



## The Spa at Cape Grace Treatment Menu



# Welcome to The Spa at Cape Grace

## Spa Etiquette

### **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. Non arrivals will be charged in full.

### **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. 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. Coronavirus disease (COVID-19) is characterized by mild symptoms including a runny nose, sore throat, cough, and fever. Illness can be more severe for some people and can lead to pneumonia or breathing difficulties. Should you show (or suspect) any of the above symptoms, we will regrettably cancel your treatment.

### **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.

### **Pregnancy**

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

### **Gift Vouchers**

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

### **Spa Facilities**

Our Sauna and steam room facilities are currently closed in line with COVID-19 Regulations

### **Hours of Service**

*Spa:* 08h00 to 17h00 Tuesday - Saturday by appointment only.

*Fitness Studio:* Available to hotel residents only by appointment.

# QMS Medicosmetics Skincare

Deep cleansing intense treatment	60 min	1 350
Activator treatment	60 min	1 350
Sensitive skin rebalance	45 min	990
Collagen rejuvenator treatment	90 min	1 890
<i>Pigment corrector treatment</i>	90 min	1 990
Neo-tissue dermie treatment	75 min	1 500
SK Alpha treatment	60 min	1 350
Urban Repair treatment	60 min	1 500
Pure oxygen treatment	60 min	1 650
Skin cell renewal treatment	90 min	2 200
<i>Add on Hand recovery treatment</i>	30 min	530
<i>Add on Oxygen treatment</i>	15 min	380

## Aromatherapy

Aromatherapy treatment	60 min	1 400	90 min	1 900
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## Cupping

Single treatment	45 min	900
<i>3 treatments (45 minutes each)</i>		2 200
<i>6 treatments (45 minutes each)</i>		4 400

## Body Treatments

Full body exfoliation	30 min	450
<i>Add on body butter application</i>	15 min	220
Muscle relax body wrap	60 min	1 000
Detox body wrap	60 min	1 000

## Massages

Swedish back, neck and shoulder massage	30 min	620	45 min	890
Swedish full body massage	60 min	1 150	90 min	1 580
Deep tissue back, neck and shoulder massage	30 min	760	45 min	990
Deep tissue full body massage	60 min	1 400	90 min	1 900
Hot Stone back, neck and shoulder massage	30 min	760	45 min	990
Hot Stone full body massage	60 min	1 400	90 min	1 900
Reflexology or foot and calf massage	30 min	600	50 min	900
<i>Add on mud and scrub</i>			15 min	390

## Grooming - Wax and Tint

Half leg wax / Full leg wax		20 / 30 min		330 / 440
Under arm wax / Arm wax		10 / 20 min		240 / 275
Bikini wax		20 min		300
Brazilian wax		45 min		350
Hollywood wax		45 min		450
Back wax		45 min		350
Chest wax		45 min		450
Brow wax		15 min		150
Lip wax		15 min		150
Chin wax		15 min		180
Eye brow tint		15 min		150
Eye lash tint		15 min		180

## Hands and Feet

Express manicure		30 min		355
Manicure		60 min		540
<i>Manicure including a hand mask</i>		75 min		575
Express pedicure		30 min		355
Pedicure		60 min		565
Medi-heel pedicure		60 min		660
<i>Pedicure including a foot mask</i>		75 min		610
Gelish soak off		15 min		130
Gelish manicure		75 min		595
Gelish pedicure		75 min		660
Nail art (per nail)				20

# Teens and Tweens - Facials and Massages

## *Teenagers (12 to 18 years)*

Back Massage	30 min	550
Active pureness facial	45 min	680
"Back on Track" back facial	60 min	790

## *Little one's (11 and under)*

Pamper facial	30 min	480
Nailed it manicure	30 min	350
Sweet Feet pedicure	30 min	350



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