

the perfect location, the ultimate spa experience...

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to experience the very latest in heat and water therapies in our thermal suite.

So booking an experience is based on you making just two decisions:

- 1. How much time you can spend with us**
- 2. How you want to feel when you leave us - relaxed, revitalised or restored**

Our time packages come in either two, three or six hour blocks, allowing you to visit us for either a quick visit or a full day.

Once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

The Discover experience - for the first time spa goer who may be unsure about having treatments and therapies, or for those who prefer to have more time in the luxurious thermal suite. The Discover experience offers a great way for you to uncover the delights of the day spa. Our 3 and 6 hour Discover experiences also include lunch.

The Enrich experience - if you can't decide whether it's more treatment time or relaxation time in our thermal suite that you want, why not opt for the Enrich experience giving you time to make the most of both. Relax and we will bring you back to your very best and leave you feeling on top of the world. Enrich experiences also include a meal.

The Indulge experience - is pure pampering at its best! With time to both enjoy some fabulous therapies and time in the thermal suite, the indulge experience also includes the use of the luxurious serail bath and a meal.

At this stage however no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatments on the day of your visit.

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When you arrive - Sit down and tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us - relaxed, restored or revitalised. Our therapists will then go through our range of face, body and alternative treatments and help you to create a personalised plan tailored to meet your needs. (See brochure inserts for a full list of treatments available at The Cliff Hotel Spa.)

In addition you will receive recommendations on which of our fabulous thermal suite treatments will compliment your programme and then be given time to enjoy our unique top of the range facilities.

When you leave - We want you to have both enjoyed your time and developed a greater understanding of the short and long term benefits of Spa treatments. All we ask is that you tell us how you feel, what worked for you and when your next visit will be. So now you know the Cliff Hotel Spa concept simply use our at a glance guide to select the perfect package for you.

Length of visit	Experience	Therapist time	Spa time	Price
2 hours	Discover	30 minutes	90 minutes	£35
3 hours	Discover •	60 minutes	120 minutes	£50
	Enrich +	90 minutes	90 minutes	£75
6 hours	Discover •	90 minutes	270 minutes	£90
	Enrich +	120 minutes	240 minutes	£100
	Indulge *	180 minutes	180 minutes	£130

• Includes lunch

+ Includes a meal

* Includes luxurious serail bath and a meal