



spa
AT CAPE GRACE

The Spa at Cape Grace Full Treatment Menu



Welcome to The Spa at Cape Grace

Spa Etiquette



spa
AT CAPE GRACE

Cancellation Policy

Please provide The Spa with a minimum of 4 hours notice when rescheduling your appointment(s). If a 4 hour cancellation is not provided, 50% of the total treatment value will be charged.

Arrival

To ensure you receive your full treatment time, please arrive 15 minutes prior to your treatment to change into the robe and slippers provided and to fill in our consultation form. All appointments will end at their scheduled time so that the next guest is not delayed or inconvenienced in any way.

Attire

We respectfully request that underwear is worn for all treatments. Our therapists are trained to observe client modesty at all times. Swimwear is requested at all times in the sauna/steam room area. You will be provided with a robe, a pair of slippers and a secure space to store your belongings upon arrival.

Consultation

We ask all guests to complete a mandatory consultation form on arrival so that our therapists can prepare your experience and offer expertise tailored to your needs. Please advise us when booking, of any relevant health conditions. Please remember to drink enough water when using our sauna and steam rooms and pay attention to certain health precautions.

Pregnancy

Please note that we do not perform any reflexology or massage treatments during the 1st trimester of pregnancy.

Mobile Phones

We ask that noise levels are kept to a minimum and for the comfort of others, please refrain from using your mobile phone. Your co-operation in providing a tranquil environment is greatly appreciated.

Homecare

To continue your spa experience at home, all products used during your treatments are available at spa reception, where your therapist would be delighted to advise you on the most suitable products for your needs.

Gift Vouchers

Beautifully presented gift vouchers are available and can be purchased for any treatment, package or monetary value.

Spa Facilities

We provide complimentary use of the sauna and steam room for our guests upon booking a treatment at the spa. A charge of R500 per person is applicable for use of the facilities for the day without treatments being scheduled.

Hours of Service

Spa: 08h00 to 20h00 Monday – Sunday including all Public Holidays
Fitness Studio: 24 hour access to hotel residents only

Comfort Zone Skincare

Comfort Zone represents a complete system of care for the skin, body and soul to promote a holistic, healthy and sustainable lifestyle, based in science and strengthened by passion.



Customized facial	60 min	1 110
<i>A deep-cleaning facial treatment enhanced to suit your specific skin needs. Customised use of active ingredients for optimal results.</i>		
Sublime Skin deluxe lifting facial	90 min	1 615
<i>A treatment offering the cosmetic solution for an immediate lifting effect without surgery. It has an instant effect, that gives immediate tone, compactness and radiance to the face, while at the same time bestowing a powerful anti-aging action.</i>		
Sublime Skin double peel	60 min	1 215
<i>Delicately and effectively eliminate the outer horny layer of the skin leaving it extraordinarily luminous, smooth and more homogeneous. It effectively improves the appearance of lines and wrinkles and superficial acne scars.</i>		
Comfort Zone express facial	30 min	610
<i>An express hydrating and nourishing treatment to boost your skin and regenerate cell functioning.</i>		
Add on Eye zone treatment	15 min	455
<i>Add this to any facial treatment to provide a profound nourishing and firming effect to this delicate area. Reduced appearance of lines and wrinkles, the skin appears more elastic with renewed smoothness.</i>		

QMS Medicosmetics Skincare

The ultimate in anti-ageing and skin regeneration with each product developed from a medical understanding of skin functioning.



<p>Deep cleansing intense treatment</p> <p><i>Skin refining AHA's combined with deep penetrating hydrating ingredients reduces excess oiliness, refines texture and smooths fine lines. Perfect treatment for combination skin.</i></p>	60 min	1 110
<p>Activator treatment</p> <p><i>Protective marine collagen and hyaluronic acid provides revitalization and smoothing to dull, lifeless skin. Gives instant vitality for jet-lagged and tired skins.</i></p>	60 min	1 110
<p>Sensitive skin rebalance</p> <p><i>Specially designed treatment for sensitive, irritated or inflamed acne skin. Highly concentrated ingredient complexes calm redness, repairs the skins own protective functions and hydrates and sooths the skin.</i></p>	45 min	870
<p>Collagen rejuvenator treatment</p> <p><i>Specialized AHA peeling system combined with collagen serums delivery system immediately give long lasting hydration for dry skin and treats wrinkles and loss of skin tone.</i></p>	90 min	1 665
<p>Pigment corrector treatment</p> <p><i>Specialized facial designed to target the treatment of age and dark spots, brighten the skin and help prevent further formation of hyperpigmentation. Includes oxygen machine application.</i></p>	90 min	1 790
<p>Neo-tissue dermie treatment</p> <p><i>After the age of 35 the skin loses collagen III and combined with UV damage from the sun, aging is accelerated. This treatment is firming, lifting and toning. It also stimulates the production of collagen III to reverse deep wrinkles and tighten the skin.</i></p>	90 min	4 850
	75 min	1 310

QMS Medicosmetics Skincare continued

The ultimate in anti-ageing and skin regeneration with each product developed from a medical understanding of skin functioning.

SK Alpha treatment	60 min	1 110
<i>Often Oily rough skins become dull and lifeless. By intensively stimulating cellular metabolism and blood circulation, this treatment brings dull, uneven skin back to life by boosting oxygen supply and nourishing skin cells.</i>		
Pure oxygen treatment	60 min	1 415
<i>Advanced treatment developed to stimulate skin cell regeneration at a deep cellular level. We use 95% pure oxygen to channel ingredients into the skin for ultimate skin boost which is instant, effective and relaxing.</i>		
Skin cell renewal treatment	90 min	1 970
<i>Transfer active ingredients to the inner dermal layer where they have the most impact. The pioneering bio-electric technology will electrically charge particles to penetrate ingredients to the deeper dermal layers. Includes oxygen machine application.</i>		
Add on Hand recovery treatment	30 min	485
<i>Add this to any facial: An intensive moisturizing and exfoliating treatment. Revitalises damaged and stressed skin leaving hands smooth and supple.</i>		
Add on Oxygen treatment	15 min	325
<i>Oxygen Energy Applicator uses 95% pure oxygen to channel active ingredients into the skin.</i>		

Kalahari Signature Treatments

Created after years of research in the vast open plains of the Kalahari Desert. Naturally derived ingredients based on various plant oils, red sand, nourishing mud and rich mineral salts make these treatments the ultimate spa experience!



Khoi Khoi escape	30 min	660
<i>Escape with a relaxing back and neck massage with your chosen oil - Tsamma, Aromatic Dune, Khoi San or Wild Honey. This massage includes the use of a heated 'message stone' to deliver a soothing massage to leave you feeling renewed and uplifted.</i>		
Rolling Sands massage with Kalahari signature scent oils and candle	60 min	1 260
<i>Experience the sensation of rolling dunes and the blue expansive skies of the Kalahari with a tranquil massage utilizing signature dancing arm movements. Choose between one of our four Kalahari Signature scent oils or a Warm Candle Massage instead.</i>		
Desert glow exfoliation	45 min	545
<i>Unveil lustrously smooth skin with a personalized blend of Kalahari Desert Salts and your choice of nourishing botanical oils. The perfect pre-treatment for your Kalahari Massage or a truly original desert glow.</i>		
Sole survival	30 min	450
<i>Sink into deep relaxation with our signature foot ritual that soothes away tired, aching feet with your desired Kalahari exfoliation medium and authentic, sun-baked Kalahari Calabash Massage.</i>		
Hand ritual	30 min	450
<i>Refresh and unwind with the delicate aroma of Tsamma and the infused fragrance of fresh, wild grasses. Surrender your mind and welcome the feeling of richly nourished, moisturised hands and nails. Ideal for dry, thirsty skin.</i>		

Kalahari Signature Treatments continued

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Body cocoon	60 min	990
<i>The Kalahari Botanical clay mask is a very unique mineral and botanical based body mask, which can be used as a 2-in-1 exfoliator and mask. The antioxidant rich, powder-base is infused with extracts from red bush tea, giving it a distinct natural and refreshing aroma. With a soft vegetable-base, this treatment is guaranteed to gently exfoliate and stimulate blood circulation.</i>		
Kalahari Honeybush facial	60 min	800
<i>Carefully selected ingredients rich in antioxidants are easily absorbed by the skin to assist in the protection and repair of skin cells. Kalahari skincare visibly smooths fine lines and revives tired skin, leaving the skin looking radiant and ultra-nourished.</i>		
Phyto-compounding facial	60 min	880
<i>Transfer active ingredients to the inner dermal layer where they have the most impact. The pioneering bio-electric technology will electrically charge particles to penetrate ingredients to the deeper dermal layers. Includes oxygen machine application.</i>		

Massages



Swedish Massage

Combines various hands-on techniques including gliding, kneading and cross-fibre friction to break up muscle knots and increase circulation. It also stimulates the skin and nervous system while at the same time relaxing the nerves themselves and it can assist in reducing emotional and physical stress.

Swedish Back, Neck and Shoulder Massage	30 min	545
	45 min	770
Swedish Full Body Massage	60 min	960
	90 min	1 360

Deep Tissue Massage

Deep tissue is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish Massage, but the pressure is generally more intense.

Deep tissue back, neck and shoulder massage	30 min	660
	45 min	850
Deep tissue full body massage	60 min	1 215
	90 min	1 670

Massages continued

Hot Stone Massage

Combining hot stone protocols with a full body massage provides an effective healing experience. The hot stones also expand blood vessels which encourages blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

Hot Stone back, neck and shoulder massage	30 min	660
	45 min	850
Hot Stone full body massage	60 min	1 215
	90 min	1 670

Aromatherapy

Aromatherapy treatment	60 min	1 215
	90 min	1 670

Reflexology / Foot and Calf Massage

Based on the principle that certain parts of the body reflect on the soles of the feet and when pressure is applied, these points stimulate the body's own natural healing process. The body starts progressively clearing blockages, re-establishing energy flows and balancing itself, resulting in better health.

30 min	510
50 min	770

Massage Add On

Add to any massage. It consists of a Back Exfoliation and Mud Application to relieve muscular tension. It remains on your back while your legs are being massaged, for full benefit.

Mud and Scrub	15 min	355
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Body Treatments



Full Body Exfoliation

Enriched minerals have a powerful anti-oxidant, anti-viral and detoxifying effect on the skin cells.

Exfoliation Only	30 min	395
Add Body Butter Application	15 min	195

Body Wraps

Ideal for those feeling jet-lagged or stressed. Our signature Kalahari Desert Salt Crystals increase lymph flow and leave your skin feeling smooth and refined. Drift away with a scalp massage while the body wrap is at work.

Muscle Relax Wrap	60 min	910
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A body clay wrap recommended for aching muscles and joints as it aids the recovery of sore and stiff muscles.

Detox Body Wrap	60 min	910
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A body wrap focussing on areas that are difficult to re-shape even after weight loss. It reduces stubborn fatty deposits, improves circulation and detoxifies, thereby improving skin texture and tone.

Cupping

An excellent cellulite treatment programme that improves blood circulation and metabolism. Our treatment is a modified version of an ancient cupping therapy which enhances the penetration of our high quality products. It optimises lymphatic function in the body.

Single Treatment	45 min	830
3 Treatments (45 minutes each)		1 990
6 Treatments (45 minutes each)		3 990

Hands and Feet



Manicures

Express Manicure	30 min	355
<i>Along with defined cuticle care and nail shaping we end off this treatment with your favourite nail colour.</i>		
Manicure	60 min	540
<i>A delicious manicure that includes a refreshing hand and arm exfoliation and massage. Cuticles are neatly trimmed and nails shaped to perfection. Choose your desired nail colour from our professional range.</i>		
Manicure including a hand mask	75 min	575

Pedicures

Express Pedicure	30 min	355
<i>Along with defined cuticle care and nail shaping we end off this treatment with your favourite nail colour.</i>		
Pedicure	60 min	565
<i>A delicious pedicure that includes a refreshing foot soak, foot scrub and massage. Cuticles are neatly trimmed and nails shaped to perfection. Choose your desired nail colour from our professional range.</i>		
Medi-heel Pedicure	60 min	660
Pedicure including a foot mask	75 min	610

Hands and Feet continued



Gelish

Gelish stays on nails for up to three weeks with no chipping or peeling, and soaks off completely in only 15 minutes.

Gelish soak off	15 min	100
Gelish Manicure	75 min	595
Gelish Pedicure	75 min	660

Nail Art

Nail Art per nail		20
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Grooming

Our hot waxes are perfect for short, stubborn hair on any part of the face and body. The hot waxes encompass the finest selection of natural and soothing ingredients that nurture the skin leaving it feeling soft, smooth and completely hair-free. Used at an extra low temperature, wax can be re-applied 5 to 6 times on just waxed skin, without discomfort or irritation.



Body Waxing

Half leg wax	20 min	275
Full leg wax	30 min	365
Under arm wax	10 min	195
Arm wax	20 min	225
Bikini wax	20 min	225
Brazilian wax	45 min	275
Hollywood wax	45 min	345
Back wax	45 min	275
Chest wax	45 min	345

Grooming continued

Facial Waxing

Brow wax	15 min	120
Lip wax	15 min	115
Chin wax	15 min	145

Tinting

Eyebrow tint	15 min	120
Eyelash tint	15 min	140

Permanent Hair Reduction Treatment

Epilfree uses the intelligence of plant and herb extracts to slow down the hair growth process on a permanent level. Because the Epilfree solution goes to work on empty hair follicle at the dermal layer of the skin, it is effective no matter what skin type or hair type it is. If the hair is removed from the root, Epilfree will go to work and stunt the cell division process thus slowing down the growth process. The effects of Epilfree can be seen most times after the 1st treatment but it could take up to 12 treatments to see maximum results.

Epilfree

Lip / Eyebrow wax	15 min	300
Chin wax	15 min	400
Face wax	30 min	600
Under arm wax	20 min	400
Half leg wax	20 min	1 010
Full leg wax	30 min	1 615
Bikini wax	20 min	600
Hollywood wax	45 min	900

Packages



Half Day

Start off with a Healthy Breakfast or light lunch before proceeding to your treatment room.

Your treatment will consist of:	3 hours 30 min (Including breakfast or lunch)	2 330
<ul style="list-style-type: none">▪ 60 minute Facial of your choice▪ 50 Back of Body Massage including a Mud and Scrub on the back▪ An Express Manicure or Express Pedicure		

Full Day

Your treatment will consist of:	5 hours 30 min Including Afternoon Tea)	3 030
<ul style="list-style-type: none">▪ 60 minute Swedish Massage▪ 60 minute Pedicure▪ 60 minute Manicure▪ After these treatments, Afternoon Tea will be served in our Hot Spa area▪ End off with a 60 min Facial of your choice followed by a Wash and Blowdry		

Kalahari Top-to-Toe

Combine all the elements from the Kalahari Desert to transport you to a place of vast open spaces.

Your treatment will consist of:	2 hours 45 min	2 220
<ul style="list-style-type: none">▪ The Desert Glow Full Body Exfoliation combined with the hydrating blends of nourishing botanical oils to leave you with a truly original desert glow▪ Rolling Sands Full Body Massage▪ End off your Kalahari journey with our Kalahari Signature Facial		

Add on

Sit back, relax and enjoy Afternoon Tea in the Cape Grace Library as an addition to any of our Spa Packages.

Cape Grace Afternoon Tea

210 p.p.

Teens and Tweens (12 to 18 years)

Our teen treatment menu has been devised to make teenagers feel good about themselves. It helps to kick start their skin care routine and gives them a good grounding in wellness, whilst relaxing and having fun.

Back Massage	30 min	425
<i>A relaxing introduction to massage, relieving stress and tension in the back area.</i>		
Active Pureness Facial	45 min	545
<i>Deep cleansing treatment to render the skin fresh and compact. It is a treatment ideal for both oily and depleted impure skins as well as delicate skins.</i>		
"Back on Track" Back Facial	60 min	630
<i>Formulated specifically for the back to clarify and soften the skin while providing a deep, moisturising treatment which will leave your skin with a healthy glow. Includes a 20 minute massage.</i>		

The Little Spa Menu (11 years and under)

Even little girls need to take a break from the everyday stresses of just being a girl. We strive to bring the day spa experience to young girls and give them the time they deserve.

Princess Facial	30 min	385
<i>Enjoy this relaxing facial while focusing on your delicate skin. Complete with a face mask this special treatment is sure to please any Princess.</i>		
Sparkle Manicure	30 min	285
<i>Start with a fruity hand scrub followed by a relaxing hand massage with our Spalicious body butter. End with a polish of your choice and sparkly nail art.</i>		
Fizzy Pedicure	30 min	285
<i>Relax your feet in the fizzy foot soak followed by a Spalicious foot massage. Finish off with your favourite colour and sparkly nail art.</i>		

Hair Salon



Ladies

Ladies cut from 400

A unique cutting technique that allows various texturising options to give a more personalised, manageable look.

Ladies cut, wash and blowdry from 560

Includes a relaxing shampoo and revitalising scalp therapy massage.

Ladies wash and blowdry from 310

Ladies colour from 560

Ladies highlights from 460

Ladies glamour or bridal up-style from 810

Gentleman

Gentleman's cut from 360

Gentleman's colour from 510

Gentleman's highlights from 610

Hair Treatments

Revitalaux hair treatment	from	460
<i>Delivers complete restoration and hydration to dry, damaged hair. Instantly leaves hair stronger, softer and more nourished.</i>		
Keratin repair treatment	from	2 020
<i>Rebuild damaged hair by putting protein back. Increase in shine, elasticity and restored natural hair strength. Perfect for fizzy, chemically damaged or naturally dry hair, to repair and strengthen.</i>		

Children's Hair (up to 12 years)

Girls cut, wash and blowdry		310
Boys cut		260

The Spa at Cape Grace
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www.capegrace.com
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OF THE WORLD®



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