



The  
**Cliff**  
*Spa*

Treatment Menu

# Welcome

The Spa at The Cliff Hotel is submerged underground, creating a tranquil, relaxing ambience for an indulgent and de-stressing experience.

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In line with the Welsh Assembly Governments guidance, if it is safe to so, The Cliff Spa Treatment Rooms will be open Friday - Monday from Monday 27th July 2020. Entry to The Cliff Spa is strictly by appointment only; please email [reservations@cliffhotel.com](mailto:reservations@cliffhotel.com) to make an appointment.

To be clear, until further notice, this does not include the Gym, Hydrotherapy Pool, Hot tub, Sauna or Steam Room nor will the Relaxation Room be open.

After your relaxation with one of our qualified therapists, enjoy a leisurely meal, or simply a refreshing drink out on our terrace (weather permitting). With the expectation that from Monday 3rd August 2020 you will be able to enjoy The Carreg Bar & Restaurant's inside areas.



## Covid-19 Policy

(JUST TREATMENT ROOMS)

Additional actions and provisions adopted to practice governmental



Please do not travel to The Cliff Spa if you are displaying symptoms of Coronavirus. The main symptoms being high temperature, new and continuous cough or a loss or change to your sense of smell or taste.



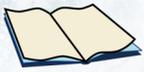
Please observe Social Distancing, Hand Hygiene and Respiratory Hygiene measures at all times.



Entry to The Cliff Spa is strictly by appointment only; please email [reservations@cliffhotel.com](mailto:reservations@cliffhotel.com) to make an appointment.



Arrive no sooner than 10 minutes prior to your appointment time and ring the doorbell to gain entry to the spa.



In accordance with government restrictions, certain treatments are currently not available..



Consultation Forms must be completed and returned to The Cliff Spa at least 24 hours prior to your appointment.



Staff are provided with Personal Protective Equipment such as face masks or visors, gloves and aprons and are expected to use them accordingly. Clients are welcome to wear PPE should you wish but it is not mandatory.



The start and end time for treatments have been staggered to avoid congestion in public areas making it easier to observe social distancing measures.



The Changing Rooms and Toilets are available for use although the Showers remain closed until further notice. We request that you change as quickly as possible in order to minimise the number of people in the changing room at any one time.



Additional hand sanitizers have been installed around The Cliff Spa to enable increased hand hygiene where hand washing facilities are not available.

For further information regarding The Cliff Hotel & Spa's COVID-19 actions and provisions view our COVID-19 Guest Policy; COVID-19 Visitor Policy; COVID-19 Laundry Services Policy and COVID-19 Staff Policy which are located under the 'Info' section on our website.

# Body Treatment

Thalgo Rebalancing Back Treatment | 50 mins - £50.00

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Discover the incredible benefits of seaweed for problem skin. This back treatment combines natural marine algae, rich in re-mineralising ingredients to deep cleanse, detoxify and smooth the skin. After the welcome touch, Thalgo's patented seaweed wrap is applied to the back, and once removed the back is spritzed with refreshing seawater concentrate. Finally, Intense Regulating Serum is applied to regulate sebum production.

## Massages

The Cliff Spa Signature Massage

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This massage uses traditional Swedish massage techniques adapted to treat individual client needs. Starting with a welcome touch to relax and unwind the body and mind, this treatment works on specific areas of concern or just to help switch off from day to day stresses.

Full Body | 50 mins - £55.00

Back of Body (Back, Neck, Shoulders & Lower Legs) | 50 mins - £55.00

Full Leg & Foot | 50 mins - £55.00



# Holistic Therapies

Reflexology | 50 mins - £55.00

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Using pressure point massage techniques on the feet to promote natural healing and wellbeing.

Pre-blended Aromatherapy Massage (light pressure)

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This sensual experience releases stress from the mind and physical tension from the body. Use of essential oils.

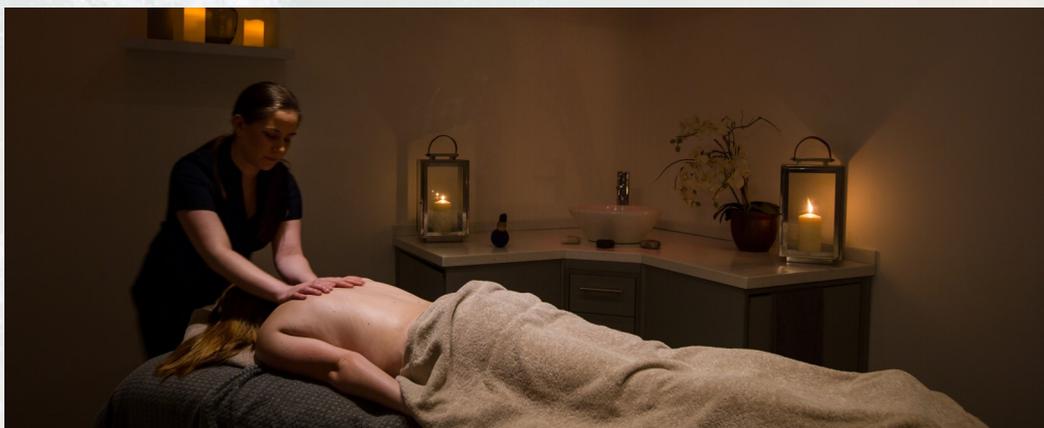
Full Body | 50 mins - £65.00

Back, Neck, Shoulders & Lower Legs | 50mins - £60

Wellbeing Massage | 50 mins - £65.00

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Inspired by the infinite powers of the oceans, Thalgo's Marine Wellbeing Massage incorporates the powerful techniques of Shiatsu and Swedish Massage schools, together with some ocean-reflecting movements. It begins with the Discovery of the Sea welcome massage to relax the body and relieve tensions, followed by specific movements over the entire body and energising digit pressures on the face, allowing you to truly let go.



# Waxing

Full Leg	1 hour - £20.00
Three Quarter	45 mins - £18.00
Half Leg	30 mins - £15.00
Bikini	1 hour - £20.00
Underarm	15 mins - £7.00
Full Arm	30 mins - £15.00
Forearm	30 mins - £12.00
Full Leg, Bikini & Under Arm	1 hour - £32.00
Chest	30 mins - £15.00
Back	30 mins - £15.00

All waxing treatments suitable during pregnancy (12 weeks onwards)



# Gelish Gel Nails

Gelish Manicure | 50 mins - £35.00

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Gelish Pedicure | 50 mins - £35.00

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Express Gelish Application | 40 mins - £23.00

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Nails are filed and shaped and cuticles are tidied before applying Gelish polish.

Gelish Gel Removal | £10.00

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Gelish Gel polish removal, nails filed and finished with nourishing phenom oil treatment.

For all pedicures please come with open toed shoes.

All nail treatments suitable during pregnancy (12 weeks onwards)



# Jessica Phenom Nails

Jessica Deluxe Manicure | 70 mins - £40.00

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The ultimate hand and nail care. All the benefits of the LeRemedi Hand Treatments combined with Jessica Standard Manicure and a LeRemedi Hand Mask.

Jessica Standard Manicure | 50 mins - £30.00

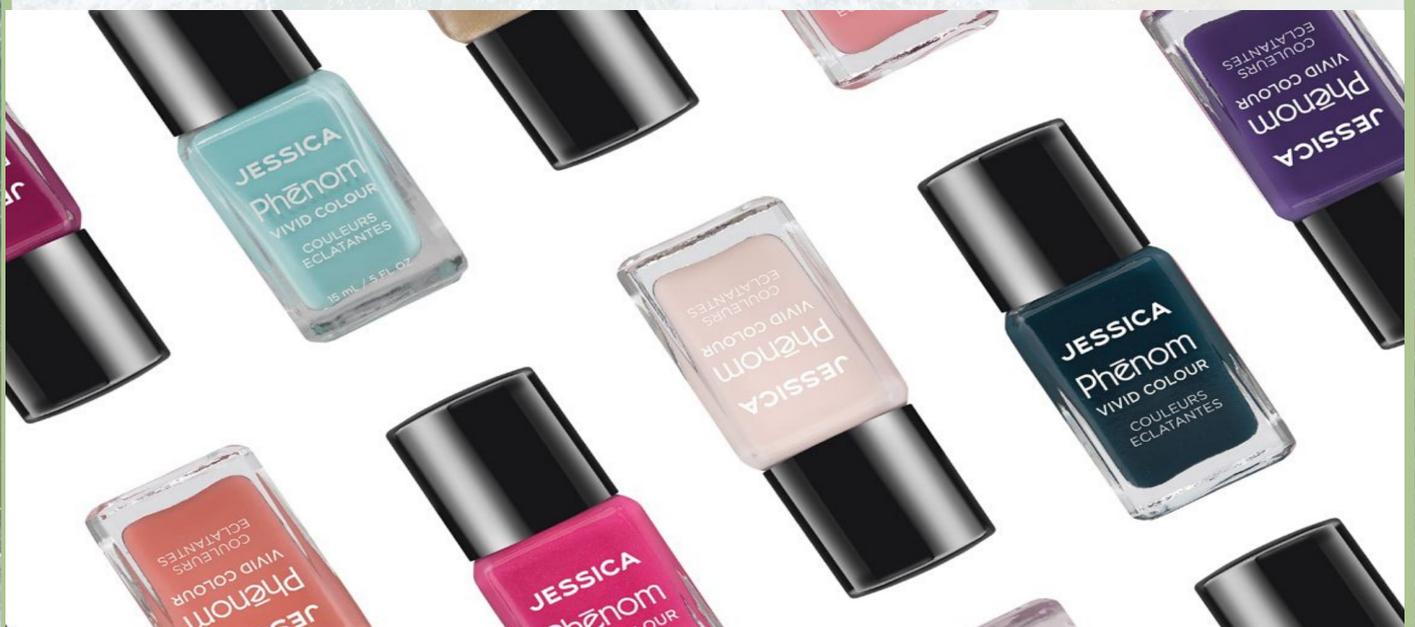
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Nails are analysed and treated for their specific type. Jessica's standard manicure includes cuticle care and moisturising. Nails are beautifully shaped and treated with a prescriptive basecoat finishing with the perfect polish.

File & Polish Treatment on Hands | 25 mins - £15.00

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Nails are beautifully shaped and treated with a prescriptive basecoat, completed by the perfect polish.



## ZenSpa Deluxe Pedicure | 70 mins - £42.50

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Jessica's ZenSpa pedicure with the luxurious added benefits of massage and Thermal Heated Booties for deeper penetration of oils and creams. Excellent for increasing circulation and relieving stiff, painful joints.

## ZenSpa Standard Pedicure | 55 mins - £32.50

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Awaken your senses and discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Hard skin is removed, feet and legs are moisturised with conditioning cream. Cuticles are groomed and toenails are shaped and perfectly polished.

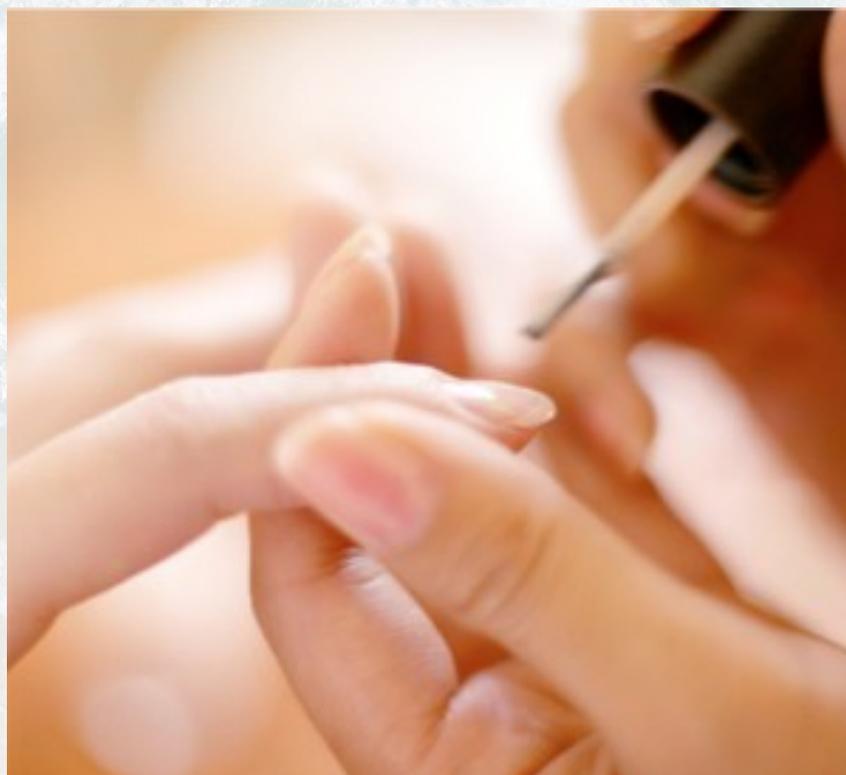
## Express Foot Care for Men | 40 mins - £30.00

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Feet are exfoliated to remove hard skin and massaged with treatment cream. Cuticles are conditioned and nails are trimmed and shaped.

For all pedicures please come with open toed shoes.

All nail treatments suitable during pregnancy (12 weeks onwards)



# Spa Terms & Conditions

## Arrival

Entry to The Cliff Spa is strictly by appointment only; please email [reservations@cliffhotel.com](mailto:reservations@cliffhotel.com) to make an appointment. Arrive no sooner than 10 minutes prior to your appointment time and ring the doorbell to gain entry to the spa. Arriving late may potentially cause your treatment to be shortened and you will still be charged the same price.

## What to bring and what to wear

Disposable underwear is provided or you can stay in your own underwear. However, during some treatments disposable underwear must be worn. We suggest that you leave all jewellery and valuables either at home, your hotel room or in a locker as you will be asked to remove these before treatments. A £1 coin is required as a deposit for our lockers.

## Changing facilities

Our dedicated male and female Changing Rooms and Toilets are available for use although the Showers remain closed until further notice. We request that you change as quickly as possible in order to minimise the number of people in the changing room at any one time during current social distancing measures. There are lockers to store your clothes and personal belongings. However, The Cliff Hotel & Spa will not accept responsibility for the safety of belongings, whether placed in a locker or not.

## Etiquette

Please do not travel to The Cliff Spa if you are displaying symptoms of Coronavirus. The main symptoms being high temperature, new and continuous cough or a loss or change to your sense of smell or taste. Please observe Social Distancing, Hand Hygiene and Respiratory Hygiene measures at all times. CCTV is in operation in certain public areas of the spa.

## Reservations

We advise you to book well in advance to avoid disappointment. In order to secure the booking, we do require a deposit. All bookings are subject to availability and all appointments allow time for changing before and after the treatment.

## Children

Our treatments are only available for persons aged 16 and above.

## Payments & Cancellations

Upon booking, a non-refundable deposit amounting to the full cost of the treatments booked will be taken. We are unable to make a booking or reserve days or times without this pre-payment. Should you be required to cancel for any reason at any point between the time of booking and 24 hours prior to the start time of your treatments, The Cliff Spa will transfer the value of your deposit to a future booking within the next 6 months. In the case of no shows or cancellations made less than 24 hours prior to the start time of your treatment, the full deposit will be retained by the spa and will not be refunded or transferred under any circumstances. Should you require any clarification, please contact our team at your earliest convenience. Please note we reserve the right to raise prices or modify treatments without notice.

## Medical Conditions

A consultation form must be completed and returned to The Cliff Spa at least 24 hours prior to your appointment; treatments will not be performed without receipt of a completed form. If you have any medical conditions or have had surgery in the last six months, please notify the Spa when booking. All treatments booked are subject to medical status. If you fail to notify us of any health conditions prior to your visit, we reserve the right to refuse treatment. We may also request to view a doctor's letter prior to entering the treatment.

**\*Please make sure we are made fully aware of your pregnancy.\***

## Smoking, Liquids and Alcohol

The Cliff Hotel Spa is a non-smoking establishment. We strongly recommend that you drink plenty of fluids after your treatment and we advise against the consumption of alcohol prior to your visit.

## Vouchers

Vouchers for the Spa are valid for 12 months from the date of purchase. We do not normally accept vouchers beyond their expiry date however for vouchers expiring before 18th March 2021 4 months will automatically be added to the expiry date to account for our closure during the COVID-19 pandemic. Please notify us upon booking that you have a voucher giving the value and voucher number which will be checked on arrival. You must have the voucher with you for redemption.

## Please Note

Cancellations by us: Should The Cliff Hotel & Spa be unable to fulfil the service booked, a hotel gift voucher to the value of payments made or an alternative date will be offered for the service.

The information in this brochure is correct at the time of printing. The Cliff Hotel & Spa reserves the right to amend its packages and prices at any time before booking. Bookings are subject to availability and prices quoted at the time of booking.



The  
**Cliff**  
*Spa*

The Cliff Hotel & Spa

Gwbert, Cardigan

SA43 1PP

Spa | 01239 622179 | Hotel | 01239 613241

[spa@cliffhotel.com](mailto:spa@cliffhotel.com) | [www.cliffhotel.com](http://www.cliffhotel.com)

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