



SPA TIME

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

WELCOME



Vale
SPA

The logo for Vale SPA is displayed on a dark purple rectangular sign. The word 'Vale' is written in a white, elegant cursive script, while 'SPA' is in a white, clean, sans-serif font. A thin white horizontal line is positioned below the 'SPA' text.

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

You can choose from an extensive choice of traditional, therapeutic and holistic treatments including the Indian inspired Sundari range, unique to us in the Vale Spa. Add to this four relaxation zones, the vibrant Chai café and boutique shopping area and you have everything a spa should have.

Doze in our Indian inspired tented slumber lounge, float away on the individual water beds, snuggle down with a good book or glossy magazine in our chill out zone or simply let our scented, rebalancing chromatherapy area completely recharge you.

Complementing this is a range of non-surgical results driven, cosmetic procedures as well as podiatry and physiotherapy treatments.

The Vale Spa continues to evolve and push the traditional spa boundaries by delivering a unique spa experience.

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. These areas 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 most suitable treatments.





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 in your treatment are available to purchase, for you to continue your spa regime at home. A selection of other luxury product lines are available in our boutique. 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 is available from Spa Reception. Please note Gift Vouchers 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 method 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.

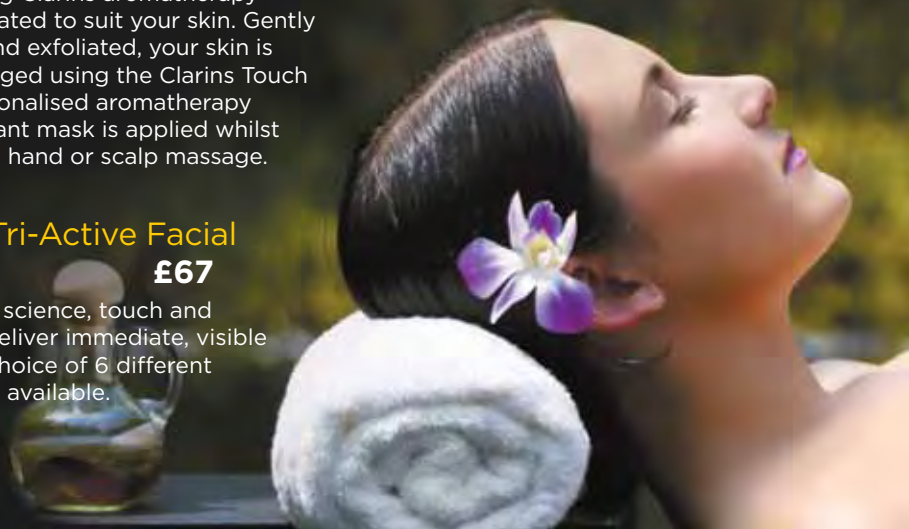
Clarins Luxury Elixir Facial

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**

Deep cleanse to 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 – helping 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. 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 used 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

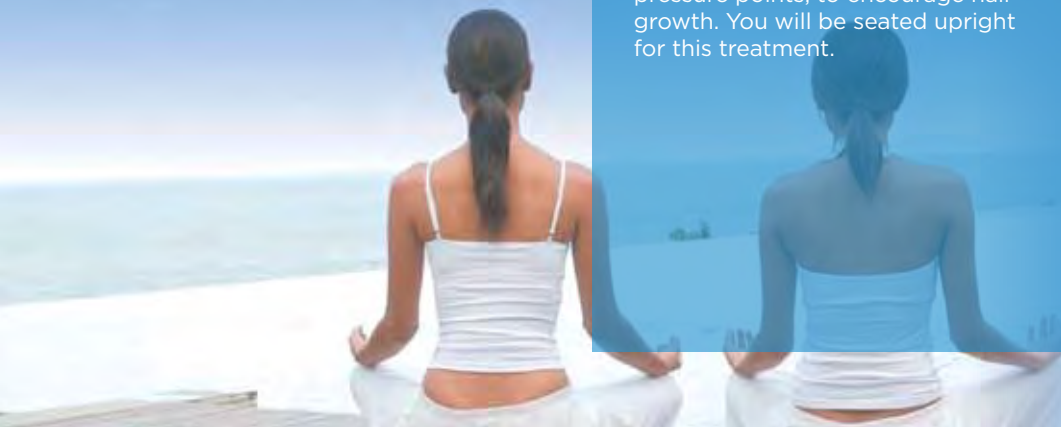
Reflexology is a complementary therapy whereby a gentle pressure massage to the feet gives a supremely effective holistic method of healing, resulting in a numbers of ailments being relieved.

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

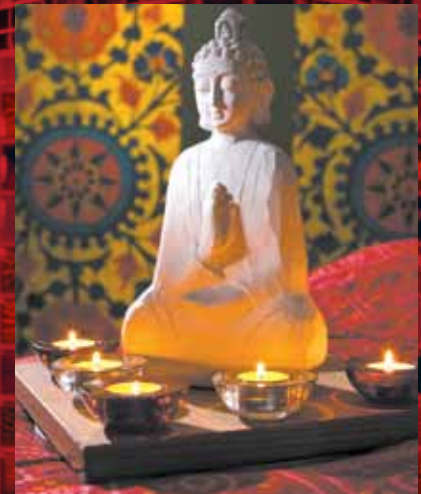


SUNDARI

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 start 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 your sense of well-being restored.

Omala

85 mins

£75

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

Your journey begins with 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, uses 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.

Loofahs, body brushes and Birch bundles together with natural salt scrub and moisturising body mud, combine to make 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 an invigorating Egyptian precious milk bath and finished with Chinese sublime body cream.

This ritual is completed with a cup of chinese green tea to 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 of our treatments are suitable for both sexes however we have listed here our 'Gentleman's Favourites'.

Target Massage

25 mins **£33**

A firm results 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 - helping 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 skin type. 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 used 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 onto the body with a rhythmic and revitalising massage.

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.

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.

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 minutes of treatment time of your choice.

Inspire **£115**

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

Awaken **£150**

Includes up to 180 minutes 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*





DAY SPA PLANNER

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 Foot Massage

15 minutes

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

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.

Loofahs, body brushes and Birch bundles together with natural salt scrub and moisturising body mud, combine to make a memorable and fun experience.

Heat & Treat and Fish Foot Massage

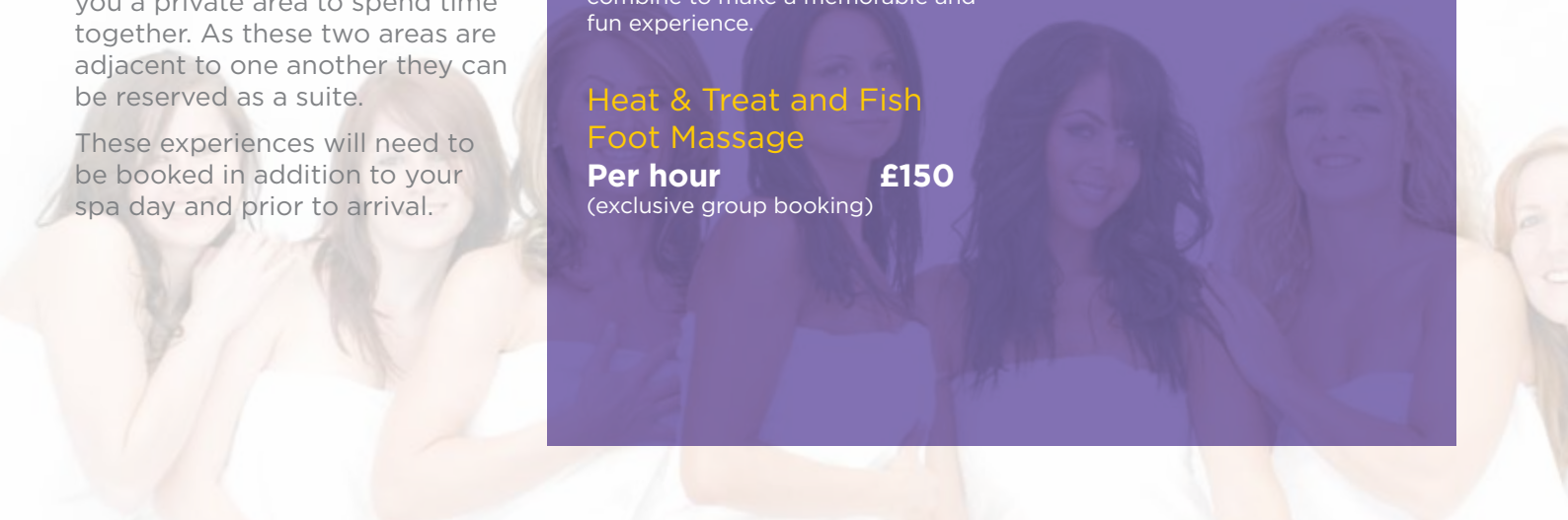
Per hour **£150**
(exclusive group booking)

Fish Foot Massage

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

The ultimate natural therapy, uses 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.



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 your 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 and 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'll 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 crow's 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

From £400

Lip Contouring and Soft Volume

From £250

Cheek Contouring

From £400

Mesotherapy to Hydrate and Revitalise Decolletage

From £250

Non Surgical Nose Reshaping

From £400

Hyperhydrosis, 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.

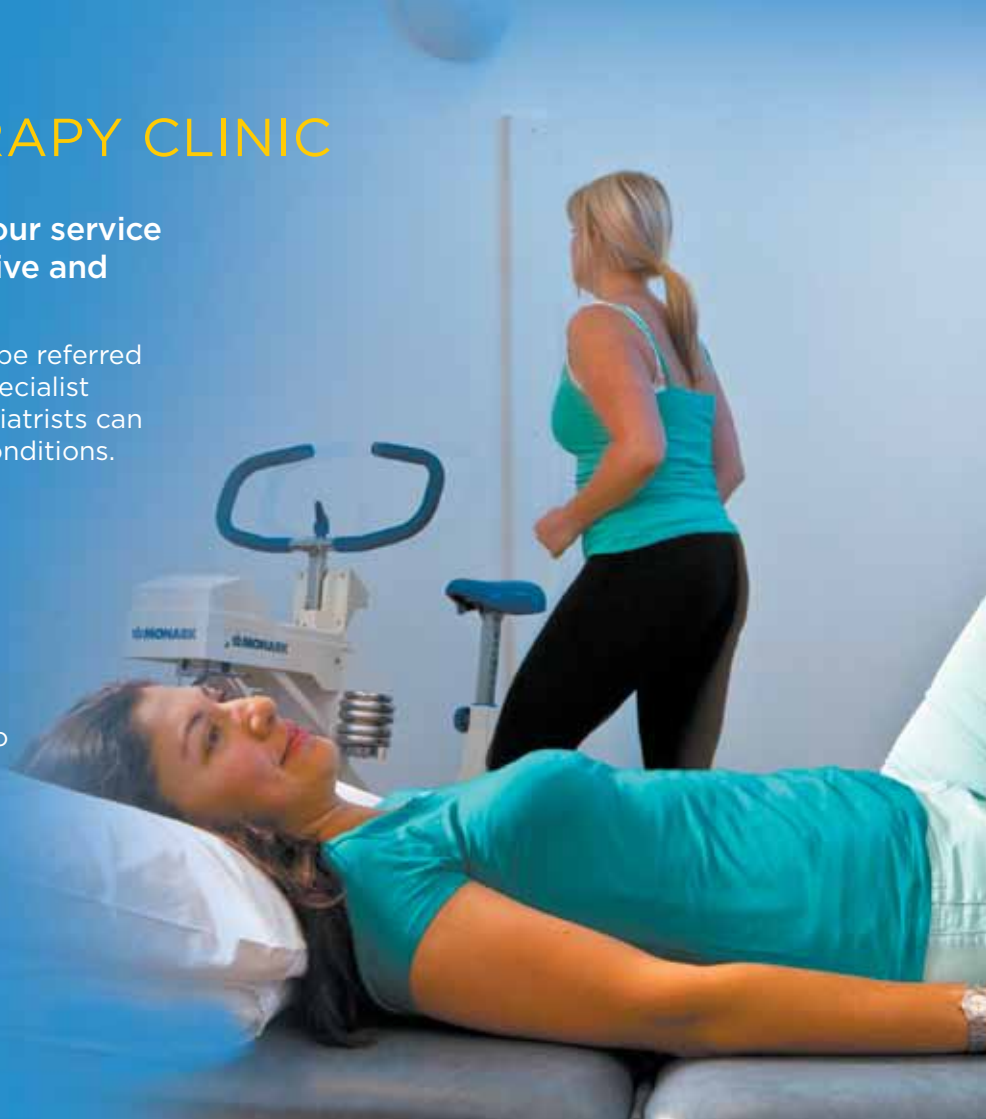
The clinic is located within the leisure club at the Vale Resort. Our facilities include fully equipped treatment rooms and physiotherapy gym within the clinic, plus access to the leisure club gymnasium and indoor swimming pool when needed for treatment.

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.



Vale Healthcare

professional&personal





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 Vale Physiotherapy Clinic provide the following services:

- **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**
- **Chiropractic care and podiatry**

For enquiries and appointments:

029 2083 6700 | enquiries@vale-healthcare.com
Vale Physiotherapy Clinic, Hensol Park, Hensol,
Vale of Glamorgan, CF72 8JY

Other Vale Healthcare facilities:

The Vale Hospital Hensol Castle Park, Hensol
Cardiff Bay Clinic Celtic Gateway, Dunleavy Drive, Cardiff
www.vale-healthcare.com | 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

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



Vale Healthcare



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 £3250

Eye-lid Surgery
(Blepharoplasty)

From £2200 (bilateral upper)

Nose Re-shaping
(Rhinoplasty)

From £3825

Ear Correction
(Otoplasty / Pinnaplasty)

From £2500 (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

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



Vale Resort, Hensol Park, Hensol, Vale of Glamorgan, CF72 8JY | www.vale-hotel.com

Tel: 01443 665888 | Fax: 01443 665890 | Email: valespa@vale-hotel.com

* Prices correct at time of printing November 2011