



## The Spa at Cape Grace Full 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.

### 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. Vouchers can also be purchased via our online platform at [www.capegrace.com](http://www.capegrace.com).

### Spa Facilities

We provide complimentary use of the sauna and steam room for our guests upon booking a treatment at the spa. These are currently available and booked on request, in line with the health regulations.

### Hours of Service

Spa: 08h00 to 18h00 Monday – Sunday including all Public Holidays  
Fitness Studio: 24 hour access to hotel residents only

# QMS Medicosmetics Skincare

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



Deep cleansing intense treatment	60 min	1 460
<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>		
Activator treatment	60 min	1 460
<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>		
Sensitive skin rebalance	45 min	1 070
<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>		
Collagen rejuvenator treatment	90 min	2 040
<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>		
Pigment corrector treatment	90 min	2 150
<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>		
Neo-tissue dermie treatment	75 min	1 620
<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>		

# 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	1 460
<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	1 780
<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	2 380
<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	570
<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	410
<i>Oxygen Energy Applicator uses 95% pure oxygen to channel active ingredients into the skin.</i>		

# Spa Signature Treatments

*Curated and uniquely designed to refresh, rejuvenate and relax. Naturally derived ingredients based on various plant oils, aloe extracts, nourishing mud and rich mineral salts make these treatments the ultimate spa experience.*

## **A little more tranquility - Signature Massage**

75 min

1900

*Sink into deep relaxation with our tranquil full body massage and your choice of local aromatherapy scented treatment oil. Experience modified cupping therapy and a warm mud and scrub treatment on the back area to soothe away any aches and pains.*

## **A little more body care**

60 min

980

*Ideal for those feeling jet-lagged or stressed, with tired aching feet. Enjoy a full body exfoliation to boost circulation, smooth and nourish dry skin. Follow with a signature foot and calf ritual massage to soothe away tension.*

## **A little more skin care**

60 min

880

*A deep cleaning facial treatment enhanced to suit your specific skin needs, with focus on hydrating and nourishing actives for optimal results.*

## **A little more serenity**

3 hours

2900

*Combine all the healing treatment elements drawn from a local sense of place to enjoy a full "Top – to – Toe" rejuvenation experience. Your treatment will consist of:*

- *Full Body Exfoliation combined with Hydrating blends of nourishing botanical oils*
- *Aromatherapy Full Body Massage*
- *Aloe Moisturising Facial Treatment with Oxygen Therapy*
- *Wash and Blow dry or gents hair styling*

# 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	670
	45 min	960
Swedish Full Body Massage	60 min	1 250
	90 min	1 700

## 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	850
	45 min	1 070
Deep tissue full body massage	60 min	1 520
	90 min	2 050

# 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	820
	45 min	1 070
Hot Stone full body massage	60 min	1 520
	90 min	2 050

## Aromatherapy

Aromatherapy treatment	60 min	1 520
	90 min	2 050

## 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	650
50 min	980

## 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	420
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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	490
Add Body Butter Application	15 min	200

## Body Wraps

*Ideal for those feeling jet-lagged or stressed. Our signature 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	1 100
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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	1 100
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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	970
3 Treatments (45 minutes each)		2 200
6 Treatments (45 minutes each)		4 300



# Hands and Feet



## Manicures

Express Manicure 30 min 390

*Along with defined cuticle care and nail shaping, we end off this treatment with your favourite nail colour.*

Manicure 60 min 580

*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.*

Manicure including a hand mask 75 min 620

## Pedicures

Express Pedicure 30 min 390

*Along with defined cuticle care and nail shaping we end off this treatment with your favourite nail colour.*

Pedicure 60 min 610

*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.*

Medi-heel Pedicure 60 min 700

Pedicure including a foot mask 75 min 660

# 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	140
Gelish Manicure	75 min	650
Gelish Pedicure	75 min	700

## Nail Art

Nail Art per nail		30
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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	360
Full leg wax	30 min	480
Under arm wax	10 min	260
Arm wax	20 min	300
Bikini wax	20 min	320
Brazilian wax	45 min	400
Hollywood wax	45 min	490
Back wax	45 min	400
Chest wax	45 min	490

## Facial Waxing

Brow wax	15 min	160
Lip wax	15 min	160
Chin wax	15 min	190

## Tinting

Eyebrow tint	15 min	160
Eyelash tint	15 min	190

# Packages



## Half Day

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

Your treatment will consist of:

- 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

3 hours 30 min  
(Including  
breakfast or  
lunch)

3 100

## Full Day

Your treatment will consist of:

- 60 minute Swedish Massage
  - 60 minute Pedicure
  - 60 minute Manicure
  - After these treatments, light lunch will be served in our Hot Spa area
- End off with a 60 min Facial of your choice followed by a Wash and Blowdry

5 hours 30 min  
Including Lunch

4 000

## 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	600
<i>A relaxing introduction to massage, relieving stress and tension in the back area.</i>		
Active Pureness Facial	45 min	740
<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	860
<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 humans need to take a break from the everyday stresses of just being a kid. We strive to bring the day spa experience to young guests and give them the time they deserve.

Pamper Facial	30 min	520
<i>Enjoy this relaxing facial while focusing on your delicate skin. Complete with a face mask this special treatment is sure to please any young spa guest.</i>		
Nailed it Manicure	30 min	390
<i>Start with a fruity hand scrub followed by a relaxing hand massage with our nourishing body butter. End with a polish of your choice and sparkly nail art.</i>		
Sweet Feet Pedicure	30 min	390
<i>Relax your feet in the fizzy foot soak followed by a foot massage. Finish off with your favourite colour and sparkly nail art.</i>		

# Hair Salon



## Ladies

Ladies cut	from	520
<i>A unique cutting technique that allows various texturising options to give a more personalised, manageable look.</i>		
Ladies cut, wash and blowdry	from	730
<i>Includes a relaxing shampoo and revitalising scalp therapy massage.</i>		
Ladies wash and blowdry	from	490
Ladies colour	from	820
Ladies highlights	from	1 050
Ladies glamour or bridal up-style	from	980

# Hair Treatments

Revitalaux hair treatment	from	490
<i>Delivers complete restoration and hydration to dry, damaged hair. Instantly leaves hair stronger, softer and more nourished.</i>		
Keratin repair treatment	from	2 400
<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		420
Boys Cut		320

## Gentleman's Barber Menu

### Shaving

Traditional Wet Shave	30 min	770
Luxury Wet Shave (Wet Shave and Express Facial)	60 min	1 100

### Barbershop

Express Facial	30 min	605
Hair cut and Finish	40 min	480
Haircut and Traditional Wet Shave	75 min	1 250
Clipper Cut	30 min	430
Beard Trim and Design	30 min	600
Wash and Style	30 min	350

### Colour

Camo Colour/Cover Grey	from 20 min	630
Semi-Permanent	from 40 min	990
Full-Head Permanent	from 50 min	1 100