




*Vale*  
RESORT  
★★★★



*“Take care of your body.  
It’s the only place you have to live.”*

Jim Rohn

*“The time to relax is when you  
don’t have time for it.”*

Jim Goodwin



Vale  
SPA

## WELCOME

The Vale Spa continues to evolve and push the traditional spa boundaries.

Our new larger and refurbished spa still delivers a host of therapeutic, holistic and relaxing therapies. New additions include Sundari – an Indian inspired range of treatments that are unique to us as well as four relaxation zones, a large boutique shop and refreshing ‘Chai’ Café.

However, the major difference between the Vale Spa and others is that we now offer non-surgical cosmetic procedures, as well as a complete range of qualified podiatry and physiotherapy treatments (including MRI and X-Ray).

The latter is via our unique collaboration with the adjacent Vale Hospital which also offers a range of services that include cosmetic surgery and treatments - from breast augmentation and liposuction to nose reshaping and gastric bands.

A complete new experience awaits you.

# ENJOY YOUR VISIT

## The Complete Experience

Whilst we offer individual treatments, why not consider spending the whole day with us where you can choose a day to totally suit your individual goals.

## What to Bring

Towel, robe and slippers are provided for guests enjoying a body or facial treatment of 55 minutes duration or more. You will need to bring swimwear for wet and heat facilities. The Spa team will be pleased to advise you on appropriate dress should you have any concerns.

## Spa Etiquette

Please respect your fellow spa-goers' right to peace and privacy whilst in the spa, relaxation zones are for quiet contemplation, reading or sleeping. Mobile phones are not permitted in the spa.

We will be happy to see you chatting and enjoying the company of friends in our more sociable 'Chai' cafe and boutique area. All spa visitors will need to be 18 years of age.

## Health Conditions and 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 the selected treatments which will be suitable for you.



## Time to Share

With four individually inspired treatment suites, we are able to offer you and a friend or loved one the ultimate experience of lying side by side to enjoy your therapies.

## Lifestyle Boutique

All products used for your treatment are available at the boutique for you to continue your spa regime at home, together with a selection of other luxury product lines. The reception team will be happy to assist you with your purchases.

## Advance Bookings

We highly recommend booking your treatment in advance to ensure your preferred time and service is available.

## Gift Certificates

An ideal gift for the Spa enthusiast, a complete range available from Spa Reception. Please note Gift Voucher are non-refundable.

## General Information

**Open Monday to Friday  
9.00am – 8.00pm**

**Saturday/Sunday and Bank  
Holidays 9.00am – 6.00pm.**

Please arrive 20 minutes before your treatment time, and note that late arrivals will not receive an extension to their scheduled treatment time. Treatments of fewer than 55 minutes in duration do not include use of the spa or leisure facilities.

Treatments of 55 minutes duration or more include a strict 55 minutes use of spa facilities either before or following treatment.

## Payment Terms

Non-refundable full payment for all treatments and day spa experiences are taken at time of booking. Voucher numbers are also taken at time of booking. Please ensure you have your voucher with you to guarantee this payment at the time of your visit.

# FACIAL COLLECTION

## Spa Diary Date Facial

**25 mins**      **£32**

Deep cleansing and re-hydrating for every skin type, an ideal little pick-me-up when time is at a premium.

## Vale Equilibrium Touch

**25 mins**      **£32**

A beautiful balancing massage for face, scalp and shoulders, with warmed oils of Mandarin, Rosewood and Ylang Ylang.

## Clarins Essential Eyes

**25 mins**      **£32**

**Exclusive to the Vale Spa**

Refresh, relax and brighten tired eyes. A gentle massage and deep boosting eye product cocktail, will enhance skin tone, minimise fine lines and put the sparkle back. Helps to alleviate stress and tension associated with driving, reading and computer use.

## Gerard's Glycolic Facial

**40 mins**      **£45**

A completely safe chemical peel with 25% glycolic acid from sugarcane. Exfoliating to the deepest layers, your skin will tingle to produce results combating fine lines, sun damage, acne and congestion.

## Vale Spa Creation Facial

**55 mins**      **£55**

This relaxing Clarins aromatherapy facial is created to suit your skin. Gently cleansed and exfoliated, your skin is then massaged using the Clarins Touch with a personalised aromatherapy blend. A Plant mask is applied whilst you enjoy a hand or scalp massage.

## Clarins Tri-Active Facial

**70 mins**      **£67**

A fusion of science, touch and nature to deliver immediate, visible results. A choice of 6 different options are available.

## Clarins Luxury Elixir Facial

**85 mins**      **£70**

**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 skincare at it's very best, providing lasting results and unashamed luxury.



# BODY MASSAGE COLLECTION



## Vale Target Massage 25 mins £33

A firm and result driven massage, targeting the area of your choice, often this will be the back and shoulders, alleviating deep rooted muscular stress and tension.

## Tahitian Tiare 25 mins £35

Full body relaxing muscle stretch with exotic Monoi oil, infused with the Polynesian Tiare flower, a natural and exquisite perfume with intense moisturising properties.

## Skin Purifying Body Treat 40 mins £45

Deeply cleanse and help eliminate dry and tired skin. Thorough skin polishing with warm fragrant balm of Mint and Rosemary to tone and enliven, will leave skin soft, silky and nourished.

## Vale Full Body Swedish Massage 55 mins £55

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

## Sensorial Candle Massage 55 mins £60

A sensory journey through massage in a hushed atmosphere with fragrant burning candles, to deliver a warm nourishing elixir. Select from three emotions, Musk, Floral or Citrus.

## Gerard's Green Tea Abdomen Treatment 55 mins £60

Experience this non invasive colonic treatment that has a dual action treating both the internal digestive system and firming the skin leaving you looking more toned and feeling relieved of tension and bloating.

## Bamboo Massage 55 mins £65

Stress relieving, muscle strengthening, lymph drainage and reactivate circulation – all this is achieved from powerful specific rolling techniques using silky bamboo canes. A treatment not for the faint hearted.

## Clarins Advanced Body Treatment 70 mins £67

Specific massage movements stimulate circulation and detoxify the skin and when combined with Clarins Pro Formulas (equivalent to 7 days in one application) you can immediately see the difference in your skin.

## Hot Lava Stone Massage 70 mins £67

Infuse your body and mind with a feeling of wellness and harmony. Learned through thousands of years of oriental wisdom. The heated stones are laid on chakra points and use to massage the muscles up to six times as deeply as a traditional hand massage.

# HOLISTIC CHOICE

Holistic 'meaning whole' is a belief and philosophy that deals with the communication between mind, body and soul, re-awakening the subtle energies.



## Hopi Ear Candling

**25 mins**      **£35**

A relaxing therapy to clear the ears. This treatment helps to release stress from headaches and vertigo tendencies, as well as enhancing overall wellbeing and improving clarity and alertness.

## Vale Celestial Temple Massage

**25 mins**      **£35**

A superb treatment to promote a feeling of calm and balance through mind and body. Warm oils are used to give a deep scalp, neck and shoulder massage focusing on pressure points, to encourage hair growth. You will be seated upright for this treatment.

## Reiki

**55 mins**      **£45**

A wonderfully relaxing, self healing treatment helping to balance the chakras and clear energy pathways, resulting in a 're-tune' of body, mind and spirit.

## Reflexology

**55 mins**      **£55**

Reflexology is a complementary therapy whereby a gentle pressure massage to the feet gives a supremely effective holistic method of healing, resulting in a numbers of ailments being relieved.

## Vale Aroma Massage

**55 mins**      **£55**

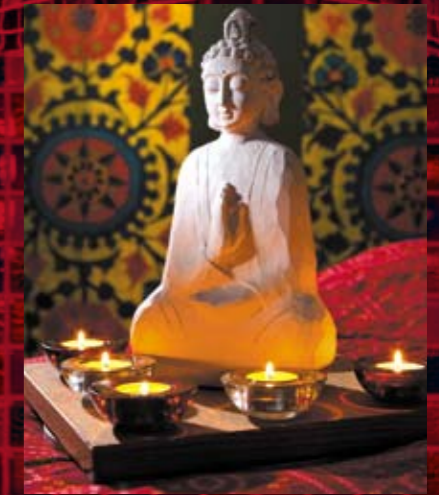
Full Body massage to enhance your mood, relaxing, energising or rebalancing - includes a scalp massage to leave you tension free. Using traditional essential oils or a combination of oils and Shea butter, ideal for very dry, fine or fragile skin



## SUNDARI

An Ayurvedic traditional range of Indian inspired treatments that are individually tailored to your own 'personality type' or 'dosha'.

Ayurveda is a holistic science and philosophy of life, health and longevity. The harmonious working of the three components of being - body, mind and soul. A dosha consultation will take place at the beginning of your treatment.



### Odati

**70 mins**

**£70**

An amazing balancing back treatment with Abhyanga, and deep exfoliation including mask and massage to back of legs.

Complete the journey with a deeply relaxing facial massage and healing scalp treatment with Neem and Eucalyptus.

### Balanati

**70 mins**

**£70**

Sublime relaxation for the overstressed. Warm oil is drizzled over the body combined with a rhythmic and revitalising massage. Once deeply relaxed the traditional Ayurvedic Shirodhara is then applied. A powerful treatment changing the balance of ones life by awakening the senses, and invigorating the soul.

### Jagriti

**85 mins**

**£75**

Divine Abhyanga back massage, followed by full body exfoliation and body wrap (dosha specific). Truly relaxing, de-stressing and unforgettable Ayurvedic experience.

## NURTURE SELECTION

A special choice of treatments that can be enjoyed both pre and post natal

### Clarins Blissful Beginnings

**70 mins**      **£67**

#### Pre and post natal body treatment

This blissful treatment ensures your comfort and well-being from three months through to early motherhood. With specially designed massage movements to ease muscular aches, reduce water retention, as well as maintain skin tone.

Using the highly acclaimed tonic body treatment oil, your skin will feel radiant and you sense of well-being restored.

### Omala

**85 mins**      **£75**

Your treatment will begin with a revitalizing foot cleanse and scrub, followed by a de-stressing back and shoulder massage to ease any aches and pains.

Your journey will take you onto a soothing and purifying mini facial using Neem, known as the Indian Pharmacy Tree, and an Omega 3 mask for the tummy.

Legs and feet are treated to an Ayurvedic massage to help relieve soreness or swelling. This whole experience will leave you rejuvenated from head to toe.



# WATER THERAPIES



## Fish Foot Massage

**15/30 mins    £15/£30**

The ultimate natural therapy, dozens of tiny 'professional pedicurists', these Gura Rufa fish will gently remove hard and dry skin from the feet. Superbly effective and a fun way to improve your pedicure. Perfect before your pedicure, pre reflexology, and a whole sociable happening booked as a group treatment with friends.

## Heat & Treat

**30 mins    £20**

A traditional Nordic experience designed so you can do as much or as little as you like.

A sauna together with our chromotherapy hot and cold rainforest showers and ice flakes, makes this an invigorating and relaxing sensation.

Teamed with loofahs, body brushes and Birch bundles to use with natural salt scrub and moisturising body mud, this makes for a memorable and fun experience.

## Dry Floatation

**25 mins    £32**

Let all your troubles float away with this totally relaxing experience. Float, enveloped in warm water yet remain warm and dry in the soft glow of candlelight, listening to gentle tranquil sounds.

## Hydrotherapy Jet Bath

**25 mins    £32**

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

## Ocean Memory

**55 mins    £60**

(for two people £85)  
This invigorating spa ritual brings together Thalgo's expertise in Marine Beauty. Inspired by the sea, Ocean Memory will leave you feeling revitalised, refreshed, replenished and re-energised! Includes exfoliation with algae petals, sensation soak and the Ocean Memory body cream.

## Indoceane

**55 mins    £60**  
**(for two people £85)**

This exotic ritual will take you on a journey of ultimate relaxation.

A Mediterranean influenced body exfoliation followed by a wonderful soak in a invigorating Egyptian precious milk bath, finishing with Chinese sublime body cream.

This ritual is completed with a cup of Chinese Green tea. This treatment will leave you and your skin feeling reborn.

## Marine Cocoon Floatation

**70 mins    £60**

(without float available including scalp massage)

The original Micronised Marine Algae wrap, rich in minerals, vitamins and micro-nutrients. This treatment activates circulation, increases metabolism and relieves aches and pains.

Excellent for general health, well-being and total relaxation.

# GENTLEMEN'S COLLECTION

Most treatments are suitable for both sexes but we have listed our 'Gentleman's Favourites'.

**Target Massage**  
**25 mins**      **£33**  
A firm result driven massage targeting the areas of your choice. Often this will be the back and shoulders, alleviating deep rooted muscular stress and tension.

**Specific Sports Massage**  
**40 mins**      **£40**  
Specialist techniques utilised to improve localised tight and uncomfortable muscle fatigue, often associated with excessive physical exercise.

**Vale Aroma Massage**  
**55 mins**      **£55**  
Full Body Aroma to enhance your mood, be it relaxed, energised or rebalanced, including a scalp massage to leave you tension free. Treatment may be taken with traditional essential oils or warm Shea Butter and essential oils.

**Full Swedish Massage**  
**55 mins**      **£55**  
Relax and unwind with this deep warming all over body massage - helps to ease tense muscles and de-stress the mind.



**Spa Hot Towel Facial**  
**55 mins**      **£55**  
A relaxing Clarins aromatherapy facial created to suit your skintype. Face is cleansed and exfoliated with refreshing hot towels, then massaged with the Clarins specific personalised aromatherapy blend. Softens and clarifies the complexion.

**Hot Lava Stone Massage**  
**70 mins**      **£67**  
Learned through thousands of years of oriental wisdom, the heated stones are laid on chakra points and use to massage the muscles up to six times as deeply as manual treatments. Exceptionally relaxing and warming.

**Reflexology**  
**55 mins**      **£55**  
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.

**Balanati**  
**70 mins**      **£70**  
Profound relaxation for the overstressed designed to bring the subtle energies of the body into balance. Warm oil drizzled to the body with a rhythmic and revitalising massage. Once relaxed the traditional Ayurvedic Shirodhara is applied. A powerful treatment changing the balance of ones life by awakening the senses and invigorating the soul.

**Sensorial Candle Massage**  
**55 mins**      **£60**  
A sensory journey through massage in a hushed atmosphere with fragrant burning candles to deliver a warm nourishing elixir. Select from three emotions - Musk, Floral or Citrus.

# PATHWAYS TO SENSORY HEAVEN

**Our spa day experiences are created by you for you. Simply select the pathway that suits you best, and add the treatment/s to achieve your personal goals.**

Whether you want to feel totally recharged, de-stressed or thoroughly indulged, we guarantee that you will leave the spa with lifted spirits and a feeling of total wellbeing. Our experienced Spa team are on hand to ensure you get the most from your spa day. Extra treatments may be added if required.

Enjoy all of our facilities, including a 20m pool, extensive gymnasium, whirlpool bath, sauna and steam room, as well as our bespoke relaxation zones. You are welcome to join any of our Fitness classes from Zumba to Aqua Fit\*.

A healthy lunch is included, however, there are plenty of treats to choose from at the Chai Café including afternoon tea, smoothies, hot drinks, cakes or even a glass of champagne or wine.

Your itinerary and treatment times are allocated on arrival. We would ask you to arrive by 9.30am and make yourself available until 6.00pm.

\* bookings subject to availability on the morning of arrival

# SPA DAYS

**All Spa days include a complimentary healthy lunch and use of towel, robe and slippers:**

**Classic £95**

Includes up to 90 mins of treatment time of your choice.

**Inspire £115**

Includes up to 120 mins of treatment time of your choice.

**Awaken £150**

Includes up to 180 mins of treatment time of your choice.

**Tempus £30**

(limited availability)

Includes the use of all the bespoke relaxation zones. No treatments included.



# DAY SPA PLANNER

## 90 minutes

- Clarins Luxury Elixir Facial
- Omala\*
- Jagriti\*

## 75 minutes

- Clarins Tri-Active Facial
- Clarins Advanced Body Treatment
- Vale Hot Lava Stone Massage
- Clarins Blissful Beginnings
- Balanati\*
- Marine Cocoon

## 60 minutes

- Vale Spa Creation Facial Sensorial Candle Massage
- Vale Full Body Swedish Massage
- Gerard's Green Tea Abdomen Treatment\*
- Bamboo Massage
- Vale Aroma Massage
- Reiki\*
- Reflexology\*
- Indoceane
- Ocean Memory
- Jessica Spa Manicure
- Jessica Spa Pedicure
- Clarins Get Glowing Tanning
- Odati\*

## 45 minutes

- Gerard's Glycolic Facial
- Skin Purifying Body Treat
- Jessica Geleration Manicure\*
- Clarins Make-Up Make Over

## 30 minutes

- Vale Celestial Temple Massage
- Hopi Ear Candling\*
- Vale Spa Diary Date Facial
- Vale Equilibrium Touch
- Clarins Essential Eyes
- Vale Target Massage
- Tahitian Tiare
- Dry Floatation
- Hydrotherapy Jet Bath
- Jessica Grooming Manicure
- Jessica Grooming Pedicure
- Heat & Treat
- Fish Massage

## 15 minutes

- Jessica Soak off and treatment coat
- Brow Tint
- Lash Tint
- Brow & Lash Tint
- Brow Shape
- Spray Tanning
- Fish Massage

(Please note - actual treatment timings are as listed in the tariff.  
\* - Limited availability)



## VIP GROUP COLLECTION

### 'Spa Together'

The luxury of space allows us to offer spa days and treatments for groups of up to 50 guests. For parties of 15 or more we are happy to create a bespoke package for you all to enjoy.

Our heat and treat and fish foot massage zones can be pre-booked for groups giving you a private area to spend time together. As these two areas are adjacent to one another they can be reserved as a suite.

These experiences will need to be booked in addition to your spa day and prior to arrival.



### Heat & Treat

**Per hour £80**  
(exclusive group booking)

This traditional Nordic experience enables you to do as little or as much as you like. A sauna, chromotherapy hot and cold rainforest showers, ice flakes, loofahs, body brushes and Birch bundles together with a natural salt scrub and moisturising body mud are all at your disposal.

You can choose to relax, detoxify, soothe, invigorate or ease muscles to awaken your body which makes for a memorable and fun experience.

### Heat & Treat and Fish Massage

**Per hour £150**  
(exclusive group booking)

### Fish Massage

**Per hour £80**  
(exclusive group booking)

The ultimate natural therapy, dozens of tiny 'professional pedicurists', These Gara Rufa fish will gently and relaxingly remove hard and dry skin from the feet. Superbly effective, but different and a fun way to improve your pedicure.

Perfect before your pedicure, superb pre-reflexology, and a whole sociable happening booked as a group treatment with friends.

# ESSENTIAL BEAUTY

## Jessica Grooming Manicure

**25 mins**      **£25**

Professional hand cream and nail paint to create instant glamour.

## Jessica Geleration Manicure

**55 mins**      **£45**

Amazing high gloss, hard wearing and instant dry colour, protecting the natural nail, and lasting up to 3 weeks without chipping or fading.

## Jessica Spa Manicure

**55 mins**      **£50**

Pampering and effective hand and nail treatment. Relaxing and nourishing to improve skin's appearance, beautifying cuticles and nails, including a mini polish to take home.

## Jessica Grooming Pedicure

**25 mins**      **£30**

Professional foot cream and nail paint to enhance the appearance of your feet.

## Jessica Spa Pedicure

**55 mins**      **£50**

Complete foot treatment with massage to soften skin and relax the lower leg. Cuticles are tidied, nails reshaped and varnished with your choice of mini polish to take home. Feet feel fresh and beautified.

## Jessica Soak Off & Treatment Coat

**25 mins**      **£15**

Gentle removal of Geleration and a treatment basecoat applied. (Geleration Prep Soak off is complimentary immediately prior to a Geleration application).

## Spray Tanning

**15 mins**      **£25**

Instant and effective. Select the colour you wish from a 'healthy golden glow' to the 'fortnight in the Caribbean' look. Easy, speedy and even tanning in 10 minutes. Best applied the day before you need the finished look.

## Clarins Make-Up Make Over

**45 mins**      **£45**

Create the look that suits you with an expert make-up application. Using the full range of Clarins luxury cosmetics from base colours to glossy lips, and everything in between.

## Clarins Get Glowing Tanning

**55 mins**      **£50**

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

## Waxing

**Full leg & bikini tidy**      **£30**

**Half leg & bikini tidy**      **£25**

**Half Leg**      **£20**

**Chest**      **£20**

**Back**      **£20**

**Forearm**      **£20**

**Bikini Shaping**      **£20**

**Bikini Tidy**      **£15**

**Underarm**      **£15**

**Lip & Chin**      **£10**

**Lip**      **£8**

## Eyes

**Brow Tint**      **£12**

**Lash Tint**      **£12**

**Brow Shape**      **£12**

**Brow & Lash Tint**      **£20**

## Epilation

**10 mins**      **£15**

**Course of 6 x 10 mins**      **£75**

## NATURAL LOOKS THAT LAST

**More and more people are turning towards treatments that help combat the signs of ageing using aesthetic medicine and non-surgical cosmetic procedures.**

Lines and wrinkles are usually caused by over exposure to the sun, environmental pollution and the body's natural ageing process. Whilst these non-surgical procedures cannot offer the significant and lasting change to lines and wrinkle removal that cosmetic surgery procedure can create, they can remove for extended periods, those lines and wrinkles that make you look older.

Perhaps you have annoying frown lines, unflattened nose to mouth lines, or you would like to enhance the shape and volume of the your lips without surgery. If so, then you may wish to consider these aesthetic medical treatments which offer gradual restoration of a youthful glowing skin without the need of surgery.



### Wrinkle Relaxing Injections

**From £150**

Ideal for reducing the appearance of wrinkles that appear as frown lines between the eyes as well as those annoying forehead lines and crows feet.

### Dermal Fillers

**From £250**

Dermal filler are used to replace lost volume and restore youthful contours to the skin. The fillers are injected directly into wrinkles around the mouth, lips and fold lines from the nose, to immediately lift and fill for up to 6 months.

Hand rejuvenation with fillers, adding volume and improving texture

**From £400**

Lip contouring and soft volume

**From £250**

Cheek contouring

**From £400**

Mesotherapy to hydrate and revitalise décolletage

**From £250**

Non surgical nose reshaping

**From £400**

Hyperhidrosis, excessive underarm sweating

**From £350**

# VALE PHYSIOTHERAPY CLINIC

**At the Vale Physiotherapy Clinic our service is designed to be efficient, effective, and easily accessed.**

Patients can self refer for treatment, or be referred by their specialist or GP. The team of specialist physiotherapists, chiropractors and podiatrists can help with a range of muscle and joint conditions.

The clinic is located within the leisure club at the Vale Resort. Our facilities include fully equipped treatment rooms and physiotherapy gym within the clinic, plus access to the leisure club gymnasium and indoor swimming pool when needed for treatment

We are also able to offer quick access to specialist Orthopaedic consultants and MRI, at Vale Healthcare's nearby Vale Hospital and Cardiff Bay Clinic.



**Taking part in active sports and leisure activities helps fitness and improves general health and well-being.**

There are occasions however, when these activities can lead to injury and so prompt, expert treatment is needed to return to the fitness routine or workplace as soon as possible, and to prevent more serious problems from occurring.

## **Range of Services**

The range of services provide from the Vale Physiotherapy Clinic includes:

- Treatment of athletes of all ages and abilities
- Back pain treatment
- Sports specific rehabilitation programmes
- Pre-operative and post-operative physiotherapy
- Advice on safe exercise participation and injury prevention
- Running injury advice and treatment

## **For enquiries and appointments:**

**029 2083 6700 | [enquiries@vale-healthcare.com](mailto:enquiries@vale-healthcare.com)**

**Vale Physiotherapy Clinic** c/o Vale Resort, Hensol Castle Park, Hensol, Vale of Glamorgan, CF72 8JX

## **Other Vale Healthcare facilities:**

**The Vale Hospital** Hensol Castle Park, Hensol  
**Cardiff Bay Clinic** Celtic Gateway, Dunleavy Drive, Cardiff  
[www.vale-healthcare.com](http://www.vale-healthcare.com) | [www.vale-hospital.com](http://www.vale-hospital.com)

# COSMETIC SURGERY AT VALE HEALTHCARE

Vale Healthcare provides cosmetic surgery and cosmetic treatments at the Vale Hospital – south Wales’ premier private hospital.

We are proud to offer consultant-led services, supported by experienced nursing care, and delivered in a modern and comfortable environment where the quality of clinical care you receive is unquestionable.

All appointments, procedures, and follow-up care takes place at the Vale Hospital, where you can expect a personalised service, tailored to your requirements and delivered by leading consultant surgeons (all on the specialist plastic surgery register, and members of BAAPS / BAPRAS).

Providing a full range of cosmetic surgery and non-surgical treatments, the Vale Hospital is your number one choice for private healthcare in south Wales.

For enquiries and appointments:

029 2083 6700 | [enquiries@vale-healthcare.com](mailto:enquiries@vale-healthcare.com)

The Vale Hospital, Hensol Castle Park, Hensol,  
Vale of Glamorgan, CF72 8JX



## Procedures and treatments at the Vale Hospital

**Breast Augmentation / Enhancement**

**From £3995** (bilateral)

**Breast Lift / Breast Uplift (Mastopexy)**

**From £5457** (bilateral)

**Breast Reduction**

**From £5182** (bilateral)

**Male Breast Reduction (Gynaecomastia)**

**From £3923** (bilateral)

**Browlift**

**From £3050**

**Eye-lid surgery (Blepharoplasty)**

**From £1995** (bilateral upper)

**Nose re-shaping (Rhinoplasty)**

**From £3450**

**Ear correction (Otoplasty / Pinnaplasty)**

**From £2450** (bilateral)

**Abdominoplasty (tummy tuck)**

**From £4881**

**Liposuction**

**From £2767**

**Injectable cosmetic treatments**

**From £185** (nurse)

**From £240** (consultant)

**Consultation fee**

**From £110**

Before undergoing any procedure, you will have a series of consultation appointments with a Consultant Surgeon of your choice. The consultation fee is inclusive of any number of appointments you have prior to your procedure.

All priced quoted are subject to consultation and dependent on individual treatment / consultant recommendation for treatment.

**For enquiries and appointments:**

**029 2083 6700**

[enquiries@vale-healthcare.com](mailto:enquiries@vale-healthcare.com)

The Vale Hospital, Hensol Castle Park, Hensol, Vale of Glamorgan, CF72 8JX



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