

A woman with reddish-brown hair, smiling, is sitting in a hot tub filled with bubbling water. The background is a wall of large, light-colored tiles. A large, dark, hand-drawn style letter 'C' is on the wall, with the text 'The liff Spa' inside it. The word 'The' is small and above 'liff'. 'liff' is in a bold, sans-serif font. 'Spa' is in a cursive script font. The foreground shows the turbulent water of the hot tub.

The
liff
Spa

Welcome

Our unique underground Spa creates a peaceful sanctuary and restorative ambience. The hydrotherapy pool provides soothing water therapies to relax and calm you while our jacuzzi has water jets to stimulate circulation. The steam room will detoxify and bring clarity while the sauna will relieve and ground the muscles perfect for those looking for calm and peaceful surroundings. Enjoy our luxurious ELEMIS treatment range to engage you with natural fragrances and sublime textures provided by our passionate and qualified therapists to give you an unforgettable experience to leave you feeling restored and rebalanced.

Afterwards, why not savour our delicious food or refreshing beverages at the Carreg Bar & Restaurant or Point Bar & Lounge while enjoying the stunning view of Ceredigion coastline.

All residents of the Cliff Hotel & Spa receive a complimentary hour use of the Spa Facilities on a prebooked basis. So enjoy a coastal retreat among the finest Spa hotels Wales has to offer!

Contents

Spa Access	2	Massages	13
Membership	3	Add-On Treatments	15
Spa Day Packages	5	Waxing & Tinting	16
Body Treatments	7	Hand & Feet Treatments	17
Facial Treatments	9	Spa Escape Breaks	20
Holistic Therapies	11	Spa Guidance, Terms & Conditions	23

Spa Access



Also included in our amenities are Male, Female and Wheelchair accessible Changing Rooms with Private Cubicles, Toiletries, Towels, Personal Lockers and Hair Appliances. We also have our Relaxation Room, Tea & Coffee facilities and a small but well-equipped Fitness Room. All guests using the Spa Facilities receive a towel, but we do recommend bringing your own flip flops or sliders.

Spa Opening Hours:

Daily 8am - 8pm

Under 16s: Daily 8am - 10am

Treatment Times:

Daily 9am - 8pm

Gym Opening Hours:

Daily 8am - 8pm

Facilities for Adults for One Hour:

Weekday £20 | Weekend £30

Spa Facilities for Under 16s for One Hour:

(available only from 8 - 10am daily)

Weekday £10 | Weekend £15

Gym Access for One Hour:

Weekday £8 | Weekend £10

Membership

If you find yourself frequently visiting The Cliff Spa, become a member to enjoy exclusive benefits.



Monthly Individual: £100 | Couple £175 | Child £50

- 1 Hour Daily Use of the Spa (or up to 7 hours weekly)
- 1 Hour Daily Use of the Gym (or up to 7 hours weekly)
- 10% discount off all treatments & retail products
- Complimentary use of towel provided upon each visit
- Complimentary Cliff Tote Bag upon initial membership sign-up
- Exclusive access to new upcoming Spa treatments, offers & events

Quarterly Individual: £279 | Couple £488

- 1 Hour Daily Use of the Spa (or up to 7 hours weekly)
- 1 Hour Daily Use of the Gym (or up to 7 hours weekly)
- 15% discount off all treatments & retail products
- Complimentary use of towel provided upon each visit
- Complimentary Cliff Tote Bag upon initial membership sign-up
- Exclusive access to new upcoming Spa treatments, offers & events
- 1 Complimentary Cocktail of the Month at the Point Bar & Lounge for each month of your membership

Annual Individual: £1,020 | Couple £1,785

- 2 Hour Daily use of the Spa
 - 1 Hour Daily use of the Gym
 - 20% discount off all treatments & retail products
 - Complimentary use of towel provided upon each visit
 - Complimentary Cliff Tote Bag upon initial membership sign-up
 - Exclusive access to new upcoming Spa treatments, offers & events
 - 1 Complimentary Cocktail of the Month at the Point Bar & Lounge for each month of your membership
 - Complimentary Birthday lunch at The Carreg Restaurant from the Spa Package Lunch Menu
-

Gym Monthly Individual: £50 | Couple £75

- 2 Hour Daily use of the Gym
- Complimentary use of towel provided upon each visit
- Complimentary Cliff Tote Bag upon initial membership sign-up



Spa Day Packages

Spa day packages designed to help you unwind whether for a special occasion, a relaxing day out, or a restorative wellness experience.



Sea Shell

Mon - Thurs £60 | Fri - Sun £70

- One hour use of Spa facilities
- Complimentary use of robe and towel
- Choice of two treatments from the options below

Choose one of the following treatments:

- Cleansing Salt Scrub
- Mini Facial
- Scalp & Neck Massage

Choose one of the following treatments:

- Foot Care Treatment, exfoliate and foot file followed by a massage
- Hand Care Treatment, exfoliate and massage

Treatment duration: 50 minutes including consultation

Rockpool

Mon - Thurs £95 | Fri - Sun £110

- One hour use of Spa facilities
- Two course light lunch (served 12 - 2.45pm)
- Complimentary use of robe and towel

Choose two of the following treatments:

- The Cliff Signature Back, Neck & Shoulder Massage
- Mini Facial or Cleansing Salt Scrub
- Scalp & Neck Massage or Pre Natal Back, Neck & Shoulder Massage

Treatment duration: 50 minutes including consultation



Sunset

Mon - Thurs £110 | Fri - Sun £125

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

Choose one of the following treatments:

- The Cliff Signature Back, Neck & Shoulder Massage
- Mini Facial
- Cleansing Salt Scrub
- Pre Natal Back, Neck & Shoulder Massage

Choose one of the following treatments:

- Foot Care Treatment, exfoliate and foot file followed by a massage
- Hand Care Treatment, exfoliate and massage

Treatment duration: 50 minutes including consultation

Body Treatments

Full Body Scrubs

Mon - Thurs £45 | Fri - Sun £50

Refresh your body with one of the following scrubs:

- **Lime & Ginger Cleansing Salt Scrub:** An invigorating Salt Scrub that cleanses and exfoliates, leaving the skin looking toned and feeling exceptionally smooth.
- **Frangipani Monoi Salt Glow:** A luxurious Salt Scrub that cleanses and exfoliates, leaving the skin beautifully scented with Frangipani.

Treatment duration: 25 minutes including consultation

Full Body Wraps

Mon - Thurs £75 | Fri - Sun £90

Treat yourself to a luxurious body wrap:

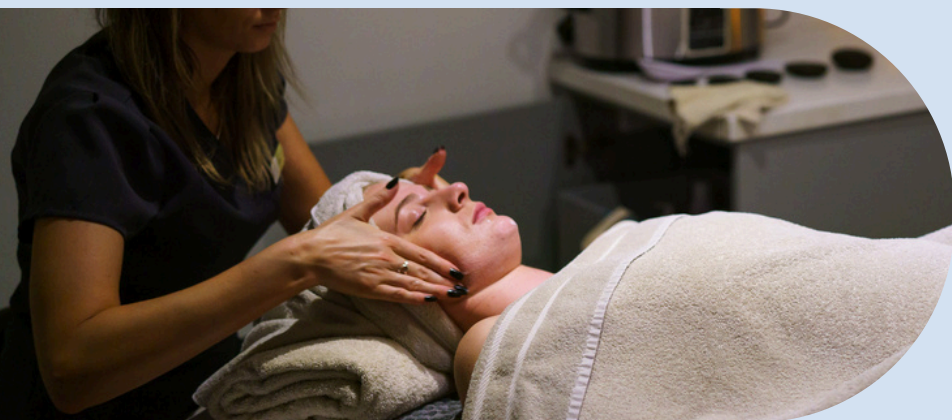
- **Lime & Ginger Intensely Cleansing Salt Scrub Wrap:** Your treatment will begin with a hot foot cleanse then the lime and ginger salt glow will slow away skin cells encouraging new ones combined with a mini facial to nourish and hydrate the skin. Finishing with the application of skin nourishing body milk.
- **Nectar Nourishing Frangipani Wrap:** Your treatment will begin with a hot foot cleanse then the luxurious Frangipani body scrub will exfoliate and invigorate with a nourishing mini facial, while you are cocooned with Frangipani Tahitian Monoi oil for a deeply conditioned and emotionally grounding experience leaving the skin silky and radiant.
- **Nourishing Pregnancy Pamper:** A nourishing and hydrating gentle wrap to help relax and rejuvenate the skin followed by a mini facial to revive tired skin and a light massage to soothe and restore leaving you feeling grounded and glowing.

Treatment duration: 50 minutes including consultation



Facial Treatments

Reveal your natural glow with one of our rejuvenating facial treatments, designed to cleanse, nourish, and leave your skin feeling refreshed, radiant, and beautifully renewed.



ELEMIS Expert Touch Mini Facial

Mon – Thurs £45 | Fri – Sun £50

This Mini Facial will cleanse exfoliate and deeply hydrate, can be tailored to specific skin concerns leaving your skin feeling revived and refreshed while feeling rebalanced.

Treatment duration: 25 minutes including consultation

ELEMIS Expert Touch Nourish Facial

Mon - Thurs £85 | Fri - Sun £95

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

Treatment duration: 50 minutes including consultation

ELEMIS Expert Touch Renew Facial

Mon - Thurs £85 | Fri - Sun £95

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

Treatment duration: 50 minutes including consultation

ELEMIS Expert Touch Reveal Facial

Mon - Thurs £85 | Fri - Sun £95

Powered by patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

Treatment duration: 50 minutes including consultation

ELEMIS Expert Touch Define Facial

Mon - Thurs 80 mins: £100 | Fri - Sun 80 mins: £115

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin. The ultimate facial experience.

Treatment duration: 80 minutes including consultation



Holistic Therapies

Restore balance to your mind, body, and spirit with our holistic therapies, thoughtfully designed to ease tension, rebalance your energy, and nurture total wellness.



Reflexology

Mon - Thurs £70 | Fri - Sun £80

Mon - Thurs 6-week course £350 | Fri-Sun 6-week course £400

Reflexology can bring relief to a wide range of conditions with its 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: 50 minutes including a foot bath and consultation

Luxury Indian Head Massage

Mon - Thurs £50 | Fri - Sun £55

Using a variety of movements to ease head tension and working on the upper back, arms, shoulders, neck and scalp. Your Indian Head Massage concludes with a facial massage and pressure point techniques. This treatment is performed on a treatment bed with or without the use of oils.

Treatment duration: 40 minutes including consultation



Massages

Freestyle Wellbeing Massages

Incorporating the powerful techniques of Shiatsu and Swedish massage, to ground & balance the mind and body. Techniques are adapted to treat individual client needs.

Full Body, Face & Scalp

Mon - Thurs £95 | Fri - Sun £120

Treatment duration: 70 minutes including consultation

Full Body

Mon - Thurs £75 | Fri - Sun £85

Treatment duration: 50 minutes including consultation

Back of Body - (Back, Neck, Shoulders & back of Legs)

Mon - Thurs £65 | Fri - Sun £70

Treatment duration: 40 minutes including consultation

Back, Neck & Shoulder

Mon - Thurs £50 | Fri - Sun £55

Treatment duration: 25 minutes including consultation

Scalp & Neck

Mon - Thurs £40 | Fri - Sun £45

Treatment duration: 25 minutes including consultation



Mum to Be Massage

Mon - Thurs £75 | Fri - Sun £85

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

Treatment duration: 50 minutes including consultation

ELEMIS Expert Deep Tissue Tension-Ease Massage

Mon - Thurs | 25 mins: £55 | 50 mins: £90

Fri - Sun | 25 mins: £60 | 50 mins: £100

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation; it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

Treatment duration: 25 or 50 minutes including consultation

Hot Stones Massages

Our Hot Stones treatment is used to help you relax, ease tense muscles and damaged soft tissues throughout your body. Hot 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.

Hot Stones Back of Body

Mon - Thurs £85 | Fri - Sun £95

Using hot stones to relax the muscles and ease the tension on the back, neck, shoulders and backs of legs.

Treatment duration: 50 minutes including consultation

Hot Stones Indulging Full Body

Mon - Thurs £110 | Fri - Sun £125

Using hot stone techniques tailored to your specific needs, immerse yourself in a full body, face and scalp massage leaving you completely recharged.

Treatment duration: 80 minutes including consultation

Add-On Treatments

If you 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, Face or Body Treatment, Massage or Holistic Treatment. Add on treatments are subject to availability. Please enquire upon booking.



Lower Leg & Foot Massage

Mon - Thurs £15 | Fri - Sun £20

Oils are used to massage tension your feet carry every day.

Hand & Arm Massage

Mon - Thurs £15 | Fri - Sun £20

Oils are used to massage tension your hands hold every day.

Expert Collagen Eye Boost

Mon - Thurs £15 | Fri - Sun £20

Eye massage to relieve tired eyes followed by a hydrating mask to restore.

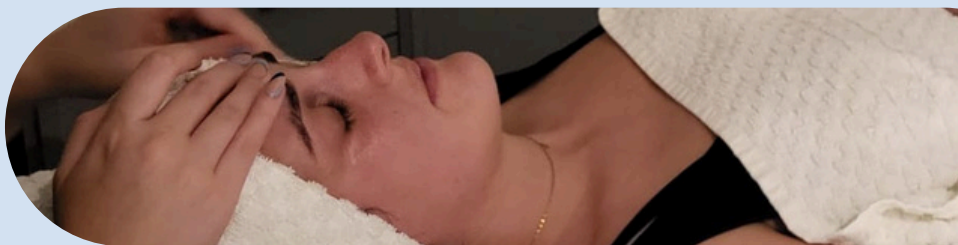
Expert Restorative Head Massage

Mon - Thurs £15 | Fri - Sun £20

Shoulder and scalp massage using Elemis techniques to relieve pressure and tension.

Waxing

Full Leg 1 hour	£30
Half Leg 45 mins	£20
3/4 Leg 45 mins	£25
Bikini 25 mins	£15
Underarm 15 mins	£10
Forearm 25 mins	£15
Full Leg, Bikini & Underarm 1 hour 25 mins	£50
Chest 25 mins	£25
Back 25 mins	£25
Eyebrow Shape 25 mins	£15
Chin 15 mins	£8
Top Lip 15 mins	£8
Lip & Chin 25 mins	£15



Tinting

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

Eyebrow Tidy & Tint 25 mins	£20
Eyebrow Tint 20 mins	£12
Eyelash Tint 20 mins	£15
Eyelash & Eyebrow Tint 25 mins	£25

Hand & Foot Treatments

CND
Hands. Feet. Beauty.



Choosing the right Nail Application:

Vynylux Nails - This standard long-wear nail polish by CND offers high-performance colour which is quick to dry and lasts 4 x longer than traditional varnishes, without the use of a UV lamp.

Shellac Nails - The original gel nail colour by CND which gives you 14 days of high-performance wear with stunning crystal shine. Hypoallergenic with zero drying time, using a UV lamp. Can be removed professionally in 5 minutes with no damage to your natural nail.

Plexigel Nails - Plexigel is a versatile and convenient bottled builder gel system that provides strength, shape and durability, enhancing your own natural nail. Can also be used to repair broken nails. Can be used alone for crystal clarity or add your choice of colour for a flawless finish. To maintain the quality of your manicure or pedicure, we cannot allow guests to enter the spa facilities after these treatments as this will cause the polish to disintegrate. For all pedicures, please come with open toed shoes.

Manicure

Nails are shaped and filed followed by cuticle work and a hand and lower arm massage.

Choose your nail application:

Vynylux Polish: Mon – Thurs £35 | Fri - Sun £40

Shellac: Mon – Thurs £40 | Fri - Sun £45

Plexigel: Mon – Thurs £45 | Fri - Sun £50

Treatment duration: 50 minutes including consultation

Add On: 15 Minute French Manicure £5.00

Deluxe Manicure

Mon – Thurs £45 | Fri - Sun £50

The ultimate hand and nail care with all the benefits of the Manicure but with an exfoliation which is removed with hot mitts followed by a hand mask and completed with the application of Vynylux standard polish.

Treatment duration: 70 minutes including consultation

Add On: 15 Minute French Manicure £5.00

Express Manicure

Nails are filed, shaped and cuticles are tidied.

Choose your nail application:

Shellac: Mon – Thurs £25 | Fri - Sun £30

Plexigel: Mon – Thurs £30 | Fri - Sun £35

Treatment duration: Up to 40 minutes including consultation



Pedicure

Cleanse, soothe and calm with a relaxing footbath. Hard skin is removed; feet and legs are exfoliated and then moisturised with conditioning cream. Cuticles are tidied and toenails are shaped. Choose your nail application below:

Vynylux Polish: Mon – Thurs £35 | Fri - Sun £40

Shellac: Mon – Thurs £40 | Fri - Sun £45

Treatment duration: 50 minutes including consultation

Add On: 15 Minute French Manicure £5.00

Deluxe Pedicure

Mon – Thurs £45 | Fri - Sun £50

The ultimate foot and nail care with all the benefits of the Pedicure but with the luxurious added indulgence of a massage and complimented by the warmth of heated booties to deeply nourish and soothe the feet. Excellent for improving circulation and relieving stiff, painful joints. Completed with the application of Vynylux standard polish.

Treatment duration: 70 minutes including consultation

Add On: 15 Minute French Manicure £5.00

Gel Removal

Mon - Thurs £15 | Fri - Sun £20

Gel polish removal where nails are filed and completed with a nourishing CND Solar oil treatment.

Treatment duration: 25 minutes including consultation



Spa Escape Breaks

Our bespoke Spa Escapes are perfect for couples or 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 Sunday - Thursday: £295 per room per night

Winter Friday Night (November - February): £325 per room per night

One Night Spa Escape includes:

- Bed & Breakfast in a Standard or Economy Room (Upgrades Available)
- £35 per person allowance towards dinner from our A la Carte Menu
- One hour use of our Spa facilities during your stay
- Complimentary use of robe and slippers in your room upon arrival
- Two 25-minute spa treatments each from the following list:
 - Cleansing Salt Scrub or Mini Facial
 - Back, Neck & Shoulder or Pregnancy Back, Neck & Shoulder Massage
 - Express Hand Treatment
 - Express Foot Treatment
 - Scalp & Neck Massage
 - Indian Head Massage



Two Night Spa Escape

All Year-Round Sunday - Thursday: £275 per room per night

Winter Weekend Friday & Saturday (November - February): £295 per room per night

Two Night Spa Escape includes:

- Bed & Breakfast in a Standard or Economy Room (Upgrades Available)
- £35 per person allowance towards dinner from our A la Carte Menu
- One hour use of our Spa facilities per night during your stay
- Complimentary use of robe and slippers in your room upon arrival
- Up to 75 minutes of spa treatment time each

Pick one of the following 25-minute treatments:

- Cleansing Salt Scrub
- Mini Facial
- Back, Neck & Shoulder Massage
- Pregnancy Back, Neck & Shoulder Massage
- Express Hand Treatment
- Express Foot Treatment
- Scalp & Neck Massage
- Indian Head Massage

Pick one of the following 50-minute treatments:

- Manicure
- Pedicure
- Expert Touch Renew Facial
- Pregnancy Full Body Massage
- Full Body Massage
- Expert Touch Nourishing Facial

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

Please Note:

- Dinner includes a £35 per person allowance towards the evening menu (beverages not included).
- To avoid disappointment, treatment times must be booked when making your reservation. No refunds will be given for unbooked treatment time. Some treatments may be excluded; please speak to our Spa team for details.
- Terms & conditions apply.

Spa Guidance, Terms & Conditions

Please refer to our website for the full 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.

Treatment times start when you are called by your therapist. Arriving late or not responding when you are called may cause your treatment to be shortened and you will still be charged the same price.

Hotel Residents

Unless otherwise stated, overnight hotel accommodation at The Cliff Hotel & Spa includes a complimentary pre-booked 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).

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

Hotel Residents are required to book a slot in the spa, agreeing to house rules and safety guidance.

Memberships

All members must present their membership cards to gain entry. Due to the Spa's limited capacity pre-booking is still essential for members and not booking prior to arrival may result in being turned away.

Included in your spa membership is one visit of up to 1 hour spa use and 1 hour gym use daily (or up to 7 hour weekly) unless otherwise stated.

If wishing to use the facilities for more than 1 hour a day (Monthly / Quarterly Membership) and 2 hours a day (Annual Membership) all visits for the week must be booked together.

Children under the age of 16 years are permitted to have a monthly membership at a charge of half the regular price. Children must always be accompanied by a paying adult. Please refer to the 'children' section in our terms and conditions for further information.

The Cliff Hotel & Spa reserves the right to close the spa for essential maintenance and in an emergency. If there's an extended closure of the facilities the length of the closure will be added to your membership.

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.

We aim to provide a peaceful setting for all spa guests and, as we have a limited capacity, are unable to welcome large groups. Access to non-paying guests/spectators must be agreed when making the reservation.

Our treatments are available to individuals aged 18 and over. Certain exceptions may apply; please contact us for further information.

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
- Medical conditions or surgery in the last six months if applicable
- Pregnancy if applicable

Medical Conditions

A completed consultation form is required before any treatment. Please inform the spa at booking if you have medical conditions, had surgery in the past six months, are pregnant (including how many weeks), or have had cancer in the last 10 years. Some treatments may be unsuitable and may be altered or refused without compensation based on your medical status.

Unfortunately, guests currently undergoing cancer treatment cannot receive spa services. Sauna, steam room, and hot tub use is not recommended during pregnancy.

Users should only undertake activities they are medically fit for and follow all safety guidance. Failure to disclose health conditions may result in refusal of spa access or treatment changes, and a doctor's letter may be required.

What to bring and what to wear

Appropriate 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 (please allow yourself time before being called for your treatment). During some of the treatments disposable underwear must be worn.

You are requested to tie up long hair.

Hotel slippers are not suitable for use in the spa area. We recommend that guests wear clean flip-flops or sliders when moving between treatment rooms, the refreshment area, and the relaxation room.

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 use of one towel and a robe is included with all spa packages and selected treatments. Access to the spa facilities includes the use of one towel. Additional towels may be hired for £3 each, and robes are available to hire for £5 each.

A £1 coin is required to operate our lockers. Missing or broken locker keys will incur a £15 fee.

Please ensure that you do not wear any hair masks or oil products prior to using the Spa facilities.

Changing Facilities

We have dedicated male, female and wheelchair accessible changing facilities, 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.

You must not run around, jump or dive into the pool. Please note that there is no dedicated lifeguard on site.

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

Towels and robes are to be hung on hooks provided and will be removed if left on loungers, tables or chairs.

Bags and personal belongings are not recommended poolside and may be removed if left unattended.

Mobile phones and other electronic devices are to be always kept on silent and only used for reading purposes.

No photography or videography is permitted in any area of The Cliff Spa and guests doing so will be required to immediately leave the facilities (without compensation).

CCTV is in operation in certain public areas of the spa.

Please sanitise all gym equipment before and after use.

For reasons of health, safety and hygiene you must:

- Obey the instructions of the spa staff
- Always shower before entering the sauna, steam room, spa or pool
- Not consume food in the changing room or pool area
- Not take any products, papers or other flammable materials into the sauna as these constitute a fire hazard

Smoking, Liquids & Alcohol

The Cliff Hotel & Spa is a non-smoking (including e-cigarettes) establishment.

We strongly recommend that you drink plenty of fluids during your visit to the spa.

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 glassware is to be brought into the spa.

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, hot tub, steam room or sauna.

All children under the age of 18 years must be accompanied by an adult (1 adult to 2 children.) Children aged 16 – 18 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 are responsible for their supervision, conduct and welfare at all times whilst at The Cliff Spa.

Our treatments are available to individuals aged 18 and over.
Certain exceptions may apply; please contact us for further information.

Babies and toddlers must use swim nappies. Contamination of the pool will result in the facilities being closed.

Children under 8 years can change in either changing room under supervision but over this age must change in their identified gender changing facilities.

Weekends

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

Vouchers

General Vouchers for The Cliff Spa are valid for 12 months from the date of purchase.

Promotional Gift Vouchers are valid for specific periods dependent on the individual promotion. 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.

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 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.

Please note we reserve the right to raise prices or modify treatments without notice.

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.

Anyone making use of the facilities is responsible for ensuring that he or she is properly equipped and that his or her health and physical condition are such as not to involve any risk to him or herself or to any other person making use of the facilities. It is hereby understood and agreed that The Cliff Hotel & Spa accepts no responsibility for accident, injury, illness or misadventure caused or suffered by members or guests on the premises howsoever caused. Only to the extent caused by willful default or negligence.

The Cliff Hotel & Spa reserves the right to amend its packages and prices at any time. Changes will not affect in-contract memberships.

These terms and conditions are deemed to incorporate The Cliff Hotel & Spa's general terms of business. Thank you for your cooperation in helping us to make The Cliff Hotel & Spa a happy and safe environment for all.



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

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Hotel: 01239 613241
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