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The Spa at The Cliff Hotel is submerged underground, creating a tranquil, relaxing ambience for an indulgent and de-stressing experience. The Cliff Spa includes, Sauna, Steam Room, Hot Tub, Heated Loungers, Hydrotherapy Pool, Treatment Rooms, Relaxation Room, Tea & Coffee making facilities and a Gym.

Also included in our amenities are Male, Female and Wheelchair Accessible Changing Rooms with Private Cubicles, Poolside Shower, Toiletries and Towels, Personal Lockers and Hair Appliances.

Complete your Spa experience with treatments from one of our qualified therapists, enjoy a leisurely meal in The Carreg Restaurant, or simply a refreshing drink in the Point Bar & Lounge, all whilst taking in the picturesque views of the stunning coastline.

Arrival

To make the most of your day you must arrive at least 10 minutes before your treatment to allow yourself time to relax and to fill in our health questionnaire. Arriving late may potentially cause your treatment to be shortened with no price reduction.

What to bring and what to wear

Swimwear is mandatory in all poolside facilities and spa areas. 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, due to products that are used. 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 $\mathcal{L}1$ coin is required as a returnable deposit for our lockers.



Spa Access

Spa Opening Hours

Under 16s

Treatment Times | Gym Opening Hours

Daily 8am — 8pm

Daily 8am — 10am

Daily 10am — 8pm

Daily 8am — 8pm

Spa Facilities for Adults

Weekday £15 for one hour | Weekend £20 for one hour

Spa Facilities for Under 16s

Weekday $\pounds 8$ for one hour | Weekend $\pounds 10$ for one hour

Gym Access for One Hour

Weekday £5 | Weekend £6



Membership

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

Monthly

Individual £60 | Couple £115 | Child £30

- Unlimited use of the Spa
- Unlimited use of the Gym
- Complimentary use of towel provided upon each visit
- 10% discount off all treatments (Monday Friday)
- 10% discount off all retail products

Quarterly

Individual £170 | Couple £335

- Unlimited use of the Spa
- Unlimited use of the Gym
- Complimentary use of towel provided upon each visit
- 15% discount off all treatments (Monday Friday)
- 15% discount off all retail products

Annual 12 Months

Individual £680 | Couple £1340

- Unlimited use of the Spa
- Unlimited use of the Gym
- Complimentary use of towel provided upon each visit
 - 20% discount off all treatments (Monday - Friday)
 - 20% discount off all retail products

Spa Packages

Rockpool

Mon - Thurs $\pounds 85$ | Fri - Sun $\pounds 95$ (Suitable during pregnancy 12 weeks onwards)

- One hour use of Spa facilities
- Two course light lunch (served 12 4pm)
- Complimentary use of robe and towel
- Choose two of the following treatments:

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

Treatment duration: 50 minutes including consultation

Sea Shell

Mon - Thurs £55 | Fri - Sun £65 (Suitable during pregnancy 12 weeks onwards)

- One hour use of Spa facilities
- Complimentary use of robe and towel
- Choice of <u>two</u> treatments from the options below:

Choose one of the following treatments:

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

Choose <u>one</u> of the following treatments:

File & Polish on the hands | File & Polish on the feet | Foot Care Treatment, exfoliate and foot file followed by a massage | Hand Care Treatment, exfoliate and massage

Sunset

Mon - Thurs £100 | Fri - Sun £110 (Suitable during pregnancy 12 weeks onwards)

- One hour use of Spa facilities
- Two course evening meal (served 6 9pm)
- Complimentary use of robe and towel
- Choice of <u>two</u> treatments from the options below:

Choose one of the following treatments:

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

Choose one of the following treatments:

File & Polish on the hands | File & Polish on the feet | Foot Care Treatment, exfoliate and foot file followed by a massage | Hand Care Treatment, exfoliate and massage



You, Me & Tea

Mon - Thurs only from 12pm £90 per person (Suitable during pregnancy 12 weeks onwards)

- One hour use of Spa facilities
- Complimentary use of robe and towel
- Afternoon Tea served between 3 5pm

Choose <u>one</u> of the following treatments:

Mini Facial | Back Massage | Pre Natal Back, Neck & Shoulder Massage

Choose one of the following treatments:

Standard Manicure | Standard Pedicure

Treatment duration: 1 hour 15 minutes including consultation

Mum to Be

Mon - Thurs £105 | Fri - Sun £115 (Suitable during pregnancy 12 weeks onwards)

- One hour use of Spa facilities (use of Spa pool only during pregnancy)
- Two course light lunch
- Complimentary use of 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

Wedding Packages

You're getting married! Get your bridal squad together and celebrate with this...

Pre -Wedding Bridal Package

Mon - Thurs £70 per person | Fri - Sun £80 per person *Add a Pedicure for £30 *Add a Pedicure for £35

- One hour use of Spa facilities prior to treatments
- Complimentary use of robe and towel
- Back, Neck & Shoulder Massage
- Standard Manicure *Upgrade to Gels for £5 supplement
- Complimentary glass of prosecco in the Point Bar & Lounge

This package is available for up to six people subject to availability

Treatment duration: 1 hour 15 minutes including consultation

Congratulations you're married! Unwind and spend some downtime with this...

Newlywed Detox Package

Mon - Thurs $\pounds 65$ per person | Fri - Sun $\pounds 70$ per person

- One hour use of Spa facilities prior to treatments
- Complimentary use of robe and towel
- Algae Body Wrap included with a Scalp Massage
- Complimentary glass of prosecco in the Point Bar & Lounge
- *Add a Facial and Scrub for £15

Body Treatments

Thalgo Cold Cream Marine Body Ritual

Mon - Thurs $\mathcal{L}70$ | Fri - Sun $\mathcal{L}75$

The ultimate nourishing body treatment, perfect to restore comfort to dry and very dry skin. Begins with a full body exfoliation followed by a deeply moisturising wrap, scalp massage and finished with a massage of the body.

Treatment duration: 55 minutes including consultation

Thalgo Cold Cream Marine Body Ritual & Facial

Mon - Thurs £105 | Fri - Sun £110

A combination of the cold cream marine body ritual and heart of the ocean facial. This is the ultimate treatment for pure relaxation, leaving the face and body hydrated.

Treatment duration: 85 minutes including consultation

Thalgo Marine Algae Body Wrap

Mon - Thurs $£70 \mid \text{Fri} - \text{Sun }£75$ Upgrade with an Algae Facial for an additional £35

After a relaxing welcome massage and body exfoliation, Thalgo's patented seaweed wrap is applied, infusing its minerals, vitamins and micro-nutrients.

Excellent for detox and general well-being.

lles Pacifique Relaxing Ritual

Mon - Thurs $£70 \mid Fri - Sun £75$

This luxurious treatment begins with a Lagoon-inspired azure foot bath, to protect and hydrate the skin. A vanilla-scented body scrub, blended with pure Bora Bora white sand, sea salt, coconut shell and algo-monoi, gently exfoliates the full body before the Mahana Massage loosens muscles and nourishes the skin with a rhythmic rocking movement massage with warm sand pouches.

Treatment duration: 85 minutes including consultation

Full Body Scrub

Mon - Thurs $\mathcal{L}40$ | Fri - Sun $\mathcal{L}45$

Refresh your body with one of the following scrubs:

Island Body Scrub: A vanilla scented body scrub with pure white sand from Bora Bora, sea salt, coconut shells and plant oils to nourish and exfoliate the skin.

OR

Pink Sand Scrub: A rich and creamy pink sand to gently exfoliate and cleanse the skin.

Treatment duration: 25 minutes including consultation

Thalgo Pregnancy Pamper

Mon - Thurs $£65 \mid \text{Fri} - \text{Sun }£70$ (Suitable during pregnancy 12 weeks onwards) Exfoliation on legs and bump followed by a warming cold cream moisture application to nourish the bump and legs is applied and left to replenish the skin whilst a mini facial is performed. The treatment will be finished with a light massage.

Sculpting Treatments

Body Palp, Anti-Cellulite Firm & Tone

Mon - Thurs £60 | Fri - Sun £65

Using Body Palp, a patented, instrumental massage, kneading-rolling device which combines the effectiveness of an electric massager with the precision of a manual massage, this high performance treatment breaks down stubborn cellulite, tones the skin and visibly re-sculpts. Using specially created wraps to treat cellulite and correct a lack of firmness, as well as a cosmeceutical-inspired peel for alternate treatments during a course, the treatment can be personalised according to body type and results are seen from the very first session.

Think shapely buttocks, smooth, toned skin and a sculpted silhouette!

A course of 6 treatments (1 treatment per week) is recommended to see full effects. The treatments in a course, alternate between a Peel and a Wrap.

During your first session and in your consultation your therapist will help you to determine which three areas you would like to focus on for the course of treatment. You will be choosing from the following:

Stomach & Waist | Arms | Calves and Ankles | Thighs and Knees | Outer Thigh & Buttocks | Back Area

Treatment duration for first session: 1 hour 15 minutes including consultation Treatment duration for the following sessions: 45 minutes

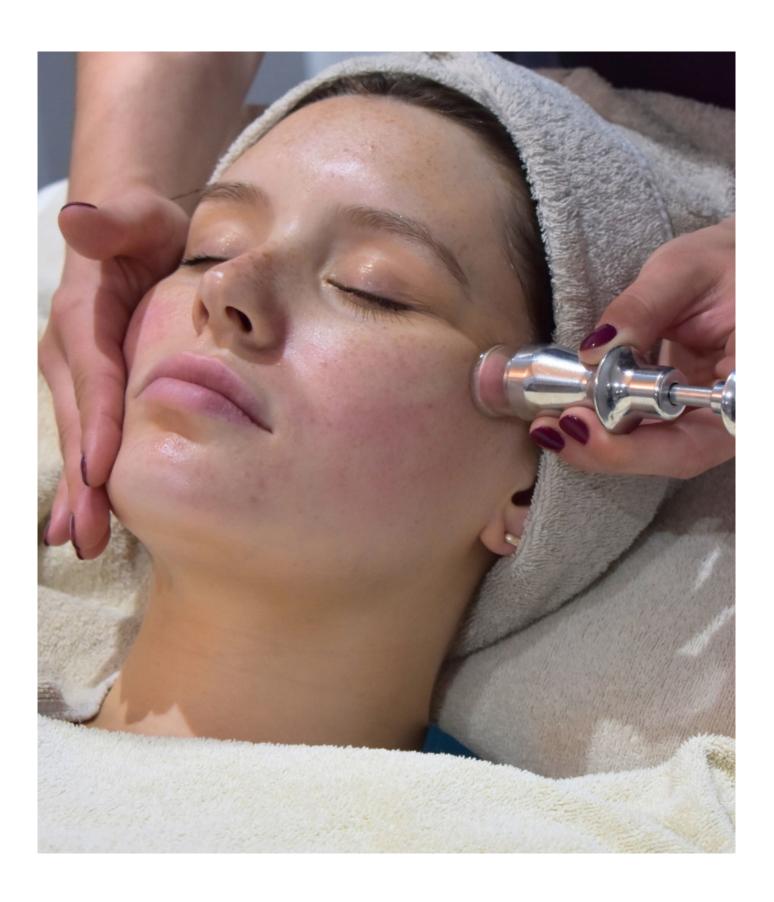
Please note that this treatment will not be able to be performed on clients with the following conditions unless cleared by their doctor (doctors note will be required):

Anyone who's undergone recent surgery | Recent scar tissue | Chronic skin disease |

Circulatory disorders or heart problems | Epilepsy | Pregnant |

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Face Palp "Lift & Roll"

Mon - Thurs £50 | Fri - Sun £55

See visible anti-ageing results in just 30 minutes with this first-generation professional lift and roll facial. Thalgo's innovative Face Palp device, used in conjunction with a wrinkle lifting serum and specially designed massage oil, tightens and re-sculpts the contours, nourishing and hydrating the skin. The production of elastin fibroblasts and collagen fibres is stimulated, and the skin appears toned, smoother and wrinkles are less visible. It eliminates water and double chin excess fat, redesigning the facial contour and boosting radiance.

A course of 6 treatments (1 treatment per week) is recommended to see full effects. To maintain visible results we recommend to follow your course of treatments with one treatment per month.

Treatment duration for first session: 45 minutes including consultation

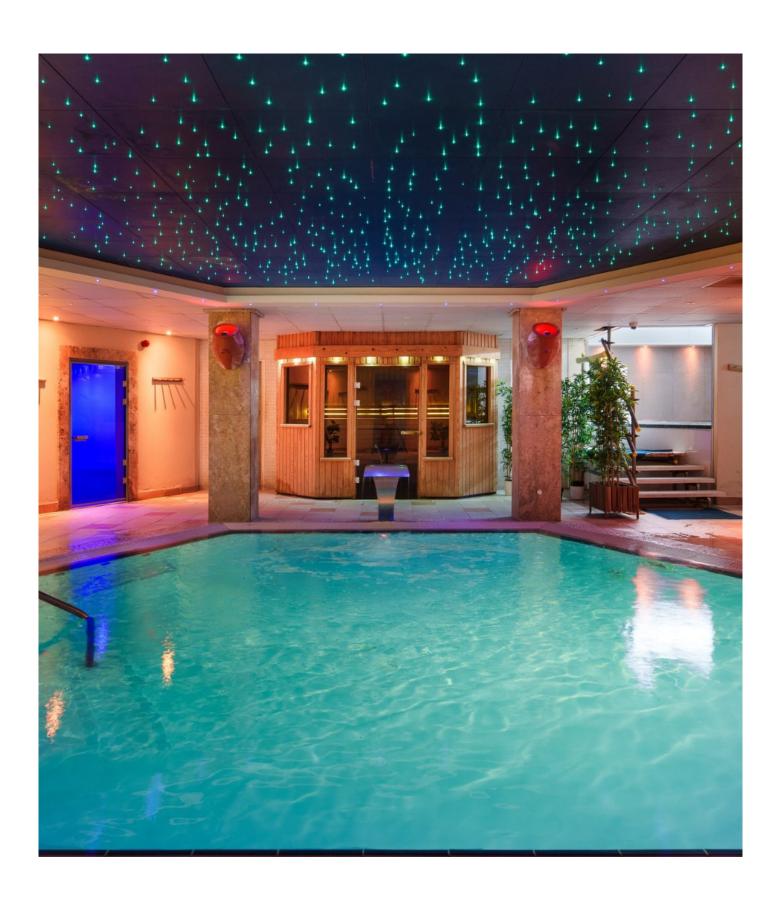
Treatment duration for the following sessions: 30 minutes

Please note that this treatment will not be able to be performed on clients affected by the following factors unless cleared by their doctor (doctors note will be required):

Botox | Hyaluronic acid | Restilane injections (unless has been one month or more | Recent surgery

This treatment will not be able to be performed under any circumstance on clients affected by the following factors:

Anyone taking anti-coagulants to thin the blood | Couperose or broken veins | Skin disease; acne, rosacea or severe acne | Chronic dermatoses; eczema, psoriasis & urticaria | Open wounds or recent scars (unless has been 2 months or more) | Gold thread or lifting/firming threads or implants



Hot Stones Massage

The Hot Stones treatment is used to help you relax, ease tense muscles and damaged soft tissues throughout your body. The warm stones will be placed on key acupressure points on your body. The stones warm and relax your muscles, allowing deeper pressure to be applied during your massage.

Back of Body

Mon - Thurs $£80 \mid \text{Fri} - \text{Sun } £85$

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

Treatment duration: 55 minutes including consultation

Indulging Full Body

Mon - Thurs \mathcal{L} 105 | Fri - Sun \mathcal{L} 110

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





Thalgo Marine Wellbeing Massage

Incorporating the powerful techniques of Shiatsu and Swedish massage, together with some ocean reflecting movements. Techniques are adapted to treat individual clients needs, starting with a welcome touch to relax and unwind the body and mind.

Step One

Choose your scented oil:

Monoï

A nourishing and protective massage oil combining Lagoon algae with Tahitian Monoï scented with Tiare to transport you to the golden islands of The Pacific Ocean.

Arctic

A fine fragrant oil with notes of hyacinth, jasmine and orange blossom, inspired by the immaculate white landscapes of the Arctic. The skin is left nourished and with a non-oily feeling at the end of the massage.

Soothing

Contains harmonising Ayurvedic essential oils of coriander, sage and cypress, together with nourishing Indian algae, to relax, regenerate and restore essential vitality.

Precious Algae

A transforming cream enriched with energising precious algae with a golden shimmer. The skin feels soft, nourished and hydrated.

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Step Two

Choose your massage:

Full Body, Face & Scalp

Mon - Thurs £90 | Fri - Sun £95

Treatment duration:

70 minutes including consultation

Back of Body

(Back, Neck, Shoulders & back of Legs)

Mon - Thurs £60 | Fri - Sun £65

Treatment duration:

40 minutes including consultation

Back, Neck & Shoulder

Mon - Thurs $\text{£}45 \mid \text{Fri} - \text{Sun £}50$

Treatment duration:

25 minutes including consultation

Full Body

Mon - Thurs $\text{£}70 \mid \text{Fri} - \text{Sun £}75$

Treatment duration:

55 minutes including consultation

Scalp & Neck

Mon - Thurs £35 | Fri - Sun £40

Treatment duration:

25 minutes including consultation

Mum to Be Massage

Mon - Thurs $£70 \mid \text{Fri - Sun } £75$

(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.

Treatment duration:

55 minutes including consultation



Facial Treatments

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

Finished with a moisturiser and eye cream.

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

Thalgo Silicium Super Lift

Mon - Thurs $£80 \mid \text{Fri} - \text{Sun } £85$

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

Treatment duration: 55 minutes including consultation

Thalgo Collagen Radiance

Mon - Thurs $\mathcal{L}70$ | Fri - Sun $\mathcal{L}75$

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

Mon - Thurs £60 | Fri - Sun £65

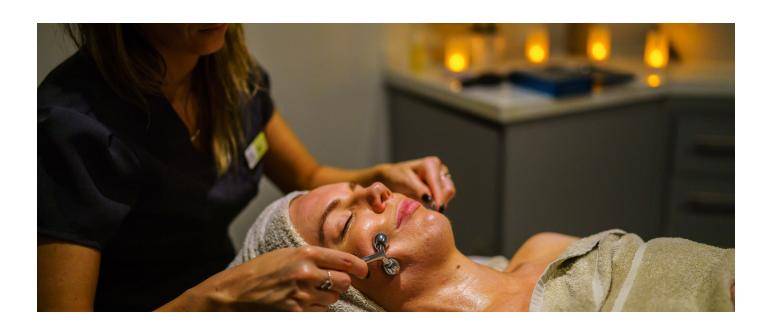
Experience true marine beauty, suitable for all skin types. Once fully cleansed, a mask of pure natural seaweed, known for its beauty-enhancing properties, is applied to remineralise and revitalise the skin. The treatment ends with the application of serum and moisturiser to leave your skin complexion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

Treatment duration: 55 minutes including consultation

Heart of the Ocean Rituals

Mon - Thurs $\mathcal{L}60$ | Fri - Sun $\mathcal{L}65$

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, leaving the complexion restored to its natural beauty.



Thalgo Radiance Peel Marin

Mon - Thurs £45 | Fri - Sun £50

Boost your skins radiance with this 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.

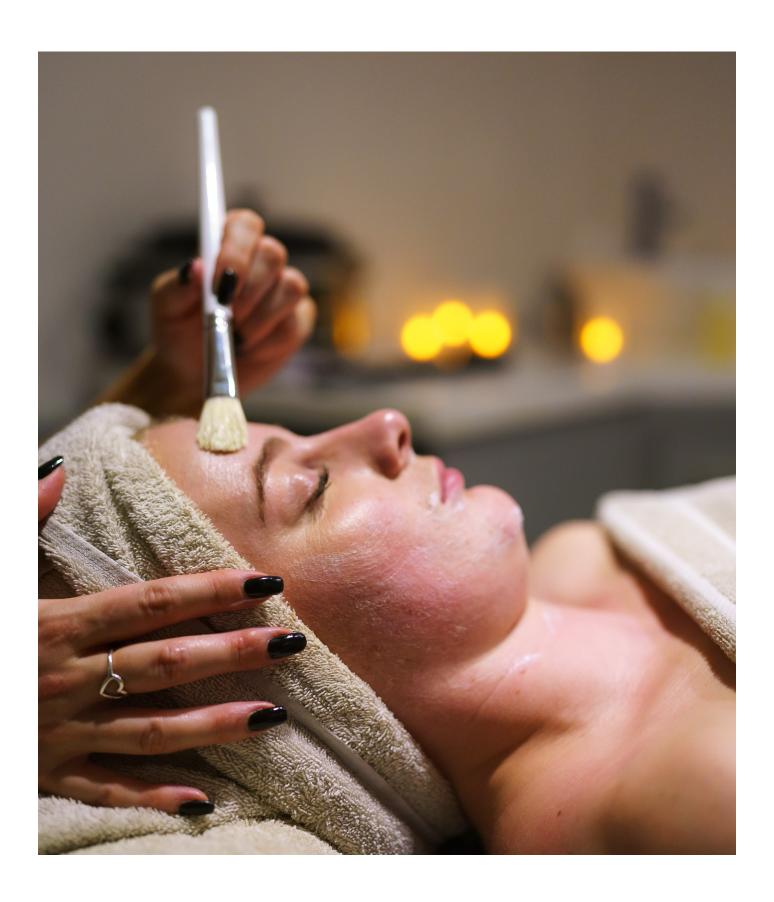
Our Peeling Marin Facial includes a cleansing ritual adapted to your specific skin type followed by a pre-peel cleanse. A selected dose of peel will be applied. A scalp massage is performed whilst the peel is working on the skin. Post-peel neutraliser and a soothing balm is next applied while a hand 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.

Treatment duration: 25 minutes including consultation

Thalgo Men Marine Treatment

Mon - Thurs $£60 \mid \text{Fri} - \text{Sun } £65$

This personalised signature facial for stressed male skin combines energising marine active ingredients with soothing massage movements. The facial begins with a deep cleanse and exfoliation on the face and neck. A shoulder, neck and scalp massage relieve any remaining tension, while a skin-specific mask and moisturiser correct skin concerns, leaving the skin restored and energised.



Holistic Therapies

Reflexology

Individual Mon - Thurs $\pounds 65$ | Fri - Sun $\pounds 70$

(Discount applies for a course, please enquire if you would like a course of treatments)

Reflexology can bring relief to a wide range of conditions as it has a deeply relaxing effect on the body, mind and emotions. This is a complementary holistic therapy that treats the whole person. Using pressure point massage techniques on the feet to promote natural healing and wellbeing.

Treatment duration: 55 minutes including a foot bath and consultation

Indian Head Massage

Mon - Thurs £40 | Fri - Sun £45

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

Treatment duration: 25 minutes including a consultation

Luxury Indian Head Massage

Mon - Thurs $\mathcal{L}45$ | Fri - Sun $\mathcal{L}50$

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

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 that are 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.

Add on treatments are subject to availability. Please enquire upon booking.

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

Scalp Massage

Mon - Thurs £15 | Fri - Sun £20

Add a Hair Mask for an additional $\pounds 5$

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

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

Full Leg	1 hour £20	Chest	30 mins £15
Half Leg	$45 \text{ mins } \pounds 15$	Back	30 mins £15
Bikini	25 mins £7	Eyebrow Shape	30 mins £9
Underarm	15 mins $\mathcal{L}7$	Chin	15 mins $£6.50$
Full Arm	$30 \text{ mins } \pounds 15$	Top Lip	15 mins $£6.50$
Forearm	$30 \text{ mins } \pounds 12$	Lip & Chin	30 mins £11
Full Leg, Bikini &	1hour 35 mins £32		
Underarm			

Tinting

Requires a patch test 24 hours in advance. Guests may not enter Spa facilities after any tinting treatment.

(All tinting treatments are 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	25 mins £18

Hand & Foot Treatments

(All hand & foot treatments are suitable during pregnancy 12 weeks onwards)

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

For all pedicures please come with open toed shoes.

Express Gel Application

Mon - Thurs $\pounds 25$ | Fri - Sun $\pounds 30$

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

Treatment duration: 40 minutes including consultation

Gel Removal

Mon - Thurs £15 | Fri - Sun £20

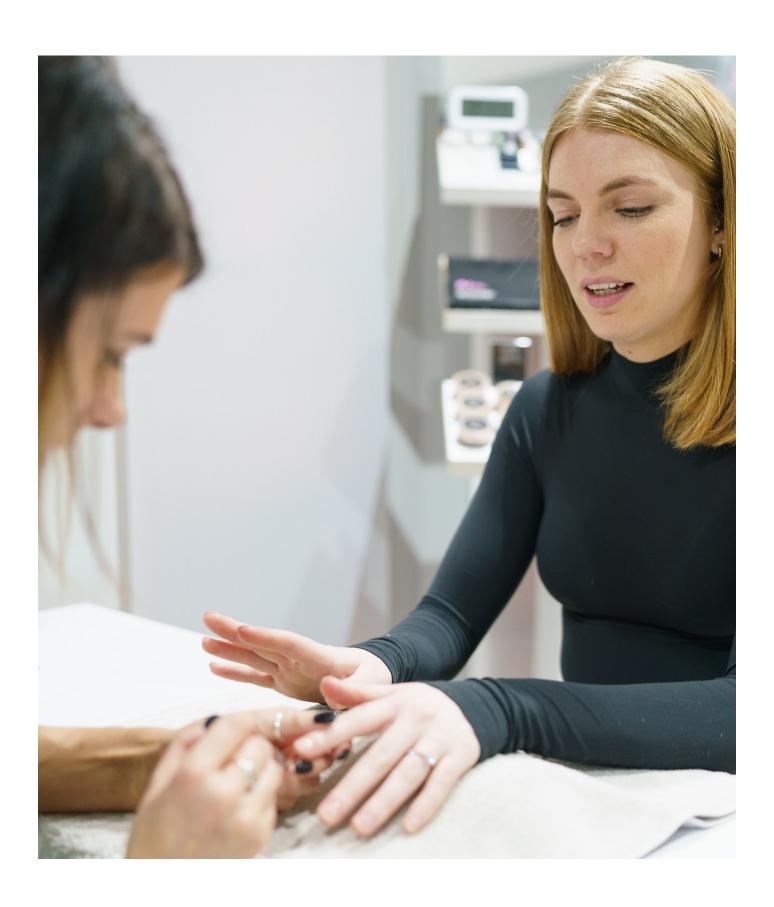
Gel polish removal, nails filed and finished with nourishing phenom oil treatment.

Treatment duration: 25 minutes including consultation

Deluxe Manicure

Mon - Thurs $\mathcal{L}45$ | Fri - Sun $\mathcal{L}50$

The ultimate hand a nail care. All the benefits of the hand treatments combined with a standard manicure and a hand mask.



Standard Manicure

Mon - Thurs £35 | Fri - Sun £40

Gel Manicure

Mon - Thurs $\mathcal{L}40$ | Fri - Sun $\mathcal{L}45$

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

Treatment duration: 50 minutes including consultation

Express Hand Treatment

Mon - Thurs £20 | Fri - Sun £25

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

Treatment duration: 25 minutes including consultation

File & Polish Treatment on the Hands

Mon - Thurs £20 | Fri - Sun £25

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

Treatment duration: 25 minutes including a foot bath and consultation

Men's Hand & Nail Care

Mon - Thurs £30 | Fri - Sun £35

Hands are exfoliated to remove dryness and massaged with treatment cream, cuticles are conditioned and nails are trimmed and shaped.

Deluxe Pedicure

Mon - Thurs £45 | Fri - Sun £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.

Treatment duration: 70 minutes including a consultation

Standard Pedicure

Mon - Thurs £35 | Fri - Sun £40

Gel Pedicure

Mon - Thurs $\mathcal{L}40$ | Fri - Sun $\mathcal{L}45$

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.

Treatment duration: 50 minutes including consultation

Express Foot Treatment

Mon - Thurs $\text{£}20 \mid \text{Fri} - \text{Sun £}25$

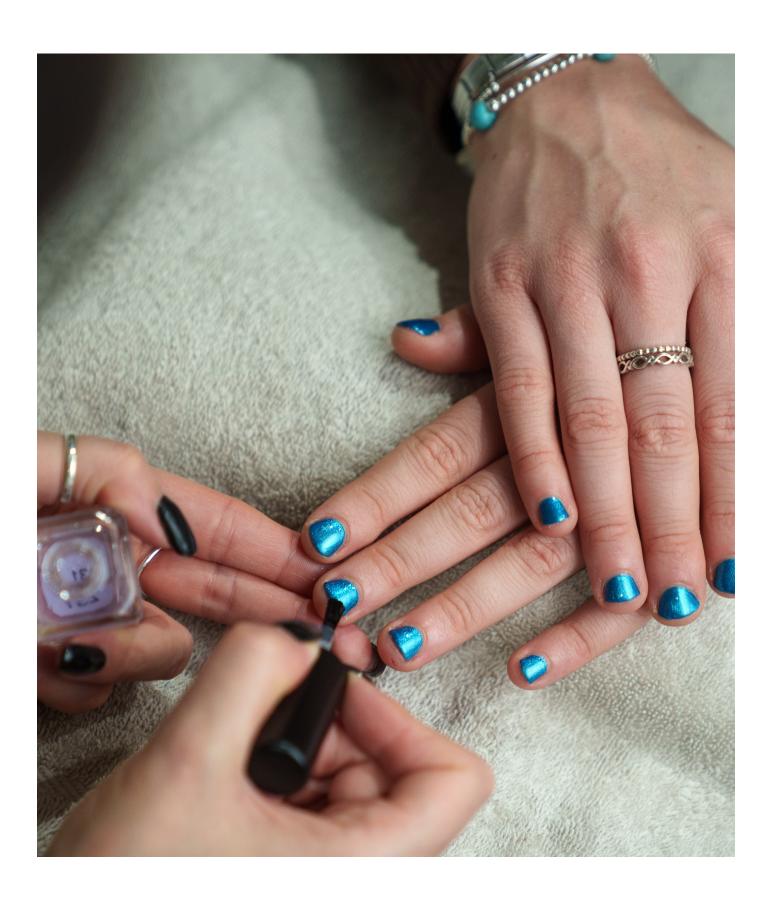
A complete exfoliating and conditioning foot treatment, leaving feet noticeably silkier and smoother then before.

Treatment duration: 25 minutes including consultation

File & Polish Treatment on the Feet

Mon - Thurs $\text{£20} \mid \text{Fri} - \text{Sun £25}$

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



Spa Escapes

Our bespoke Spa Escapes are perfect for couples and friends looking for a relaxing get-away. With one and two night options, they 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 Sun - Thurs: £260 per room per night Winter Friday Night (November - February): £280 per room per night

One Night Spa Escape includes:

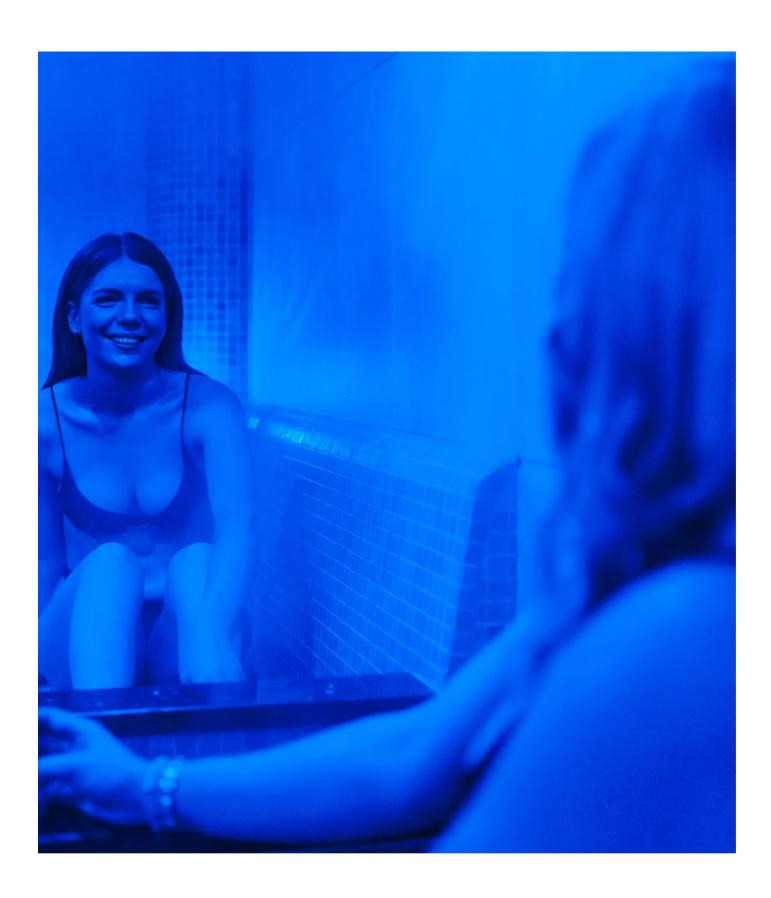
- Bed & Breakfast in a Standard or Economy Room (Upgrades Available)
- \pounds 30 per person allowance towards dinner from our A la Carte Menu
- Two 25 minute spa treatments each*
- One hour use of our Spa facilities during your stay
- Complimentary use of robe and slippers in your room upon arrival

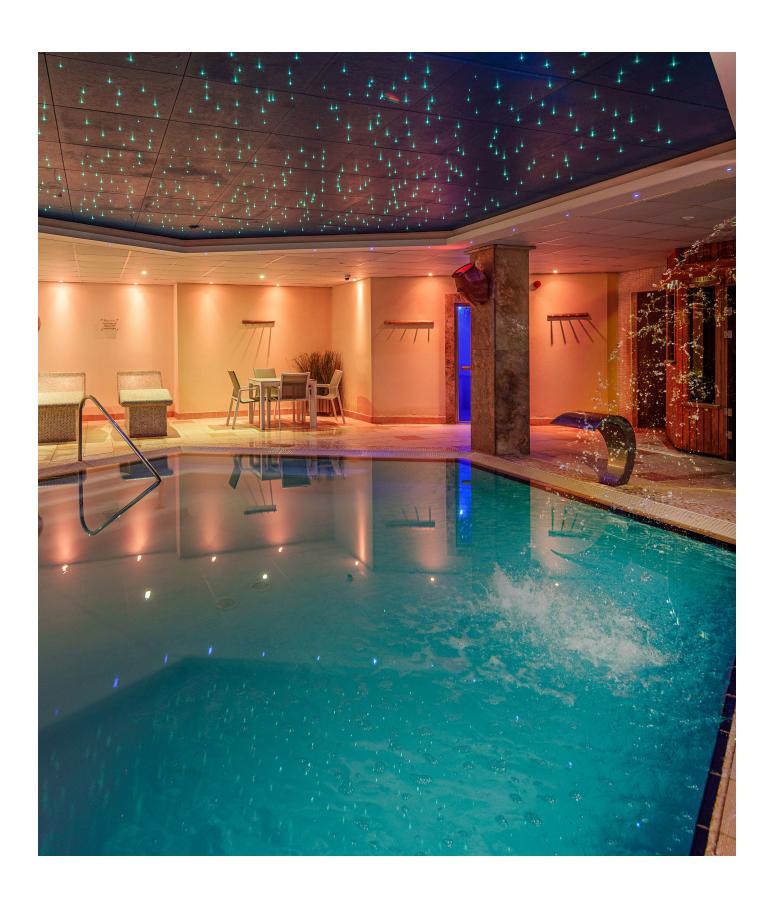
Pick two of the following treatments:

- Thalgo Full Body Scrub
- Thalgo Discovery Facial
- Back, Neck & Shoulder Massage
- Pregnancy Back, Neck & Shoulder Massage
- Express Hand Treatment

- Express Foot Treatment
- File & Polish on the Hands
- File & Polish on the Feet
- Scalp & Neck Massage
- Indian Head Massage

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Two Night Spa Escape

All Year Round Sun - Thurs: £240 per room per night Winter Weekend Fri & Sat (November - February): £260 per room per night Two Night Spa Escape includes:

- Bed & Breakfast in a Standard or Economy Room (Upgrades Available)
- \pounds 30 per person allowance towards dinner from our A la Carte Menu
- Up to 80 minutes of spa treatment time each*
- One hour use of our Spa facilities per night during your stay
- Complimentary use of robe and slippers in your room upon arrival

Pick <u>one</u> of the following 25 minute treatments:

- Thalgo Full Body Scrub
- Thalgo Discovery Facial
- Back, Neck & Shoulder Massage
- Pregnancy Back, Neck & Shoulder Massage
- Express Hand Treatment

Pick <u>one</u> of the following 55 minute treatments:

- Standard Manicure
- Standard Pedicure
- Heart of the Ocean Facial
- Pregnancy Full Body Massage

- Express Foot Treatment
- File & Polish on the Hands
- File & Polish on the Feet
- Scalp & Neck Massage
- Indian Head Massage
- Full Body Massage
- Hyalu Procollag**è**ne 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.

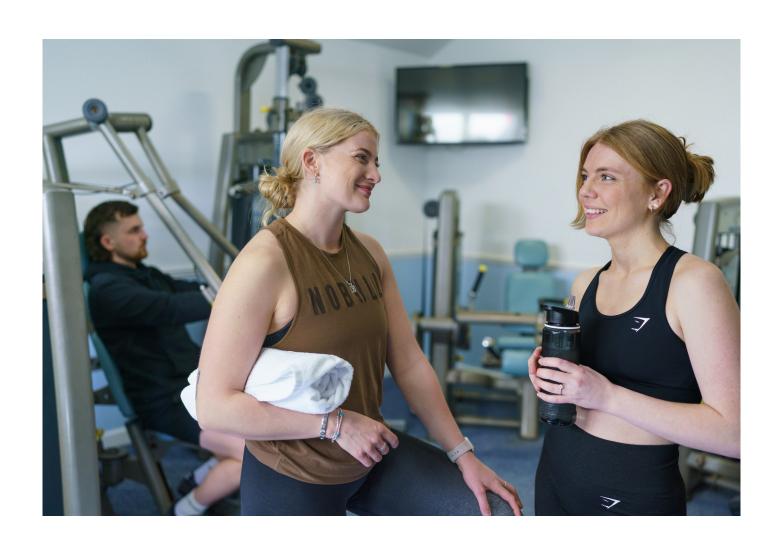
Please speak to our Spa team for further information.

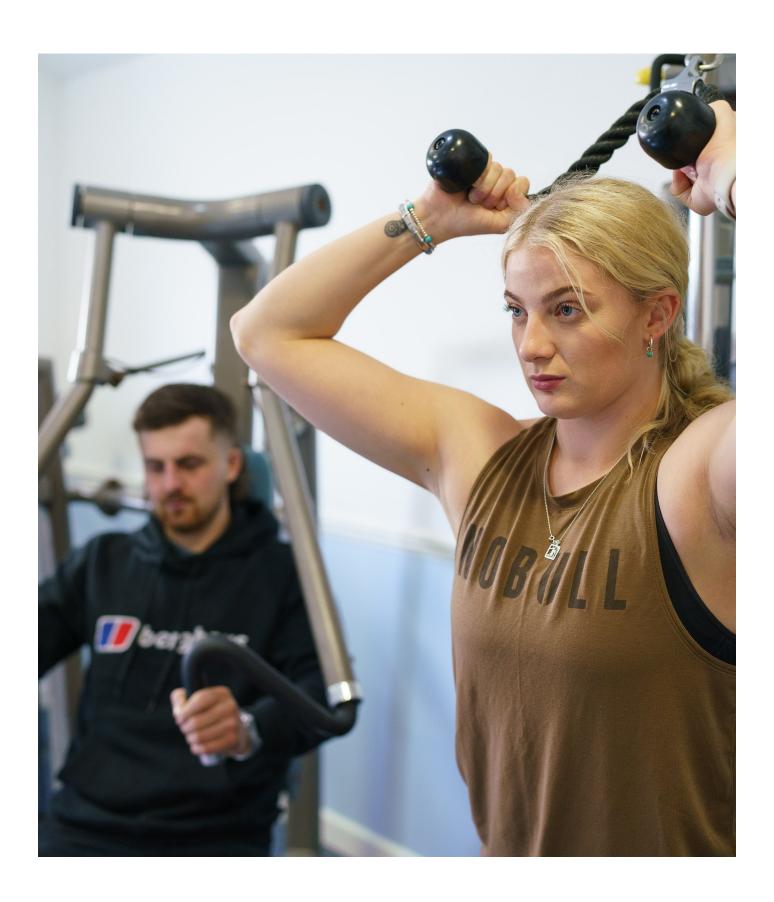
The Cliff Gym

Enjoy the fitness facilities in our small but well equipped fitness room.

With both cardio and weightlifting areas we have everything you need to enjoy a complete workout, improving both your physical and mental health.

Why not relieve those aching muscles with a full body massage after your session or perhaps a dip in the hot tub to unwind?





Terms & Conditions

Arrival

To make the most of your visit we suggest that you arrive at least 10 minutes before your treatment time to allow yourself 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 areas. 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. Suitable footwear such as flipflops 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, in 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 $\pounds 2$ charge. A $\pounds 1$ coin is required to operate our lockers. Missing or broken locker keys will incur a $\pounds 10$ 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 whilst 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 area 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, subject to availability.

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 of 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 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 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. 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 maybe medically unfit and are advised to read the guidance notices outlining hot 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 upon 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 1 hour 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 CliffSpa 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 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.

