

One&Only Spa




LEADING
SPAS

An oasis of serenity nestled on a lush private island at the heart of One&Only Cape Town, lies an exclusive, unparalleled Spa retreat. Surrounded by water and lush vegetation, One&Only Spa offers tailored holistic experiences, ranging from pure relaxation to unique and signature wellness journeys.

With soothing therapies and calming rituals, One&Only Spa has created a carefully considered environment for total well-being and is a true reflection of today's modern Spa. Defining personal service and quiet indulgence, the Spa embraces local African influences, combined with ESPA Advanced Treatments and contemporary design.



One&Only Spa Spa Philosophy

Three distinct pillars around which all Spa therapies and treatments nurture and rebalance the body in times of change, pressure and stress. Each philosophy can be adapted to suit the individual's needs of the moment and features its own specialised set of holistic programmes designed to guide guests in choosing personalised Spa experiences.

UNWIND

In this fast-paced world, it is often difficult to slow down and let our mind, body and soul unwind and relax. The Unwind Collection of Treatments are relaxing, calming and soothing. Helping bring peace to the mind, reduce muscular tension, comfort and cool the skin.

RESTORE

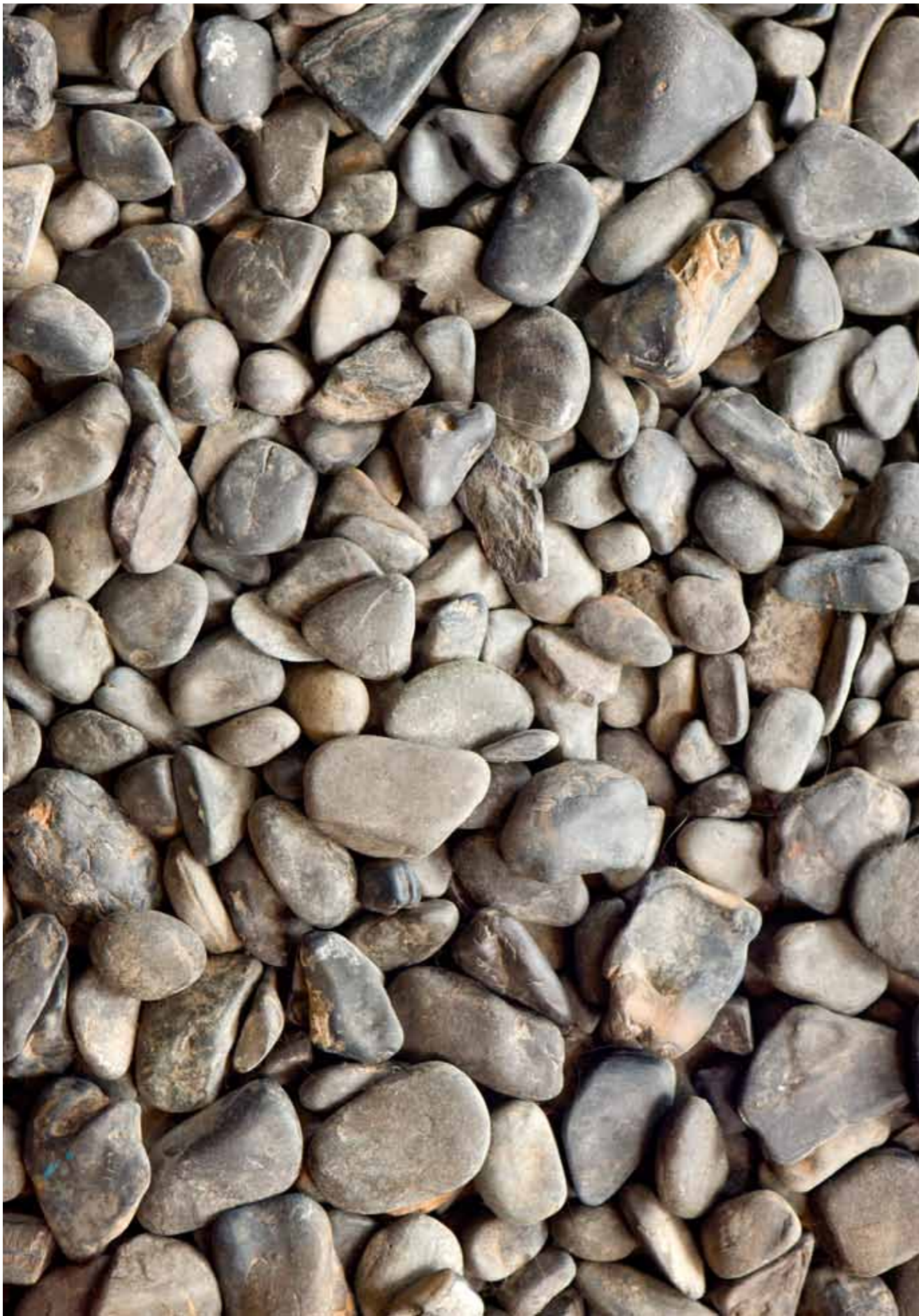
During times of stress, lifestyles can become unhealthy and our bodies may feel sluggish and in need of detoxification. Restore Treatments are tailored to help stimulate the circulation and the lymphatic system, and assist in improving the look and feel of your skin.

ELEVATE

Everyday stress can often lower your energy levels, leaving you feeling emotionally drained with a sense of exhaustion. The Elevate Treatments are targeted towards creating a balanced state of wellbeing, helping restore energy levels while promoting a feeling of inner calm.

*Central to our core beliefs is the concept of
Unwind, Restore and Elevate.*





Index

Our Collection.

Signature Rituals	08
Advanced, indulgent and customised from around the world.	
Unwind, Restore & Elevate Treatments	09
Tailored to suit your needs of the moment.	
Aromatherapy Body Massage & Body Scrubs	10
Sophisticated Swedish style massage.	
Exclusive Spa Treatment Suites	12
The ultimate Spa experience for two.	
ESPA Facials	14
Facials specifically tailored for you.	
ESPA Advanced Body Treatments	16
Targets the stress and strains of modern life.	
ESPA for Men	18
Designed for stress related tension, tight muscles and congested skin.	
Teens	20
Treatments specifically designed for younger Spa guests.	
Pedi:Mani:Cure Studio by Bastien Gonzalez	22
Exclusive treatments for feet, nails and hands.	
Day Spa Experiences	26
A selection of exquisite treatment experiences.	
How to Spa	28
Information to assist our Spa guests for the perfect Spa experience.	



One&Only Spa Signature Rituals.

These Signature Rituals have been designed exclusively by ESPA for One&Only Cape Town. They are advanced, truly indulgent and influenced by customs from around the world. Our treatment rituals are personalised to meet your needs, using ESPA Products to deliver outstanding and long lasting results.



ONE&ONLY CAPE TOWN ESSENCE OF EARTH AND OCEAN EXPERIENCE

120 minutes

This ritual is inspired by one of the first inhabitants of the Cape Peninsula, The San or Bushmen, who relied on the seashore for most of their food and their medicine. This indigenous Signature Treatment uses many of the same therapeutic plants from the Earth, and seaweed and salts from the Ocean to soothe, hydrate and nourish the skin and deeply relax the body.

A local sea salt and oil exfoliation prepares your body for the conditioning and re-mineralizing South African seaweed wrap and mind clearing scalp massage, followed by the unique full body massage using warmed sea shells to melt away tension and stress. Soothing Rooibos Tea will be served in the comfort of the relaxation room to complete your treatment journey.

ONE&ONLY CAPE TOWN SKIN RESCUE RITUAL

120 minutes

A skin nourishing treatment that has been specifically designed to treat dry dehydrated skin and restore skin tonicity while relaxing body and mind.

Beginning with a full body salt and oil exfoliation, this ritual continues with a therapeutic full body massage using nourishing aromatherapy oils before a boutique facial restores the skins natural glow.



One&Only Spa

Unwind, Restore & Elevate Treatments.

Our expert therapists will guide your mind and body back into harmonious balance with a personalised programme of One&Only treatments. Centered around the Unwind, Restore and Elevate philosophy, each experience will be tailored to suit your needs of the moment.

UNWIND SIGNATURE EXPERIENCE

120 minutes

The Unwind Experience is ideal if you feel jetlagged, dehydrated or stressed. The body is cleansed with a soothing and foaming exfoliation, followed by a deeply relaxing massage using long strokes and gentle rocking movements with warmed volcanic stones to soothe and release tension from tired, aching muscles. A scalp massage calms the mind, leaving you feeling completely rested.

RESTORE SIGNATURE EXPERIENCE

120 minutes

The Restore Experience is ideal for those who enjoy a warm, stimulating massage to cleanse and revitalise body and mind. After a full body salt and oil exfoliation, this rhythmic, restorative, total body massage uses warm herbal poultices to help increase circulation and relieve aches and pains, helping to promote a feeling of wellbeing.

ELEVATE SIGNATURE EXPERIENCE

120 minutes

The Elevate Experience is designed to relax and open the body's natural energy flow. Commencing with a cleansing exfoliation of hands and feet, this full body treatment is influenced by Thai Massage and performed in the Chi Pavilion wearing comfortable clothing. It uses assisted stretching and compression movements with rhythmic pressures and gentle rocking to release muscle tightness, stress and tension. Finishing with a therapeutic head massage this experience will leave you feeling supple, energised and full of vitality.

HOLISTIC BODY RITUAL

120 minutes

A fusion of body treatments have been combined to provide a truly personalised Spa experience. Each Holistic Ritual begins with full body exfoliation before continuing with a total body wrap using warming Oshadi, detoxifying Algae or skin nourishing Marine Mud. A scalp massage and full body aromatherapy massage of your choice completes this all encompassing experience.

Your therapist will assist you in your choice of Holistic Ritual:

- Unwind & Relax
- Restore & Detox
- Elevate & Invigorate

One&Only Spa

Aromatherapy Body Massage & Body Scrubs.

Massage

This sophisticated Swedish style massage is excellent for releasing knots and tension in the body.

UNWIND MASSAGE

50 or 80 minutes

Using either ESPA Soothing or Restorative Oil to help you unwind and relax.

RESTORE MASSAGE

50 or 80 minutes

Using either ESPA Detoxifying or Resistance Oil to help you cleanse, detoxify and restore.

ELEVATE MASSAGE

50 or 80 minutes

Using either ESPA Energising or Fitness Oil to revitalise mind and body.

Body Scrubs

This exceptional skin softening body exfoliation will leave your skin feeling moisturised and smoothed.

UNWIND BODY SCRUB

25 minutes

Exfoliation using ESPA Relaxing Salt and Oil Scrub.

RESTORE BODY SCRUB

25 minutes

Exfoliation using ESPA Detoxifying Salt and Oil Scrub.

ELEVATE BODY SCRUB

25 minutes

Exfoliation using ESPA Invigorating Salt and Oil Scrub.

*“Ordinary riches can be stolen, real riches cannot.
In your soul are infinitely precious things that
cannot be taken from you”*

- Oscar Wilde



One&Only Spa

Exclusive Spa Treatment Suites.

Enjoy the ultimate Spa experience in one of our Exclusive Spa Suites for two.

These indulgent escapes allow you to relax and unwind in your own exclusive Spa surroundings whilst you enjoy luxurious ESPA Treatments in complete seclusion and privacy.

Each Exclusive Spa experience includes full use of the personal heat experiences, including a double-sized bath and a relaxation area for two.

SPA RETREAT FOR TWO

4 hours and lunch

- Full use of Private Spa facilities with one hour relaxation time
 - Spa refreshments and healthy snacks
 - 3 hours of Treatment time per person
- Spa Cuisine lunch and leisure time at Isola Pool & Restaurant

PRECIOUS MOMENTS FOR TWO

3 hours and lunch

- Full use of Private Spa facilities with one hour relaxation time
 - Spa refreshments and healthy snacks
 - 2 hours of Treatment time per person
- Spa Cuisine Lunch and leisure time at Isola Pool & Restaurant





One&Only Spa ESPA Facials.

Our facials begin with a detailed consultation and in-depth skin analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

LIFT & FIRM FACIAL

90 minutes

An advanced facial using Super Active™ Products to improve skin tonicity and firmness and enhance cellular regeneration.

This facial uses specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results, the benefits of which can be seen immediately.

CALM & SOOTHE FACIAL

90 minutes

A technically advanced facial, using Super Active™ Products to help cool and comfort irritated skin that is prone to redness and heat flushing.

Starting with a light lymphatic massage, Super Active™ Products and soothing Rose Quartz Crystals help to improve circulation, strengthen capillary walls and naturally purify - leaving your skin refreshed, calm and hydrated with redness visibly reduced.

REPAIR & RESTORE FACIAL

90 minutes

Designed to help counter the effects of harsh products and aggressive treatments, and desensitise, restore and rebalance your complexion.

This specialised facial uses advanced Super Active™ Products which enhance cell renewal, strengthen and restructure skin, restore vibrancy and even skin tone.

SKIN RADIANCE FACIAL

60 minutes

Exposure to pollution, lack of sleep and stress can result in dull skin, lacking vitality and luminosity.

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Super Active™ Skin Radiance Complex; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin.



One&Only Spa

ESPA Facials.

RE-HYDRATOR FACIAL

60 minutes

An intensive & regenerating moisture boost for dry, dehydrated skin.

Gentle cleansing and exfoliation helps the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth, supple and nourished.

OIL CONTROLLER FACIAL

60 minutes

Ideal for oily, congested & problematic skin or those suffering with hormonal imbalance.

This deep-cleansing facial helps to regulate oil secretions and refine open pores. Essential oils of Tea Tree and White Thyme; which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

DE-SENSITISER FACIAL

60 minutes

A comforting facial for sensitive, fragile skin prone to redness and irritation.

De-sensitising natural plant extracts & calming aromatherapy oils such as Chamomile & Benzoin are used to gently cleanse, nourish & hydrate fragile skin. This soothing facial helps to reduce skin sensitivity & minimise high-colour leaving skin calmed, nourished & comfortable.

REGENERATING AND FIRING EYE TREATMENT

30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes.

An effective firming & hydrating treatment using products rich in Seaweed Extract, Green Tea & Vitamin C, helping to reduce the appearance of fine lines & protect against the impact of the environment.

This regenerating eye treatment also helps relieve tension from eye-strain & computer headaches, whilst being a luxurious addition to any ESPA Facial.

One&Only Spa

ESPA Advanced Body Treatments.

These ESPA Body Treatments have been carefully designed to target the stresses & strains of modern life. Business pressures, poor diet, lack of sleep, sedentary lifestyle & pregnancy can all have negative effects on the body resulting in tense, aching muscles, unbalanced skin & fatigue; these treatments help to combat & minimise these effects to leave your mind & body relaxed & rebalanced.

HOT STONE BACK, FACE AND SCALP TREATMENT

120 minutes

Designed to target the classic areas of stress, from headaches, neck pain and shoulder tension and the effect these have on the skin.

A stimulating and deep cleansing back exfoliation is followed by a powerful back massage using volcanic hot stones and aromatic oils to melt away any tension. The personalised ESPA Facial uses specific products designed to suit the needs of your skin, and follows with a stress relieving scalp massage. The result is re-hydrated, revitalised skin, and a sense of deep relaxation for mind and body.

CHAKRA BALANCING BODY TREATMENT

120 minutes

This total body treatment warms the muscles, soothes the body and comforts the skin.

The treatment begins with body brushing and exfoliation to smooth and soften the skin; an indulgent massage follows using nourishing essential oils and warmed volcanic stones to penetrate tired, aching muscles and melt away tension from the body. A comforting head, neck and shoulder massage allows you to relax and unwind before gentle stretching helps bring your body and mind back into harmonious balance.

PRE AND POST NATAL TREATMENT

90 minutes

A nurturing body treatment carefully designed for pregnant and nursing mothers to relax the body and tone the skin during this very special time.

This treatment begins with gentle body exfoliation and uses a natural Calendula infused oil and advanced massage techniques to areas prone to tension and stress during pregnancy.

Following is a warm application of Deeply Nourishing Body Mask to the whole body; then gently covered in warm linens, a relaxing scalp massage takes place. This indulgent treatment leaves you glowing, your spirit calm and the skin toned. A course of 9 treatments is recommended following the first trimester and for 3 months after pregnancy.

One&Only Spa

ESPA Body Treatments.

ANTI CELLULITE HIP AND THIGH TREATMENT

60 minutes

An effective massage targeting areas prone to cellulite, fluid retention and uneven skin texture.

The body is exfoliated using a special blend of seaweed, salt & oil & removed using iced mitts to help tone & firm the skin. A brisk & powerful detoxifying massage follows, stimulating the lymphatic system to improve the appearance of the skin. Relevant reflex zones & pressure points on the feet are activated to leave you feeling totally revitalised and refreshed.

FITNESS MESSAGE

90 minutes

A tailored massage using specific techniques to release deep seated muscular tension.

This firm massage is ideal for those who enjoy deep massage pressure & require focus on particular areas of their body. Advanced massage techniques & hot volcanic stones are used throughout this bespoke treatment to help relieve tight muscles & improve muscle health & flexibility.

MATERNITY MESSAGE

60 minutes

This nurturing massage has been carefully designed for pregnant and nursing mothers.

Performed by experienced therapists using advanced techniques that are safe and effective for pregnant women. The soothing essence of massage allows pregnant mums to unwind and feel comforted during this special time and alleviates backaches, headaches, shoulder and neck tension caused by muscle tightness and shifts in posture. Ultimately this treatment reduces fatigue and improves skin elasticity

One&Only Spa

ESPA For Men.

We encourage our male guests to enjoy any of our treatment experiences. However, this selection is designed to help address specific areas of focus such as stress related tension, tight muscles and congested skin.

STRESSBUSTER

120 minutes

Ideal for those suffering with stress related tension from business pressure, travel and a fast-paced lifestyle.

This treatment begins with skin brushing, body exfoliation and is followed by a full body massage using hot stones to release tension and restore energy. Deeply therapeutic and totally relaxing, this treatment finishes with a scalp massage to ease pressure around the neck and shoulders and gentle stretching to leave your body feeling soothed, revitalised and de-stressed.

PURIFYING FACIAL, SHOULDER AND SCALP MESSAGE

60 minutes

This facial works at a deep level to cleanse and hydrate the skin whilst easing any muscular tension.

A triple cleanse with hot towels soothes and softens the skin and facial hair to aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows to release tight muscles and tension, leaving you feeling totally de-stressed.

FITNESS BODY MESSAGE

90 minutes

A powerful body treatment for clients suffering from deep-seated muscle tension.

This specialised treatment is ideal for those who receive regular massage or who enjoy deep massage pressure. Incorporating the use of advanced massage techniques and hot volcanic stones, this invigorating experience deeply penetrates muscles and helps ease any tension.

MANKIND

60 minutes

A deep, therapeutic massage focused on the back and feet.

Individually chosen essential oils and aromatherapy massage techniques alleviate tension and stress stored in the neck, shoulders and back allowing mind and body to relax and unwind. A foot massage using pressure point techniques completes this treatment and leaves you with a deep sense of relaxation with refreshed and revitalised feet.



One&Only Spa Teens.

Suitable for young adults between the ages of 12 -16, these treatments have been specifically designed to target the needs of our younger Spa guests. Excludes use of all Spa facilities including Relaxation Area and Thermal Suite. All treatments require signed consent and a parent or guardian to be present for the duration of the treatment.

THIRSTY SKIN HYDRATOR FACIAL 50 minutes

A gentle cleansing facial incorporating a scalp massage and hydrating face mask with soothing and nourishing eye pads.

CLEANSE AND REFRESH FACIAL 50 minutes

Including gentle cleansing and exfoliation techniques this facial helps remove impurities from the skin leaving the skin looking and feeling refreshed and rebalanced.

UNWIND AND NOURISH 25 minutes

A wonderfully relaxing treatment which includes a nourishing scalp treatment with head, neck and shoulder massage. The scalp treatment is left on the hair at the end of the treatment for continued benefits.

JET SETTERS MINI MANICURE & PEDICURE 60 minutes

A boutique pedicure and polish application is followed by a mini manicure with hand massage and polish application. With French polish add 15 minutes.

Finishing Touches

WAXING

Full Leg / Half Leg / Bikini / Arm / Underarm / Back or Chest / Lip / Chin / Brow

Hot and warm wax services are available. Hot wax is used on delicate areas. Please note that use of the Spa facilities and certain Spa treatments are not recommended with waxing. Please contact Spa reception for more information.

TINTING

Eyelash Tinting / Eyebrow Tinting / Lash and Brow Tint

A patch test is required 24 hours prior to any tinting treatment.





One&Only Spa Pedi:Mani:Cure Studio by Bastien Gonzalez

Bastien Gonzalez is internationally famous for his unique approach to foot treatments. Thanks to his professional expertise and experience as a French Podiatrist, he designed and developed exclusive treatments for feet, nails and hands whose uniqueness lies in the fusion of well-being and beauty. Bastien selects and trains every member of his team to his treatment protocols, ensuring the excellence of his know-how all over the world.

BEAUTY

The treatment leaves nails naturally shiny, even more than it would with a coat of nail varnish.

TREATMENT

The Bastien pedicure eliminates any nail problems or signs of skin rigidity that could lead to corns, calluses or other painful skin thickening.

WELLNESS

This is achieved through a specific massage that focuses on muscular flexibility, joint mobility, blood circulation and skin elasticity.

*"I have the simplest tastes. I am
always satisfied with the best."
- Oscar Wilde*



One&Only Spa

Pedi:Mani:Cure Studio by Bastien Gonzalez

BASTIEN'S DUO

75 minutes

This synchronized four hands treatment focuses on your nails, hands, feet, legs and arms. The ultimate in Manicure and Pedicure luxury and total relaxation.

BASTIEN'S PEDICURE

60 minutes

An overall pedicure, with a nail treatment (a gentle buffing to restore the natural beauty of the nails, ending in a healthy, shiny nail without varnish); a skin treatment with a goal to eliminate irregularities and dryness; and a genuine massage from the toes up to the legs relieving any tension and heaviness.

NAIL BRIGHTNESS

60 minutes

A foot treatment focusing on the beauty of nails, cuticles and light smoothing of dryness of the soles of the feet. Nails are reshaped and buffed with a leather chamois and a pearly buffing cream. Resulting in healthy, shiny and natural beauty to the nails. It ends with a relaxing foot massage.

BASTIEN'S MANICURE

45 minutes

An outstanding manicure in three steps: cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hand and fingers. Unforgettable!

FOOT 'REFOUNDATION' FOOT MASSAGE

35 minutes

A treatment totally designed for the well-being of the feet and legs. Ideal for heavy, tired legs after a long flight, this truly relaxing massage from the toe up to the knee focuses on muscular flexibility, joint mobility, blood circulation, skin elasticity and volume of the plantar pads.

GLOBAL MESSAGE 'REFOUNDATION' LEG AND HAND MASSAGE

35 minutes

Totally relaxing massage, from toes up to the leg, from fingers up to the elbow, this four hands synchronized massage creates new lightness sensations to the whole body, relieves the legs and arms from any tension and heaviness. The well-being lies in two points: skin elasticity and optimum mobility.

One&Only Spa

Pedi:Mani:Cure Studio by Bastien Gonzalez

Special Touch

PARAFFIN TOUCH 20 MINUTES

Intensify your Bastien's manicure and pedicure with this supplement. The warmth of this silky wax will aid the penetration of applied moisturisers into the skin for deep hydration. It will add relaxation and ease tension in the joints and muscles.

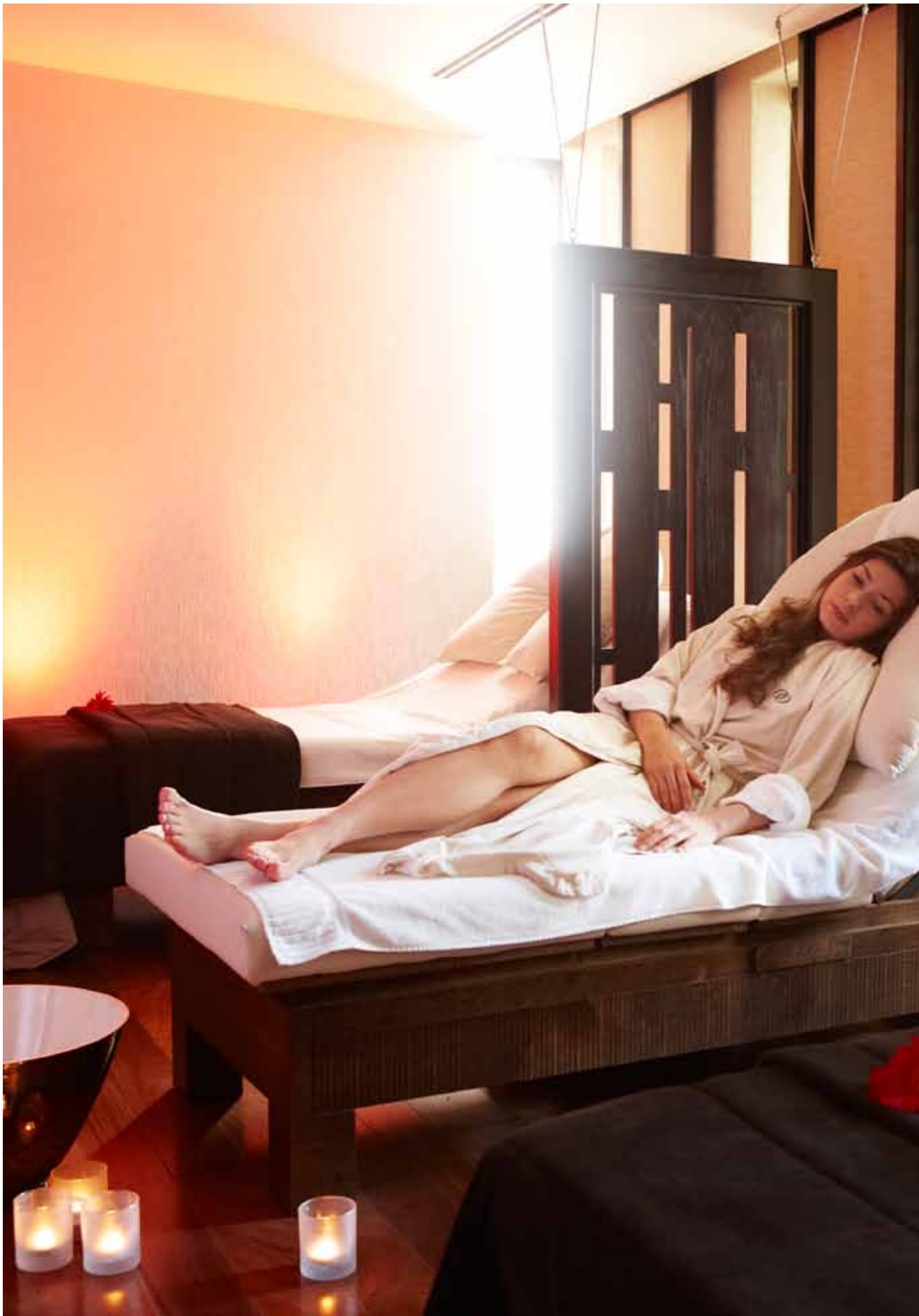
COLOUR TOUCH 20 minutes

Select your preferred lacquer colour from our range of lacquers, which are formaldehyde free, toluene free and DBP free. Includes nail reshaping.

FRENCH COLOUR TOUCH 30 minutes

A white line is applied on the nail tip, followed by a natural soft pink lacquer to the whole nail, giving a perfect French paint. Includes nail reshaping.





One&Only Spa Day Spa Experiences.

The ESPA Day Spas are the perfect way to indulge and enjoy the benefits of uninterrupted Spa time either alone or with friends and family. Choose from a selection of exquisite treatment experiences or allow our team of experts to guide you.

Each Day Spa package includes full use of the exclusive Spa facilities, a delicious Spa lunch and full use of the resort Isola pool and loungers (subject to availability).

'ME TIME' FULL DAY SPA PACKAGE 4 hours 30 minutes* and lunch

Take a little 'me time' and treat yourself or a loved one to the ultimate in relaxation, restoration and detoxification.

The 'Me Time' Day Spa Experience includes:

- ESPA Super Active Facial of your choice
- 50 minute One&Only Aromatherapy Massage
- Bastien Duo Manicure and Pedicure
- Healthy Spa Lunch
- includes full use of Spa facilities and relaxation areas

*Bastien duo treatment is performed with 2 therapists simultaneously reducing Spa time to 3 hours 30 minutes

UNWIND AND RESTORE 2 hours 30 minutes and lunch

Our stressful lifestyles can take make us feel restless and tired. This package has been specifically designed to combat the effects of stress and help release muscular tension carried in the scalp, shoulders and back areas.

The 'Unwind and Restore' Day Spa Experience includes:

- full body Salt & Oil Scrub
- full body Aromatherapy Massage
- ESPA Facial with scalp, neck and shoulder massage
- includes full use of Spa facilities and relaxation areas

DETOX AND RENEW 2 hours 30 minutes and lunch

Take time to detoxify and renew your mind and body with a combination of treatments specifically designed to target stubborn problem areas, stimulate circulation and aid in detoxification, promoting skin tonicity and increased energy levels.

The 'Detox and Renew' Time Day Spa Experience includes:

- ESPA Stimulating Hip &Thigh Treatment
- Detoxifying Full Body Massage
- Scalp Massage
- Includes full use of Spa facilities and relaxation areas





One&Only Spa

How To Spa.

One&Only Spa is open daily from 8am-8pm

SCHEDULING AN APPOINTMENT

Please speak with our Spa concierge team to schedule your Spa appointments by using the Spa button or dialling extension 5218 on your telephone from within the resort.

From outside the resort, please call our direct line 021 431 5810, visit our website oneandonlycapetown.com or email spa.reservations@oneandonly.com

To ensure your preferred time and service is available we recommend advanced booking

ARRIVAL TIME

You are encouraged to arrive 1 hour prior to your appointment in order to change, relax and enjoy the facilities at the Spa.

Please be advised that late arrivals will result in a reduction of treatment time.

We would like to invite resort guests to arrive at the Spa wearing the robe and slippers provided in their hotel room, and would advise that valuables are left in the safe in your room.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment not cancelled at least 24 hours prior to appointment.

Cancellation within 12 hours will incur a 100% charge.

THERMAL SUITE

Prior to your treatment we encourage you to enjoy the luxurious Spa facilities to prepare mind and body for the treatment experience to follow. These include separate facilities for female and male guests –

Crystal Steam Room / Lifestyle Experience Showers / Ice Fountain
Sauna / Changing Room / Relaxation Area / Vitality Pool

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa Guests' right to privacy and serenity.

In light of this, The Spa is a mobile phone, Blackberry, pager and smoke free zone.

The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age of 16 is required for access and treatments in The Spa.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your Spa reservation, all guests will be asked to complete a guest consultation prior to the treatments commencing.

PREGNANCY

We have specially designed treatments for expectant women and nursing mothers.

Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

GIFT CERTIFICATES

Gift certificates are available - an ideal present for someone special. Please contact the Spa for details.

HOMECARE

To continue your Spa experience at home, all products used in our treatments are available from the Spa Reception.

SPA CUISINE

Savour a delicious wholesome Spa lunch at Vista or the Isola pool area to complete your Spa experience.

Canapés and beverages can also be arranged for those guests wishing to celebrate a special occasion.

PRICES

All prices are quoted in South African Rand and are inclusive of government consumption tax and service charge.

Prices are subject to change without prior notice.

