

One&Only Spa

Treatment Menu.

Relax and rejuvenate at Cape Town's most comprehensive spa, where world-class service meets unparalleled wellness experiences on a serene private oasis. One&Only Spa is an escape to pure tranquillity, offering twelve treatment rooms, a scenic relaxation room, sauna and steam facilities, experience showers and two vitality pools.

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

ONE&ONLY CAPE TOWN SIGNATURE RITUALS

One&Only Cape Town Essence of Earth and Ocean Experience	120 min	R1400
One&Only Cape Town Skin Rescue Ritual	120 min	R1400

ONE&ONLY UNWIND RESTORE & ELEVATE TREATMENTS

Unwind Signature Experience	120 min	R1400
Restore Signature Experience	120 min	R1400
Elevate Signature Experience	120 min	R1400
Holistic Body Ritual	120 min	R1400

ONE&ONLY MASSAGE & BODY SCRUBS

Unwind Massage	50/80 min	R620/R850
Restore Massage	50/80 min	R620/R850
Elevate Massage	50/80 min	R620/R850
Unwind Body Scrub	25 min	R310
Restore Body Scrub	25 min	R310
Elevate Body Scrub	25 min	R310

EXCLUSIVE SPA TREATMENT SUITES

Spa Retreat for Two	240 min+lunch	R4000
Precious Moments for Two	180 min+lunch	R3000

ESPA FACIALS

Super Active Toning, Lifting and Firming Facial	90 min	R995
Super Active Calming and Soothing Facial	90 min	R995
Super Active Repairing and Restoring Facial	90 min	R995
Skin Brightener Facial	60 min	R650
Re-Hydrator Facial	60 min	R650
Oil Controller Facial	60 min	R650
De-Sensitiser Facial	60 min	R650
Regenerating and Firming Eye Treatment	30 min	R325

ESPA ADVANCED BODY TREATMENTS

Advanced Back, Face and Scalp Treatment with Hot Stones	120 min	R1300
Chakra Balancing Body Treatment	120 min	R1300
Pre and Post Natal Treatment	90 min	R850
Anti Cellulite Hip and Thigh Treatment	60 min	R850
Fitness Massage	80 min	R850
Maternity Massage	60 min	R850

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.

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.

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ESPA FOR MEN

Stressbuster	120 min	R1400
Purifying Facial, Shoulder and Scalp Massage	60 min	R650
Fitness Body Massage	80 min	R850
Mankind	60 min	R620

TEENS

Thirsty Skin Hydrator Facial	50 min	R550
Cleanse and Refresh Facial	50 min	R550
Unwind and Nourish	25 min	R300
Jet Setters Mini Manicure and Pedicure	60 min	R500

FINISHING TOUCHES

WAXING

Full Leg	R230
Half Leg	R150
Bikini-Standard	R200
Arm	R150
Underarm	R120
Back or Chest	R150
Lip, chin or brows	R130

TINTING

Eyelash	R130
Eyebrow	R130
Both	R200

PEDI: MANI: CURE STUDIO BY BASTIEN GONZALEZ

Bastien's Duo	75 min	R1265
Bastien's Pedicure	60 min	R880
Bastien's Manicure	45 min	R495
Nail Brightness	60 min	R550
Foot "Refoundation" Foot Massage	35 min	R770
Global Massage "Refoundation" Leg and Hand Massage	35 min	R990

SPECIAL TOUCH

Paraffin Touch	20 min	R150
Colour Touch	20 min	R150
French Colour Touch	30 min	R165

DAY SPA EXPERIENCES

"Me" Time Full Day Package	270 min+lunch	R3000
Unwind and Restore	150 min+lunch	R1900
Detox and Renew	150 min+lunch	R1800

SCHEDULING AN APPOINTMENT

Please speak with our spa concierge team to schedule your spa appointments by using the spa button or dialling extension 5810 on your telephone from within the resort.

From outside the resort, please call our direct line +27 21 431 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 to enjoy the Thermal Suite 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.