to relaxation lounge. If you arrive late, we may need to reduce the duration of your treatment.

What To Bring

Towels and a robe are provided for those enjoying a facial or body treatment over one hour (£10 deposit payable). You may prefer to wear a swimming costume when having a massage or hydrotherapy treatment. However, this is entirely at your own discretion and our staff will be pleased to advise you on appropriate dress should you have any concerns. Slippers are provided for those of you on day packages. Alternatively, you will need to wear appropriate footwear or bare feet during your visit. Slippers are also available to purchase from reception.

Crèche and Day Nursery

We have a crèche open daily for children from four months to five years (maximum of two hours). Alternatively, take advantage of our day nursery. Prior booking is essential.

Medical Advice

Certain medical conditions may preclude you from having some of the treatments available. If you wish to have a treatment and suffer from any of the following, please inform us at your time of booking:

- You are pregnant or trying to conceive.
- You have suffered from cancer in the last five years.
- You have had recent surgery.
- You suffer from any type of allergy.
- You suffer from heart or circulatory problems, high or low blood pressure, epilepsy, diabetes or asthma.
- You have been prescribed anti-histamines, anti-coagulants, vaso-constrictors, vaso-dilators, stimulants or tranquillisers.
- We regret that we are unable to provide treatments if you are suffering from an infectious disease, open sores or wounds, or under the age of 18.

Gift Vouchers

What better way to treat your family, friends or colleagues than with a treatment at Wales' largest spa. A complete range of gift vouchers are available from reception and are valid for six months from date of purchase.

Website

For our latest treatments and special offers please visit the website at www.vale-hotel.com.

Payment**

Please ensure you settle all charges before leaving the spa. For packages or group bookings of four or more people a non-refundable 50% deposit is required. Other bookings will require a current credit/debit card number in order to secure the booking. For weekend bookings a minimum of 1 hour treatment time must be taken.

Cancellation Policy

A 24 hour cancellation period is required or 100% fee will be debited from your card. All prices include VAT.

*Times may vary during Christmas and New Year.

**24 hours notice of cancellation is required, otherwise a 100% fee will be charged. All prices include V.A.T.

FACIAL EXPERIENCE

Vale Spa Feel Good Facial (25mins) £30

(Excludes Saturday unless combined with additional treatment)

A deep cleansing and rehydrating facial for every skin type, ideal when time is at a premium and you need a little pick me up.

Vale Equilibrium Touch (25mins) £30

(Excludes Saturday unless combined with additional treatment)

A beautiful and essential balancing massage for face, scalp and shoulders using warm oils of Mandarin, Rosewood and Ylang Ylang.

Gerard's Glycolic Facial (40mins) £40

A completely safe chemical peel using 25% Glycolic Acid derived from sugar cane. A results driven treatment that combats fine lines, sun damage, acne and congestion. A skin tingling experience that exfoliates to the deepest layers. Your skin will never have looked as clear, decongested and bright.

Clarins Essential Eyes (25mins) £30

Exclusive to the Vale Spa

(Excludes Saturday unless combined with additional treatment)

Refresh, relax and brighten those tired eyes, with this exclusively created eye treat from Clarins. A gentle massage, and deep boosting eye product cocktail will enhance skin tone, minimise fine lines and put the sparkle back into your eyes. Helps to alleviate stress and tension in the forehead and eye area associated with driving, reading, computer use and concentration.

Vale Spa Indulgence Facial (55mins) £50

This relaxing Clarins aromatherapy facial is individually tailored to suit your skin's requirements. Skin is cleansed and gently exfoliated before a personalised aromatherapy oil blend is massaged in using the Clarins Touch. A plant based mask is then applied whilst you are treated to a hand and scalp massage.

Gerard's Caviar Facial (55mins) £60

'A concentration of Youth for the Skin' precious caviar increases the development of new tissue growth and cell renewal leaving your skin looking revitalised, firm and youthful. Combined with a luxurious finger-tip-energising massage that will relax the mind and at the same time stimulate the circulation, soften facial expressions and firm the facial contours. A must for mature skin wanting a new lease of life.

Clarins Advanced Facials (70mins) £65

These unique facials take skincare to a new level combining pampering and results. The highlight of the facial is the use of Clarins' pro-formula products, equivalent to seven days treatment in one application, so you can see the difference in your skin within an hour.

- **Age-Defying Facial** - For the reduction of fine lines and wrinkles.
- **Radiance Facial** - To revitalise and restore vitality.
- **Hydrating Facial** - To replenish the skin's moisture levels.

South Sea Island Facial (85mins) £69

Exclusive to the Vale Spa

A luxury facial drawing on nature's treasures and combining them with technical expertise. The exotic combination of Gardenia and Ylang Ylang, together with the mineralising properties of pure Black Pearl, will effectively enhance and support the skin's own activity.

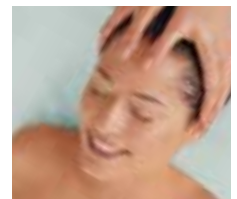
The combination of enthralling fragrances, soothing textures and stimulating actives make this not just a treatment but a whole experience.

Deep and gently cleansing and refining, a duo of masques, intensifying boosters and dedicated attention to the eye area coupled with an introductory shoulder massage, foot reflex and scalp massage make this a facial experience like no other.

Clarins Luxury Elixir Facial (85mins) £69

Exclusive to the Vale Spa

A superior facial experience begins with a warming Clarins oil back massage followed by an intensely nourishing and hydrating luxury face and scalp treatment. This is Clarins skin care at it's very best and created for your individual skin concerns. Using a light and effective massage for face, scalp and feet giving immediate, lasting results and unashamed luxury.







MASSAGE AND BODY EXPERIENCE

Vale Back and Shoulder Massage (25mins) £32

(Excludes Saturday unless combined with additional treatment)

Our tailored back massage helps alleviate deep rooted tension in the back, shoulders and neck muscles, leaving you feeling more relaxed and tension free.

Sensorial Candle Back Massage (25mins) £35

(Excludes Saturday unless combined with additional treatment)

Enjoy a back massage with the heated oils of the fragranced candle which transforms to a massage elixir, creating a serene and results driven treatment.

Tahitian Tiare (25mins) £35

(Excludes Saturday unless combined with additional treatment)

A full body relaxing muscle stretch with exotic monoi oil infused with the Polynesian Tiare flower, a natural and exquisite perfume with highly moisturising properties.

Skin Polishing Body Treat (40mins) £40

Exclusive to the Vale Spa using Clarins products.

This body treat deeply cleanses and gently helps eliminate dry and tired skin leaving a soft and silky feel and nourished with a warm fragrant balm to suit your mood. Select from oils of Mint and Rosemary to tone and enliven, or Geranium and Petitgrain to soothe and calm.

Shea Heaven (55mins) £50

Warmed organic Shea Butter applied with a flowing massage technique to hydrate, nourish and protect the skin. Leaving a softness scented with a choice of exotic and sweet essential oils to balance the mind and body. Includes a relaxing scalp massage.

Vale Full Body Swedish Massage (55mins) £50

Relax and unwind with this deep warming all over body massage - helps to ease tense muscles and de-stress the mind.

Clarins Personal Blend Aromatic Treatment (55mins) £50

This aromatherapy body treatment is tailored to suit your needs. Great for easing stress, recharging your batteries or sheer indulgent pampering. The personalised blend of aromatic oils firms, detoxifies and relaxes using the renowned Clarins Touch massage.

Vale Full Body Aromatherapy Massage (55mins) £50

This full body aromatherapy massage is tailored to suit your individual mood. Whether you would like to feel relaxed, detoxified, re-balanced or re-vitalised, this hands on massage, includes back, legs, arms, feet and scalp to leave you completely tension free!

Clarins Blissful Beginnings (70mins) £55

(Pre and post natal face and body treatment)

This blissful treatment ensures your comfort and well-being from three months through to early motherhood with especially designed massage movements to ease muscular aches and reduce water retention, as well as maintain skin tone. Using the highly acclaimed tonic body treatment oil, your skin will feel radiant and your sense of well-being restored.

Gerard's Green Tea Abdomen Treatment (55mins) £55

Experience this non-invasive colonic treatment that has a dual action that treats both the internal digestive system and firms the skin on the outside. You are left looking firm and feeling relieved of tension and bloating.

Liquid Gold Honey Rub (55mins) £55

Nourishing and smoothing for all skin types, local organic honey is the base for this sweet and exhilarating silky skin experience, followed by a regenerating honey balm, rich in vitamin E and other essentials to leave the skin dewy and deeply hydrated (available seasonally).

Sensorial Candle Massage (55mins) £55

A sensory journey through massage in a hushed atmosphere with fragrant burning candles to deliver a warm nourishing elixir. Select from three emotions or enjoy all three - **Relaxing** with Musk, **Firming** with Floral and Fruit, **Vitality** with Citrus and Ylang Ylang. Suitable for pregnant ladies also.

Gerard's Chocolate Body Treat (70mins) £65

Mouth-watering pampering for the body using dead sea salts, essential oils and warm 100% pure cocoa butter, this body scrub and massage is unforgettable. A guilt free sensation to leave skin hydrated remineralised and smelling gorgeous.

Clarins Advanced Body Treatment (70mins) £65

Specific massage movements stimulate circulation and detoxify the skin and when combined with Clarins pro-formula products, (which are equivalent to seven days treatment in one application), you can immediately see the difference in your skin.

HOLISTIC EXPERIENCES

Holistic “meaning whole” is a belief and a philosophy that deals with the communication between mind, body and soul, re-awakening the subtle energies. In essence this is a therapeutic treatment that can have a balancing effect on the body and promotes wellness through lifestyle choices.

The ‘Spa Exclusive’ treatments have been designed along this pathway of maintaining the body, whilst indulging and luxuriating in age-old tradition.

Gerard’s Shirodara (25mins) £35

(Excludes Saturday unless combined with additional treatment)

A constant stream of warm oil flows onto the third eye followed by a delicate head massage. Based on the Indian Ayuvedic philosophy, Shirodara is an extraordinary wellness treatment that alleviates accumulated stress, promotes deep relaxation, improves the perceptiveness of the senses and helps lift anxiety, anguish, anger, stress, concentration difficulties and insomnia.

Indian Head Massage (25mins) £35

(Excludes Saturday unless combined with additional treatment)

A superb treatment to promote a feeling of calm, balance and well being throughout the body. Individually chosen oils are used to give a deep scalp, neck and shoulder massage, focusing on acupressure points. Promotes a feeling of balance within the body and mind as well as encouraging hair growth.

Hopi Ear Candle (25mins) £35

(Excludes Saturday unless combined with additional treatment)

A relaxing therapy to clear the ears, inducing stress release from headaches and tendency to vertigo, as well as enhancing your wellbeing with improved clarity and alertness.

Reiki (55mins) £40

A wonderful relaxing treatment helping to balance the chakras and clear energy pathways, resulting in a ‘re-tune’ of body, mind and spirit.

Reflexology (55mins) £50

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 number of ailments being relieved.

Clarins Aroma Delight (55mins) £55

Exclusive to the Vale Spa

A truly fragrant and sensuous body and facial experience to renew and replenish leaving the skin velvety soft and scented. Your senses will succumb to the beautiful perfumes of Clarins Eau Dynamisante with it’s vitality, freshness and firmness qualities, or Clarins Eau Ressourcante for serenity and replenishing.

Gerard’s Bamboo Massage (55mins) £60

Stress relieving, muscle strengthening, lymph drainage and reactivated circulation – all this is achieved from powerful massage techniques using silky bamboo canes, specific rolling and unique massage movements unlike any massage you have ever experienced before. Inner wellbeing is improved with specific reflexology points being activated and skin is left silky, nourished and restored from the bamboo bio-extract oil.

Vale Hot Stone Massage (70mins) £65

A path of warm Basalt Lava Stones are laid on the chakra points to irradiate vibrations of warm energy, dissolving stress in body and mind and infuse a feeling of wellness and harmony. The ‘stone massage’ does not simply alleviate physical disorders but faces their causes respecting the suggestions given by thousands of years of oriental wisdom.







WRAPS, FLOATS AND BATHING CEREMONIES

A Dry Float Experience

(25mins) £30

(Excludes Saturday unless combined with additional treatment)

Let all your troubles float away with this totally relaxing treatment. Lie floating enveloped in warm water but remain warm and dry in the soft glow of candlelight, listening to our tranquil sounds.

Hydrotherapy Jet Bath

(25mins) £30

(Excludes Saturday unless combined with additional treatment)

Our hydrotherapy bath uses high-powered water jets which massage weary bodies to ease muscular fatigue, boost circulation and eliminate toxins and impurities. May be infused with your choice of oils, powders and plant extracts.

Micronized Marine Algae

(55mins)

Wrap £55 | Float £60

The original marine algae wrap, rich in minerals, vitamins and micro nutrients. This treatment activates circulation, increases metabolism and relieves aches and pains. Excellent for general well-being and total relaxation.

Clarins Detox Wrap

(55mins)

Wrap £55 | Float £60

Your skin will love this intensive deep-cleansing treatment, which combines a bespoke blend of mineral-rich white clay and warmed oils with a massage or float. Impurities are eliminated and circulation is boosted, leaving skin much smoother and softer.



Indocéane

(55mins) £55

(for two people £80)

Indocéane is an exotic ritual, taking you on a journey of ultimate relaxation across the continents encompassing age-old traditions and rituals of beautification. Commencing with a Mediterranean influenced body exfoliation; softening the skin in preparation for a wonderful soak in a soothing Egyptian Precious Milk bath, followed by a Chinese sublime body cream. The ritual is completed with a cup of Chinese Green Tea. This treatment will leave you and your skin feeling re-born!

Ocean Memory Marine Sensation

(55mins) £55

(for two people £80)

This new invigorating spa ritual brings together all Thalgo's expertise in marine beauty. Inspired by the sea, the cradle of life, which holds in it the memory of the world, Ocean Memory will leave you feeling revitalised, refreshed, replenished and re-energised! Features exfoliation with algae petals, sensation soak and the Ocean Memory body cream.

MEN'S EXCLUSIVES

Vale Swedish Massage

A deep tissue massage to alleviate tense knotted muscle tissue.

■ Back and Shoulder (25mins) £32

(Excludes Saturday unless combined with additional treatment)

■ Full Body (55mins) £50

Vale Spa Feel Good Facial (25mins) £30

(Excludes Saturdays unless combined with additional treatment)

A deep cleansing and rehydrating facial for every skin type, ideal when time is at a premium and you need a little pick me up.

Vale Full Body Warm Oil Massage (55mins) £50

Full body massage with essential oils to enliven, detox, relax or rebalance.

Reflexology (55mins) £50

Reflexology is a complementary therapy whereby a therapeutic gentle pressure massage to the feet gives a supremely effective holistic method of healing.

Vale Hot Stone Massage (70mins) £65

A path of warm basalt lava stones are laid on the chakra points to irradiate vibrations of warm energy, dissolving stress in body and mind and infuse a feeling of wellness and harmony. The 'stone massage' does not simply alleviate physical disorders but faces their causes respecting the suggestions given by thousands of years of oriental wisdom.

Sensorial Candle Massage (55mins) £55

A sensory journey through massage in a hushed atmosphere with fragrant burning candles to deliver a warm nourishing elixir. Select from 3 emotions or enjoy all three - **Relaxing** with Musk, **Firming** with Floral and Fruit, **Vitality** with Citrus and Ylang Ylang.

Vale Gentlemans' Time Out Package

£100

Choose 1 x 55 minute and 2 x 25 minute treatments

Mens 55 minute treatment choice:

- Vale Full Body Warm Oil Massage
- Vale Full Body Swedish Massage
- Vale Spa Indulgence Facial
- Sensorial Candle Massage
- Reflexology*

Mens 25 minute treatment choice:

- Vale Back, Neck and Shoulder Massage
- Indian Head Massage*
- Vale Spa Feel Good Facial
- Vale Manicure (25mins)
- Vale Pedicure (25mins)
- Gerard's Shirodara

*Limited availability.



ESSENTIALS

Vale Express Manicure

(25mins) £20

Hand cream, nail shape and polish.

Vale Express Pedicure

(25mins) £25

Foot cream, nail shape and polish.

Vale Manicure

(45mins) £30

Relaxing, pampering and effective hand and nail treatment which nourishes and improves the skin's appearance, beautifying cuticles and nails. Includes a mini polish to take home.

Vale French Manicure

(45mins) £35

Vale Pedicure

(45mins) £35

A complete foot treatment to soften skin with a foot and lower leg massage. Includes all cuticles, nail tidying and reshaping, leaving the feet fresh and beautified. Includes a mini polish to take home.

Jessica Three Week Manicure

(55mins) £45

The next generation in nails. A gel formula painted over the natural nail to give strength and protection and long lasting colour - including a regular manicure.

Clarins Express Make-Up

(45mins) £45

This high-speed make-up session allows an expert to apply everything from your foundation base to your lipstick, to create a look that suits you and the occasion.

Clarins Get Glowing Tanning Treatment (55mins) £50

Enjoy a year round, natural looking tan. After top-to-toe exfoliation, Clarins highly acclaimed self tanning preparations are massaged into the face and body and within two hours you have an all over healthy glow.

St. Tropez Tan

(55mins) £50

A sunless and safe rich golden tan - best applied the day before you need the finished look.

Vale Spray Tan

(15mins) £25

The ultimate natural look tan with instant results, select the colour to suit you - a sun kissed glow, or deep Caribbean bronze.

Waxing:

■ Lip	£8
■ Lip and chin	£10
■ Underarm	£12
■ Bikini line	£12
■ Forearm	£18
■ Back	£18
■ Chest	£18
■ Bikini Shaping	£20
■ Half leg	£20
■ Full leg	£25
■ Half leg (inc. bikini line)	£25
■ Full leg (inc. bikini line)	£30

Tinting:

■ Eyebrow tint	£10
■ Eyelash tint	£10
■ Eyebrow shape	£10
■ Eyelash and eyebrow tint	£20

Electrolysis

(10mins) £15



FULL DAY PACKAGES

Our full day packages have been designed to offer you a complete range of pampering experiences. Whether you want to feel totally recharged, de-stressed or thoroughly indulged you can choose the treatments to ensure your day with us is tailor-made to meet your needs perfectly.

As our guest you will have full use of our heated indoor pool, sauna, steam room and whirlpool as well as our extensive relaxation facilities.

Full Day Package Choice*:

Amethyst

£90

■ 1 x 25mins ■ 1 x 55mins treatment

Sapphire

£110

■ 1 x 55mins ■ 2 x 25mins treatment

Ruby

£140

■ 1 x 70mins ■ 1 x 40mins ■ 1 x 25mins treatment

Emerald

£165

■ 1 x 70mins ■ 1 x 55mins ■ 1 x 40mins treatment

Diamond

£200

■ 1 x 70mins ■ 1 x 55mins ■ 1 x 40 mins
■ 2 x 25mins treatment

Little Jewel

£95

For pregnant ladies who feel like a little pampering.

- Clarins Blissful Beginnings
- Vale Pedicure

Your Day Will Also Include:

- A light lunch from our special spa menu
- Complimentary slippers
- A robe and towel will be provided for use during your visit

*No other offer or discount applies. Day package from 9.30am - 6.00pm. Treatment times allocated on arrival.



TREATMENT CHOICES

25 Minute Treatment Choice:

- Vale Spa Feel Good Facial
- Vale Back and Shoulder Massage
- Indian Head Massage**
- Gerard's Shirodara**
- Vale Express Manicure (file and polish)
- Vale Express Pedicure (file and polish)
- Vale Equilibrium Touch
- Dry Floatation
- Hydrotherapy Bath
- Clarins Essential Eyes
- Tahitian Tiare

40 Minute Treatment Choice:

- Vale Manicure
- Vale Pedicure
- Skin Polishing Body Treat

55 Minute Treatment Choice:

- Vale Full Body Swedish Massage
- Vale Full Body Aromatherapy Massage
- Shea Heaven
- Vale Spa Indulgence Facial
- Reflexology**
- Micronized Marine Algae
- Gerard's Bamboo Massage
- Clarins Aroma Delight
- Sensorial Candle Massage
- Clarins Detox Wrap
- Liquid Gold Honey Rub

70 Minute Treatment Choice:

- Vale Hot Stone Massage
- Gerard's Chocolate Body Treat
- Clarins Advanced Body Treatment
- Clarins Advanced Facial
- Deluxe Aromatherapy Massage

*Additional Note: Our special programmes are very popular. To ensure the day of your choice, we strongly recommend that you allow a minimum of four weeks to book your Spa programme. No other discount applies to these special package prices. A 50% non-refundable deposit is required for all package bookings. **Limited availability.*





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