



The
liff
Spa

Treatment Menu



The Cliff Gym

We encourage guests to access all Spa facilities by appointment only.

Our small yet adequate gym includes cardio machines such as cycling, running, cross trainer and rowing machine, but also includes weighted machines for legs and arms.

A kettle bell and mat are available upon request.

Improve your physical and mental health by accessing our gym with 1hour 30min sessions available both weekends and weekdays.



Why not relieve those aching muscles with a Full Body Massage after your session or perhaps a dip in the hot tub to unwind?

Read on for the full list of our treatment options.



Membership

We encourage all guests with memberships to still access the Spa facilities by appointment only.

Monthly

Individual: £55 Couple: £105

- Unlimited use of the spa
- Unlimited use of the gym
- Complimentary towel provided on each visit
- 10% discount off all treatments (Monday - Friday)
- 10% discount off all retail products

Quarterly (3 months)

Individual: £155 Couple: £305

- Unlimited use of the spa
- Unlimited use of the gym
- Complimentary towel provided on each visit
- 15% discount off all treatments (Monday - Friday)
- 15% discount off all retail products

Annual (12 months)

Individual: £620 Couple: £1,220

- Unlimited use of the spa
- Unlimited use of the gym
- Complimentary towel provided on each visit
- 20% discount off all treatments (Monday - Friday)
- 20% discount off all retail products

Spa Packages

Full Day Packages

Island Breeze Package

Mon - Thurs: £180 Fri - Sun: £195 *(Treatment time: 2 hours 15 minutes including consultation)*

2 hour use of the Spa facilities

Two course light lunch

Complimentary robe and towel

The following three treatments:

- Thalgo Body Scrub
- The Cliff Signature Full Body Massage
- Thalgo Signature Algae Full Facial

Mum to Be Spa Day ♥ Suitable during pregnancy (12 weeks onwards)

Mon - Thurs: £105 Fri - Sun: £115 *(Treatment time: 1 hour 50 minutes including consultation)*

2 hour use of the Spa facilities (use of spa pool only during pregnancy)

Two course light lunch

Complimentary robe and towel

The following treatments:

- Thalgo Pregnancy Pamper - Exfoliation and warming wrap on legs and bump with a mini facial followed by a moisture application
- Jessica Standard Manicure **OR** Jessica Standard Pedicure

Afternoon Package

You, Me & Tea £90 per person

Available Monday - Thursday only from 12pm

2 hour use of the Spa facilities

This package includes the following treatments:

- Mini Facial OR Back Massage
- Standard Manicure OR Standard Pedicure

Afternoon Tea (served between 3pm - 5pm)



Half Day Package

Rockpool Package ♥ Suitable during pregnancy (12 weeks onwards)

Mon - Thurs: £85 Fri - Sun: £95 *(Treatment time: 50 minutes including consultation)*

2 hour use of the Spa facilities

Two course light lunch

Complimentary robe and towel

Choose two of the following treatments:

- The Cliff Signature Back, Neck & Shoulder Massage
- Full Body Scrub
- Pre Natal Back, Neck & Shoulder Massage
- Thalgo Discovery Mini Facial
- Scalp & Neck Massage

Sea Shell Package

Mon - Thurs: £55 Fri - Sun: £65 *(Treatment time: 50 minutes including consultation)*

2 hour use of the Spa facilities

Complimentary robe and towel

Choice of two treatments from the options below:

Choose one of the following treatments:

- Full Body Scrub
- Thalgo Discovery Mini Facial
- Scalp & Neck Massage

Choose one of the following treatments:

- File & Polish on the hands
- File & Polish on the feet
- Foot Care Treatment - Exfoliate & foot file followed by a massage
- Hand Care Treatment - Exfoliate & Massage

Arrival

To make the most of your day you must arrive at least 10 minutes before your treatment to give you time to relax and to fill in our health questionnaire. 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

Swimwear is mandatory in all poolside facilities and spa area. If your swimwear is dry then you can wear swimwear during treatments. If not, disposable underwear is provided or you can change back into your own underwear. During some of the treatments disposable underwear must be worn. We suggest that you leave all jewellery and valuables either at home, in your hotel room or in a locker as you will be asked to remove these before treatments. A £1 coin is required as a returnable deposit for our lockers.



Thalgo Pregnancy Pamper (55 mins) ♥ Suitable during pregnancy (12 weeks onwards)

Treat yourself to this relaxing face and body ritual specifically designed for mums to be (12 week +). Thalgo's deeply nourishing cream balm helps the skin tolerate extensive stretching. The treatment is completed with a nourishing body cream which is applied, leaving your skin feeling silky smooth and completely moisturised.

Mon - Thurs: £60 Fri - Sun: £65

Thalgo Pregnancy Pamper - Exfoliation and warming wrap on legs and bump with a mini facial followed by a moisture application.

Full Body Scrub (25 mins)

Ideal for all skin types, this exfoliating and softening treatment works on the decollate, abdomen, arms, legs and back to brighten the skin and improve texture.

Mon - Thurs: £35 Fri - Sun: £40

A full body exfoliation is applied followed by a shower or hot mitts to remove.

Hot Stones Massage

Hot stones treatment is an effective treatment to help aid relaxation, sense of wellbeing, pain relief or de-stressing. This treatment has a variety of movements and techniques using the stones with long warming strokes over the whole body, tapping, and placing of stones.

Back of Body Stone Massage (55 mins)

Mon - Thurs: £75 Fri - Sun: £80

Massage on the back and backs of legs using hot stones to relax the muscles and ease the tension.

Indulging Full Body Stones Massage (85 mins)

Mon - Thurs: £100 Fri - Sun: £105

Full Body Massage, face and scalp using hot stone techniques tailored to your specific needs, leaving you completely re-charged.

Massages

The Cliff Spa Signature Massage

This massage uses traditional Swedish massage techniques adapted to treat individual clients needs, starting with a welcome touch to relax and unwind the body and mind.

Full Body, Face & Scalp (85 mins)

Medium Swedish	
Monday - Thursday	Friday - Sunday
£85	£90
Deep Tissue	
Monday - Thursday	Friday - Sunday
£90	£95

Full Body (55 mins)

Medium Swedish	
Monday - Thursday	Friday - Sunday
£65	£70
Deep Tissue	
Monday - Thursday	Friday - Sunday
£70	£75

Back of Body (40 mins)

(Back, Neck, Shoulders & Lower Legs)

Medium Swedish	
Monday - Thursday	Friday - Sunday
£55	£60
Deep Tissue	
Monday - Thursday	Friday - Sunday
£60	£65

Scalp & Neck (25mins)

Monday - Thursday	Friday - Sunday
£30	£35
Back, Neck & Shoulder (25mins)	Friday - Sunday
Monday - Thursday	
£40	£45

Mother to Be (55 mins)

♥ Suitable during pregnancy (12 weeks onwards)

A gentle side-lying massage to release tensions in the back and the legs. Recommended after first trimester only.

Mon - Thurs: £65 Fri - Sun: £70

Facial Treatments

♥ All facial treatments suitable during pregnancy (12 weeks onwards)

Our facials (*excluding the Peel Marin*) start with an eye cleanse followed by a double full face cleanse, exfoliation, tone, massage, mask application the option between scalp massage, hand and arm massage or foot massage. At the end finished with moisturiser and eye cream.

Thalgo Silicium Super Lift Facial (45+) (55 mins)

Mon - Thurs: £75 Fri - Sun: £80

Dare to defy time with this super lift facial, designed to combat all the signs of ageing at 45+ (loss of firmness, pronounced wrinkles). After just one treatment your complexion will glow, lines will be less noticeable, and your skin firmer.

Thalgo Collagen Radiance Facial (55 mins)

Mon - Thurs: £65 Fri - Sun: £70

Give your skin a collagen boost and correct the signs of ageing as they appear with this facial designed for first wrinkles, with instant anti-ageing results. The collagen mask smooths fine lines and has a plumping effect. After the treatment your skin will be radiant, its collagen reserves restored.

Thalgo Algae Marine Facial (55 mins)

Mon - Thurs: £55 Fri - Sun: £60

Experience true marine beauty, suitable for all skin types. A mask of pure natural seaweed, known for its beauty-enhancing properties, is applied to remineralise and revitalise the skin. The treatment ends with the application of serum and moisturiser to leave your skin complexion soft, radiant and beautiful.

Thalgo Heart of the Ocean Rituals (55 mins)

Mon - Thurs: £55 Fri - Sun: £60

This personalised Thalgo signature facial ritual begins with a relaxing welcome touch after which the skin is gently cleansed and exfoliated. A setting mask is applied to correct any skin concerns. The treatment finishes with an application of moisturiser,

12. leaving the complexion restored to its natural beauty.

Thalgo Radiance Peel Marin Facial (25 mins)

Mon - Thurs: £40 Fri - Sun: £45

Boost your skins radiance with our new peel facial. Designed to give that 'new skin' feeling. This facial boosts your skins natural healing response resulting in an amazing brightening effect. Please note this facial is unsuitable for anyone with sensitive skin, currently pregnant or using any other peel. A small consultation will be performed over the phone on booking to ensure suitability.

Our Peeling Marin Facial includes a cleansing ritual adapted to your specific skin type followed by a pre-peel cleanse. We then apply a selected dose of peel. Pressures to the scalp are applied whilst the peel is working on the skin. Post-peel neutraliser and a soothing balm is next applied while a hand and arm massage is carried out. We then finish the treatment off using a moisturiser suited to your skin type and SPF 50+ to protect your skin for the rest of the day.





Holistic Therapies

Reflexology (55 mins *includes a foot wash & consultation*)

Individual treatment

Mon - Thurs: £60 Fri -Sun: £65

*Please enquire if you would like a course of treatments.

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

Indian Head Massage (25 mins)

Mon - Thurs: £35 Fri - Sun: £40

This treatment is performed with or without the use of oils. Using a variety of movements to ease away day to day head tension and working on the upper back, arms, shoulders, neck and scalp.

Luxury Indian Head Massage (40 mins)

Mon - Thurs: £40 Fri - Sun: £45

Following on from your Indian Head Massage this treatment finishes with a facial massage and pressure point techniques.

Pre-blended Aromatherapy Massage (Light Pressure)

This sensual experience releases stress from the mind and physical tension from the body. Use of essential oils. This treatment is completely tailored to your massage needs.

Full Body (55 mins)

Mon - Thurs: £70 Fri - Sun: £75

Back of Body

(Back, Neck, Shoulders & Lower Legs) (55 mins)

Mon - Thurs: £70 Fri - Sun: £75



Add On Treatments*

If you don't want to leave us after your first treatment and want to make the most of your day with us, make it last that little bit longer by adding on any of these 15 minute treatments, to treatments already booked. Add any of the below when you are already booked in for any Spa Package, Thalgo Face or Body Treatment, Massage or Holistic Treatment.

Scalp Massage

Mon - Thurs: £15 Fri - Sun: £20 Add a Hair Mask for an additional £5

Lying on your back, oils are used to condition the hair and scalp and relieving day to day tensions.

Lower Leg & Foot Massage

Mon - Thurs: £15 Fri - Sun: £20

Lying on your back, oils are used to massage tension your feet carry every day.

Hand & Arm Massage

Mon - Thurs: £15 Fri - Sun: £20

Lying on your back, oils are used to massage tension your hands hold every day.

*Add on Treatments are subject to availability. Please enquire upon booking.

♥ All add on treatments suitable during pregnancy (12 weeks onwards)



Waxing

♥ All waxing treatments suitable during pregnancy (12 weeks onwards)

Full Leg	1 hour - £20	Chest	30 mins - £15
Half Leg	45 mins - £15	Back	30 mins - £15
Bikini	25 mins - £7	Eyebrow Shape	30 mins - £9
Underarm	15 mins - £7	Chin	15 mins - £6.50
Full Arm	30 mins - £15	Top Lip	15 mins - £6.50
Forearm	30 mins - £12	Lip & Chin	30 mins - £11
Full Leg, Bikini & Under Arm	1 hour 35 mins - £32		



Tinting

(Requires a patch test 24 hours in advance)

♥ All tinting treatments suitable during pregnancy (12 weeks onwards, may require an additional patch test)

Eyebrow Tidy & Tint	30 mins - £15
Eyebrow Tint	25 mins - £10
Eyelash Tint	20 mins - £12
Eyelash & Eyebrow Tint Together	25 mins - £18.00

Guests may not enter the Spa Facilities after any Tinting Treatment.



Gel Nails



For all pedicures please come with open toed shoes.

♥ All nail treatments suitable during pregnancy (12 weeks onwards)

Gel Manicure (55 mins)

Mon - Thurs: £35 Fri - Sun: £41

Gel Pedicure (55 mins)

Mon - Thurs: £35 Fri - Sun: £41

Express Gel Application (40 mins)

Mon - Thurs: £23 Fri - Sun: £25

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

Gel Removal

Mon - Thurs: £10 Fri - Sun: £12

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

To maintain the quality of your manicure or pedicure, we cannot allow guests to enter the spa facilities after their treatment as this will cause the polish to disintegrate.



Hand & Foot Treatments

For all pedicures please come with open toed shoes.

♥ All nail treatments suitable during pregnancy (12 weeks onwards)

Deluxe Manicure (70 mins)

Mon - Thurs: £40 Fri - Sun: £45

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

Standard Manicure (50 mins)

Mon - Thurs: £30 Fri - Sun: £35

Nails are shaped & filed followed by cuticle work, exfoliation which is removed with hot mitts, massage and finished with a colour of your choice.

Express Hand Treatment (25 mins)

Mon - Thurs: £18 Fri - Sun: £20

A complete exfoliating and conditioning hand treatment, leaving hands noticeably silkier and smoother than before.

File & Polish Treatment on Hands (25 mins)

Mon - Thurs: £15 Fri - Sun: £17.50

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

Deluxe Pedicure (70 mins)

Mon - Thurs: £42.50 Fri - Sun: £47.50

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.

Standard Pedicure (50 mins)

Mon - Thurs: £32.50 Fri - Sun: £37.50

Cleanse, soothe and calm. Hard skin is removed, feet and legs are exfoliated and then moisturised with conditioning cream. Cuticles are groomed and toe nails are shaped and perfectly polished.

Express Foot Treatment (25 mins)

Mon - Thurs: £18 Fri - Sun: £20

A complete exfoliating and conditioning foot treatment, leaving feet noticeably silkier and smoother than before.

File & Polish Treatment on Feet (25 mins)

Mon - Thurs: £15 Fri - Sun: £17.50

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

To maintain the quality of your manicure or pedicure, we cannot allow guests to enter the spa facilities after their treatment, as this will cause the polish to disintegrate.

Make Up at The Cliff Spa

Whether its your wedding day, prom or just a reason to celebrate, The Cliff Spa is here to provide you with a lasting flawless look ensuring you look and feel your very best.

Mii Make Up Application £40.00

Perfect for Bridesmaids, Mother of the Bride or Groom, Prom or for those attending that special occasion.



Bridal Make Up

When it comes to your wedding day, no small detail should go overlooked. Bridal Make-Up can be tricky due to the need for a lasting flawless look to ensure you look your very best on your wedding day. At The Cliff Hotel & Spa, our bespoke Bridal Make-Up service is provided by our experienced in-house professionals. We would love to work with you, taking into account your ideas and desires in order to create a beautiful, radiant and flawless make-up look.

We can also work with the whole Bridal Party - from the Bridesmaids, Mother of the Bride, Mother of the Groom, and Wedding Guests - to create beautiful looks for all. A detailed wedding consultation trial is carried out at least 2 weeks before the Wedding Day at The Cliff Hotel Spa, to make sure that the perfect look is created for you and ensure the morning of your wedding is as stress free as possible. Our professionals can then provide Bridal Make-Up at The Hotel's Spa or your Cliff hotel room on the morning of your wedding.

We will be with you every step of the way, and make sure every detail is perfect to create that Bridal Glow which lasts throughout your special day.

Mii Bridal Make-Up £95.00 *(Includes Trial - £25.00)*

Book in for Bridal Make-Up and receive a detailed trial 3 to 1 month prior to your wedding day.

Spa Escapes

Our bespoke Spa Escapes are perfect for couples and friends looking for a relaxing get-away. With one and two night options, our Spa Escapes can be designed around your requirements, allowing you to make the most of your time in our beautiful coastal surroundings.

One Night Spa Escape

All Year Round Sunday - Thursday: £260 per room per night

Winter Weekend Spa Escape Friday & Saturday (November - February) : £280 per room per night

Our One Night Spa Escape includes:

- Bed & Breakfast in a Standard or Economy Room (Upgrades Available)
- £30 per person allowance towards dinner from our A la Carte Menu
- Two 25 minute spa treatments each*
- 1 Hour Use of our spa facilities during your stay
- Robe & slippers in your room on arrival

Pick two of the following 25 minute spa treatments:

- Thalgo Full Body Scrub
- Thalgo Discovery Facial
- Back, Neck and Shoulder Massage
- Pregnancy Back Neck and Shoulder Massage
- Express Hand Treatment
- Express Foot Treatment
- File and Polish on the Hands
- File and Polish on the Feet
- Scalp and Neck Massage
- Indian Head Massage



Two Night Spa Escape

All Year Round Sunday - Thursday: £240 per room per night

Winter Weekend Spa Escape Friday & Saturday (November - February) : £260 per room per night

Our Two Night Spa Escape includes:

- Bed & Breakfast in a Standard or Economy Room (Upgrades Available)
- £30 per person allowance towards dinner from our A la Carte Menu
- Up to 80 minutes of treatment time each*
- 1 Hour Use of our spa facilities per night during your stay
- Robe & slippers in your room on arrival

Pick one of the following 25 minute spa treatments:

- Thalgo Full Body Scrub
- Thalgo Discovery Facial
- Back, Neck and Shoulder Massage
- Pregnancy Back Neck and Shoulder Massage
- Express Hand Treatment
- Express Foot Treatment
- File and Polish on the Hands
- File and Polish on the Feet
- Scalp and Neck Massage
- Indian Head Massage

Pick one of the following 55 minute spa treatments:

- Standard Pedicure
- Standard Manicure
- Heart of the Ocean Facial
- Pregnancy Full Body Massage
- Full Body Massage
- Hyalu - Procollagène Facial
- Thalgo Marine Algae Facial

**Contact our reservations team today on 01239 613241 or
reservations@cliffhotel.com to book your perfect Spa Escape.**

*To avoid disappointment, treatment times must be booked at the time of making your reservation. Treatments are subject to availability. Selected treatments only. Please speak to our spa team for further information.

Spa Terms & Conditions

Arrival

To make the most of your visit we suggest that you arrive at least 20 minutes before your treatment time to give you time to relax and to complete the necessary consultation forms and review dining options. Treatment times start when you are called by your therapist. Arriving late or not responding when you are called may potentially cause your treatment to be shortened and you will still be charged the same price.

What to bring and what to wear

Swimwear is mandatory in all poolside facilities and spa area. If your swimwear is dry then you can wear swimwear during treatments. If not dry disposable underwear is provided or you can change back into your own underwear. During some of the treatments disposable underwear must be worn.

Suitable footwear such as flip flops for the spa area and changing rooms is optional. Hotel slippers are not suitable to wear in the spa area. No outdoor footwear can be worn in the spa area.

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. Complimentary usage of a towel and a robe is included in all treatments and packages. For facility use only, a towel is complimentary, robes are available at a £2 charge.

A £1 coin is required to operate our lockers. Missing or broken locker keys will incur a £10 fee.

Changing facilities

Our spa gender is neutral, there are no separate male and female areas. We do however have dedicated male and female changing rooms, toilets and showers.

There are lockers to store your clothes and personal belongings. The Cliff Hotel & Spa will not accept responsibility for the safety of belongings, whether placed in a locker or not.

Despite regular checks and 'squeegeeing' of the floors, due to constant use there may be some traces of water on the floors causing them to be slippery so please take extra care.

Etiquette

Please respect fellow guests and the serenity of our spa by refraining from talking loudly or shouting while in the spa.

Please limit your time in any of the thermal suites (sauna, steam room, hot tub, loungers) to a maximum of 15 minutes.

Bags, mobile phones and cameras are not permitted in the spa area.

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 a reservation, whether use of the facilities, treatment or package, we do require a deposit at the time of booking.

All bookings are subject to availability and all appointments include time for changing before and after the treatment and a short consultation to ensure we can tailor the treatment specifically to your needs.

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

We are unable to allow larger groups into the spa without any treatments.

Any changes to treatments must be made a minimum of 24 hours prior to the treatment time.

Please make us aware of any health concerns or allergies to products and any dietary requirements and food allergies at the time of booking.

Upon booking, we will need the following information:

- Names of all those attending the spa day
- Non-refundable deposit or Voucher Number if applicable
- Contact telephone number
- Email address

Children

Children under 16 years old may only use the spa from 8am—10am daily.

Children under the age of 16 years may not use the gym.

All children under the age of 18 years must be accompanied by an adult (1 adult to 2 children). Children over 16 years can use the spa and gym facilities throughout the day with parental supervision (1 adult per 2 children).

Adults accompanying children are advised that they will be responsible for their supervision, conduct and welfare at all time whilst at The Cliff Spa.

Please be aware that we are unable to perform any treatments on children aged 16 years and under.

Payments & Cancellations

Upon booking, a non-refundable deposit amounting to the full cost of the treatments or packages booked will be taken. We are unable to make a booking or reserve days or times without this prepayment.

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 with then next 6 months.

In the case of 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. All information correct at time of issue.

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.

Medical Conditions

A consultation form must be completed; 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.

Please make us fully aware of your pregnancy and how many weeks along you are.

All treatments booked are subject to medical status.

Users are advised not to undertake any physical activity for which they may be medically unfit and are advised to read the guidance notices outlining how to use each area safely.

If you fail to notify us of any health conditions prior to your visit; we reserve the right to refuse or alter treatments accordingly. We may also request to view a doctor's letter prior to entering the spa or treatment.

Smoking, Liquids & Alcohol

The Cliff Hotel & Spa is a non-smoking establishment.

We strongly recommend that you drink plenty of fluids during your visit to the Spa. Water fountains can be found in the Spa area and Gym.

We advise against the consumption of drugs or alcohol prior to and during your visit to the Spa and any guest under the influence of drugs or alcohol will be refused entry with no reimbursement.

No glass bottles are to be brought into the Spa.

Weekends

Please note, for pricing purposes, weekend days are Fridays, Saturdays, Sundays and Bank Holidays.

Vouchers

Vouchers for the Spa are valid for 12 months from the date of purchase. We cannot accept vouchers beyond their expiry date.

You must have the voucher with you for redemption. Please notify us upon booking that you have a voucher giving the value and voucher number which will be checked on arrival.

To avoid unexpected additional charges please check whether your voucher is specifically valid for Weekday or Weekend use before booking. If in doubt please contact the Spa Reception.

Hotel Residents

Unless otherwise stated, overnight accommodation at The Cliff Hotel & Spa includes a complimentary hour's use of our Spa facilities during your stay (between 15:00 on your day of arrival and 10:30 on your day of departure).

Should you wish to use The Cliff Spa facilities during your stay we strongly recommend advance booking for both treatments and Spa use prior to arrival.

We are committed to maintaining the tranquil ambience of the Spa and, as we have a limited capacity, we are unable to guarantee availability, especially during busy times and reserve the right to turn away guests if the Spa is full to capacity.

If you make a booking and are unable to attend, please cancel to allow others a chance to book.

No refunds, reductions or transfers will be made for failure to use the facilities during your stay.

Please be aware that opening hours are limited for children aged under 16 years to 8am—10am daily.

Hotel Residents are required to sign in and out of the Spa, agreeing to house rules and safety guidance.

The Cliff Hotel & Spa | Gwbert | Cardigan | SA43 1PP

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