

# THE SPA

— at —

## THE TWELVE APOSTLES



THE  
RED CARNATION  
HOTEL COLLECTION

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# THE SPA

at

## THE TWELVE APOSTLES

Our award-winning family run hotel is nestled between the majestic mountains and the azure Atlantic Ocean, surrounded by a tranquil National Park, yet close to Cape Town's best beaches. Guests feel indulged and cared for with splendid luxury, passionate service, generous hospitality and exquisite cuisine. We offer the ideal escape where harmony and tranquility gently restore body, mind and soul. We are dedicated to restoring beauty and balance through individual treatments and spa journeys, personalized for each of our guests by exceptionally skilled therapists. Our commitment to wellbeing focuses on holistic principles, combining ancient wisdom with modern expertise. Our spa treatment menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, purified, pampered and relaxed.

### SPA FACILITIES AND SERVICES

- **7 Treatment Rooms** – superbly equipped for dual and single treatments.
- **2 Mountain Gazebos** – for outdoor treatments with ocean and mountain views.
- **Rasul Chamber** – a traditional Arabic Cleansing ritual through the use of a gentle steam and mud.
- **Health Bar** – with healthy snacks, whole fruits, fresh fruit juices and bottled still and sparkling water.
- **Spa Health Menu** – wholesome, delicious meals conducive to a healthy lifestyle.
- **Tranquility Lounge** – to relax in between treatments when booking a day spa package only.
- **Hydrotherapy Pool and Plunge Pool** – incorporating water jets at the optimal temperature for rebalancing your body's metabolism, use of the pools are available when booking a day spa package only.
- **Salt Water Floatation Pool** – enjoy a restful liquid, reduced gravity experience. Use of the floatation pool is available when booking a day spa package only.

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“Water can carry our emotions,  
choose the emotion you would like to

Feel and allow the water to cleanse  
your feet and flourish within you.

Your body is made of water, without  
water we are nothing.

**Water is life giving.**

A stone of the earth – the element of  
stability and nurturing.

Let this earth and water inspire and  
balance you, allowing your

Journey of relaxation to begin.”

## BRAND PHILOSOPHY

### TATA HARPER

Tata Harper Skincare was founded by Tata Harper on the essential idea that people no longer have to sacrifice their health to look and feel beautiful. Tata Harper manufactures 100% nontoxic, premium, skincare products made with the world's most advanced antiaging technology. All of the research and development, formulations, packaging, marketing and distribution are done in-house in the company's Open Lab in Vermont. Tata Harper Skincare has been proven to advance vitality, foster radiance and inspire an overall sense of well-being. All products are free of GMO, toxins, fillers, artificial colors, artificial fragrances and synthetic chemicals.

### ELEMIS

Your skin, your body and your wellness lie at the heart of Elemis. Hands-on, our Elemis therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. Personally prescribed. Sublimely sensory. The experience is exceptional, the results are real. The Elemis Spa philosophy is designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

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## SIGNATURE EXPERIENCES

Each signature experience starts off with our welcome ritual on the feet and ends off with the sound of a Tibetan Tingsha Bell, taking you on a deep sense of tranquility. Sound healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and creating a deep sense of peace, wellbeing and better health.

### **Tata Harper Bespoke Experience (170 min)**

**R 5 000 per person**

Beginning with the gentle placement of a singing bowl on the body, soft vibrations and sounds resonate from the bowl's performance as the therapist begins to play. A full body exfoliation prepares the skin for a traditional body massage designed to energize and revitalize the body's natural rhythm. The experience includes an advanced skincare facial combining Tata Harper's signature face massage techniques into one treatment. Benefits: does everything that a good vacation retreat should offer, the body will be buffed and nourished, face will be treated with different massages and mask treatments for ultimate hydration and health.

### **The Mountain Serenade (90 min)**

**R 2 800 per person**

Lose yourself in the breathtaking views of the Twelve Apostles Mountain Range and the Atlantic Ocean as you and your partner are relaxed and then revitalised in our outdoor Spa Mountain Gazebo with a 90 minute 'his and hers' Hot stone Massage. The package includes strawberries dipped in chocolate and a glass of sparkling wine to be enjoyed inside The Spa after your treatment.

### **The Escape by Elemis (90 min)**

**R 3 250 per person**

Developed by Elemis exclusively for The Spa at The Twelve Apostles, this treatment has been designed to achieve deep relaxation, harnessing the power of facial and body massage by employing stones along the Hawaiian Lomi. Gentle body brushing and the traditional Elemis Welcome Touch precede the Full Body Massage and Facial. Stones are bathed in warm water, anointed with spicy, sensual aromas of the Orient and then placed on the key energy points of the body to bring about harmony.

### **The Apostles Touch (105 min)**

**R 3 250 per person**

Designed to attain deep relaxation, harnessing the power of body, mind and soul. Only here at The Twelve Apostles Hotel and Spa will you experience the true feeling of nature's sound and touch, using fynbos and shells, we take you on a journey of profound relaxation. As your treatment commences, breathing techniques are used to ease you into the treatment, with an invigorating waterless back of the body Scrub using calico bags, with specifically formulated essential oil and fynbos while flowing massage techniques with heated shells and stones targeting specific problem areas while healing and comforting the body from all tension. The Scalp Massage will soothe all senses so you can float away smoothly in a deep relaxing sleep while the foot massage using heated stones ends The Apostles Touch Treatment.

**Please note:** Treatment time includes consultation and welcoming foot ritual.

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## SPECIALISED TOUCH THERAPIES

### **Rose Quartz Massage (90 min)**

**R 2 450 per person**

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance, stress and tension (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person)

### **Hot Stone Massage (60 min / 90 min)**

**R 1 850 / R 2 250**

A complete journey using hands, arms and elbows. Heated stones are incorporated to allow a deeper penetrating massage to the core of the muscle. This renews the skins, increases the blood and lymph circulation, giving your body a healthy glow. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person)

### **Hot Lava Shell Massage (60 min / 90 min)**

**R 2 150 / R 2 450**

A complete massage journey using hands, arms and elbow, incorporating the self-heating technology of the Tiger shell to allow a deeper penetrating massage to the core of the muscle. The shells heat up and give calcium ions when activated by natural ingredients. This renews and firms the skin, giving it a healthy glow. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person)

### **The Bellabaci Massage (60 min / 90 min)**

**R 1 950 / R 2 250**

A modern treatment based on the ancient cupping therapy that achieves amazing medical and therapeutic results, including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person).

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## TRADITIONAL TOUCH THERAPIES

### **Aromatherapy Massage** (60 min / 90 min)

**R 1 550 / R 2 050**

A holistic treatment, Aromatherapy essences are absorbed by the skin and inhaled through the nose creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell to ease body and mind. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person)

### **Swedish Full Body Massage** (60 min / 90 min)

**R 1 550 / R 2 050**

Swedish massage involves the use of hands, forearms and elbows to manipulate the superficial layers of the muscles to improve mental and physical health. The benefits of Swedish massage include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension. Swedish massage is a medium pressure massage. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person)

### **Swedish Back, Neck, Head and Shoulder Massage** (30 min / 45 min)

**R 1 020 / R 1 300**

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back. Stones are then bathed in warm water, anointed with spicy, sensual aromas and then placed on key energy points of the body stimulating circulation. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person)

### **Deep Tissue Massage Full Body Massage** (60 min / 90 min)

**R 1 850 / R 2 250**

Deep Tissue Massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. The Deep Tissue Massage is deep pressure from beginning to end releasing toxin build up from within the muscle. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person)

### **Deep Tissue Back, Neck, Head and Shoulder Massage** (30 min / 45 min)

**R 1 250 / R 1 450**

This massage is especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness and sore shoulders. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 250** per person)

### **Pressure Point Foot Therapy** (30 min / 45 min)

**R 1 020 / R 1 320**

Treat your feet to the ultimate relaxation that will achieve therapeutic results through to your entire body. Choose between 30 minutes or 45 minutes and let your stress and tension disappear.

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## PREGNANCY THERAPIES

### **Twelve Apostles Pregnancy Massage** (60 min)

**R 1 850**

A completely relaxing full body massage using our safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump. **\*Please note that we do not perform any maternity massage treatments during the first trimester.**

### **Leg and Foot Reviver** (30 min)

**R 1 420**

Instantly lightens puffy legs with an exfoliation, massage movements and cooling serum. Ease weary heavy legs, lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too.

### **Tata Harper Maternity Facial** (90 min)

**R 2 450**

This super-gentle treatment provides ultimate relaxation when moms-to-be need it most. The treatment opens with a grounding foot massage and nourishing belly treatment to encourage complete serenity. Then, a Superkind double cleanse and gentle radiance mask with Gua Sha massage brightens and lifts the face. Fortifying and soothing formulas paired with a tension-relieving neck and scalp massage close out the treatment to leave moms-to-be glowing and restored.

### **Mother to be Spa Package** (2 hrs 30 min)

**R 5 250**

Indulge In some much-needed pampering during your pregnancy. Begin with a 60 min pregnancy massage, followed with a 60-minute Elemis Hydrating spa facial and end off with the ultimate Leg and foot reviver. Enjoy a spa lunch and non-alcoholic glass of bubbles in in our Café Grill.

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## RASUL TREATMENT

The traditional Rasul treatment has been updated to create a luxurious skin smoothing self-treatment which blends mineral rich mud, gentle steam and heat to provide an experience that cleanses, releases toxins and rejuvenates. The mud is self-applied to the body, hair and face. Dry heat dries the mud and allows the skin to draw out impurities from the body. As the mud softens, its beneficial ingredients and natural minerals are absorbed by the body. A gentle rain shower signals the end of the programme.

**Traditional Arabic Rasul** (45 min)

**R 1 020 per person**

**Traditional Arabic Rasul for Two including a bottle of bubbly** (45 min)

**R 1 800 per couple**

## BODY EXFOLIATION TREATMENTS

Body scrubs are a mechanical exfoliant, meaning they physically remove dead skin cells from the outer layer of your skin, this stimulates skin cell turnover, resulting in silky smooth skin.

**Red Carnation Baobab Salt Scrub**

**R 850 per person**

Invigorate your skin with a Full Body Exfoliation eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb.

**Elemis Exotic Lime and Ginger Salt Glow**

**R 1 320 per person**

A luxurious blend of sea salt, kukui, camellia and jojoba oils, this scrub is the ultimate skin treat.

**Elemis Frangipani Monoi Salt Glow**

**R 1 320 per person**

A luxurious salt scrub that melts on contact with the skin to leave it beautifully soft and nourished while sealing in moisture leaving skin delicately fragranced.

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**TATA HARPER®**

NEXT GENERATION BEAUTY

## TATA HARPER FACE RITUALS

### **Moisture Boosting Facial** (60 min)

**R 2 100**

This treatment is effective at restoring the skin's natural hydration while protecting it from environmental aggressors. An oxygenic face massage and warm honey mask leave your skin plumped and nourished. Benefits of this facial include: hydration, nourishment, recovery, refreshment.

### **Twelve Apostles Skin Solution** (60 min)

**R 2 100**

This fully customizable treatment uses a thorough complexion analysis to determine the needs of the skin. A custom regimen paired with individualized techniques leaves skin balanced and glowing. Benefits of this facial include: the therapist will take under consideration your skin's specific needs, balanced and renewed skin; includes extraction if needed.

### **Brightening Facial** (75 min)

**R 2 400**

Your skin will be instantly brighter, refined and glowing with the use of natural acid peel in this facial treatment. The peel's effective formulas treat hyperpigmentation, even out skin texture and illuminate skin tone. Benefits of this facial include: even skin tone, smooth skin texture, bright and glowing complexion, helps to lighten the hyperpigmentation.

### **Ultimate Luxury Anti-Aging Facial** (75 min)

**R 2 400**

This facial is focused on activating collagen production to help fight premature signs of aging. The treatment pairs intra-epidermal micro-stimulation with the potent power of Tata Harper's Supernatural collection for age-defying results. Using singing bowl ritual and face mapping therapy this treatment encourages positive and calming emotions to soothe your busy mind. A combination of remodelage and cupping face massage reinforces the skin's natural defense system, maintains a long-lasting hydration level and improves elasticity. Its spectacular lifting effect acts from within the deeper layers of the skin. Benefits of this facial include: balancing your body and mind, lifting, toning, brightening, focusing on different massage techniques.

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### **Signature Sanctuary Facial (90 min)**

**R 2 550**

Designed to calm and relax your mind and body to indulge and inspire your senses. Starting with Tuning Fork ritual and face mapping therapy this treatment encourages positive and calming emotions to soothe your busy mind. A kinetique face massage and warming experience including a head, hand and feet massage will transport you to a sensory journey. Benefits of this facial include: relaxing your body completely, complimented with soothing scalp, feet and hand massage, focusing on stretching yogic face massage.

## **TATA HARPER GENTLEMAN'S RITUALS**

### **Men's Deep Cleansing Facial (60 min)**

**R 2 100**

This treatment addresses the specific needs of men's skin. The regimen focuses on reducing congestion and shaving irritation, leaving skin refined and nourished. **Benefits of this facial include:** helps to prevent and heal the ingrown hair, clear and smooth complexion, refreshed skin.

## **TATA HARPER BODY RITUALS**

### **Serenity Ritual (60 min)**

**R 1 700**

This ritual is focused on polishing the body. An exfoliating scrub and nourishing body oil application leave your skin smooth and refreshed.

**Benefits:** smooth and hydrated skin, brightens and revitalizes the whole body.

### **Honey Cocoon Body Ritual (90 min)**

**R 2 250**

This indulgent and uplifting treatment includes a body envelopment, full body scrub to soften and revitalize the skin, and a body wrap rich in honey and pomegranate enzymes to nourish the skin. A relaxing body massage completes this unique pampering experience.

**Benefits:** smooth and nourished skin, helps with muscle pain and tension.

### **Organic Body Massage (60 min / 90 min)**

**R 1 925 / R 2 350**

Experience total relaxation during this soothing massage, reducing bodily tension from the inside out. Using a customized blend of herbs and botanicals straight from Tata Harper's Vermont farm, this massage focuses on problematic areas for ultimate stress relief.

**Benefits:** helps to release muscle pain and tension, refreshed and relaxed body.

### **Resurfacing Body Treatment (90 min)**

**R 3 000**

The treatment begins with whole body dry-brushing which loosens dead skin cells, while Resurfacing Serum smooths and hydrates for brighter, more even-looking skin. A body massage performed with thermal Gua Sha Stones helps to ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look.

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## FACIALS BY ELEMIS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

### TECHNOLOGY: ANTI-AGEING

#### **ELEMIS BIOTEC Line Eraser (60 mins)**

**R 2 350**

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating facial treatment that effectively irons out wrinkles and fills out lines.

#### **ELEMIS BIOTEC Firm-a-Lift (60 mins)**

**R 2 350**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

#### **ELEMIS BIOTEC Skin Resurfacer (60 mins)**

**R 2 350**

These revolutionary facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

### TECHNOLOGY: SKIN SOLUTIONS

#### **ELEMIS BIOTEC Radiance Renew (60 mins)**

**R 2 350**

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

#### **ELEMIS BIOTEC Blemish Control (60 mins)**

**R 2 350**

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

#### **ELEMIS BIOTEC Sensitive Skin Soother (60 mins)**

**R 2 350**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

Book a course of 3 Biotec facials **R 6 400 (R 2 145 per facial)** | Book a course of 6 Biotec facials **R11 880 (R 1 980 per facial)**

\*All courses need to be discussed with our facial specialist for optimum results.

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# ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

## FACIAL TREATMENTS BY ELEMIS

Our skin care therapists are highly qualified and trained to provide the ultimate skincare treatments. All our treatments begin with a thorough consultation to assess your individual concerns so as to give the most appropriate treatment, ensuring that your experience is all you would expect and more! Each 60-minute superior treatment is enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

### ELEMIS ADVANCED FACIALS

#### **ELEMIS Pro-Glow Smooth (60 mins)**

**R 1 950**

THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

#### **ELEMIS Pro-Glow Renewal Facial (60 min)**

**R 1 950**

FOR GORGEOUS GLOWING SKIN

ELEMIS signature deep cleansing skin wellness facial, showcasing prebiotics and antioxidant-rich goodness to deliver a healthy looking, lit from within glow. In one treatment, skin looks visibly refreshed and rebalanced.

#### **ELEMIS Pro-Glow Resurface Facial (60 min)**

**R 1 950**

RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purity and brighten as skins texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimizes the look of uneven tone, texture, fine lines and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

#### **ELEMIS Pro-Glow Brilliance Facial (60 min)**

**R2 050**

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor fresh glow, skin is left feeling fresh, radiant and healthy.

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# ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

## **ELEMIS Pro-Glow Genius Facial (90 mins)**

**R 2 450**

### **YOUR LINE FIGHTING SUPERHERO FACIAL**

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for your younger looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer looking. An unsurpassed, line fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

## **ELEMIS Skin Booster Facial (30 min)**

**R 1 300**

Maximum results with minimum time. Your skin will be rejuvenated after this hands-on treatment. Our therapists will cleanse, tone, exfoliate your skin and leave you feeling relaxed and your skin glowing.

## **ELEMIS MEN**

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

## **ELEMIS High Performance Skin Energiser (60 min)**

**R 2 050**

For ageing, dehydrated, or stressed skin and tired eyes, this energising treatment restores vital moisture and maximises cell regeneration. A steam and extraction cleanses and purifies, while dynamic facial massage boosts circulation and targeted scalp and foot massages deeply relax for a vibrant, revitalised complexion.

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## DAY SPA PACKAGES

We design packages that relieve stress, detoxify, cleanse and purify or simply refresh and rejuvenate, with finishing touches added to return you to the outside world feeling and looking your best. Should any of our current packages not suit your needs, please do not hesitate to discuss your requirements and a personalised package will be created for you.

### **Secret Indulgence (2 hrs 30 min)**

**R 5 250**

An exotic Elemis salt scrub will leave your skin soft and vibrant. Continue your day of indulgence with the Elemis Absolute Spa Ritual combining the unique Advanced Anti-Ageing Facials with a Deep Tissue Massage to ease away all the tension. Includes a delicious spa lunch and a glass of sparkling wine.

### **Men's Executive (2 hrs)**

**R 3 450**

For total relaxation and grooming, this package is tailored for the modern-day man with the dynamic and immediate relief of the 90 minute Deep Tissue Muscle Massage combined with a 30-minute hydrating skin booster facial. Total Time Out! This Includes a delicious spa lunch to be enjoyed in our Café Grill.

### **The Ultimate Escape (4 hrs)**

**R 5 500**

Start off your experience with an Aromatherapy Massage followed by 60 min Facial treatment and finish off with a Spa Manicure and Spa Pedicure. This full day package includes a delicious spa lunch and a glass of sparkling wine in our Café Grill.

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## COUPLE'S SPA PACKAGES

We design packages that relieve stress, detoxify, cleanse and purify or simply refresh and rejuvenate, with finishing touches added to return you to the outside world feeling and looking your best. Should any of our current packages not suit your needs, please do not hesitate to discuss your requirements and a personalised package will be created for you.

### **The Celebration** (1 hr 30 min)

**R 5 550 per couple**

This package is the perfect way to celebrate any special occasion. Enjoy a 60 min Swedish Massage followed by a 30 min Revitalising Facial in one of our double rooms. End your journey with a glass of Sparkling Wine in one of our hotel outlets to complete your spa experience.

### **Outdoor Bliss** (1 hr 30 min)

**R 5 250 per couple**

Lose yourself in the breathtaking views of the Twelve Apostles Mountain Range and the Atlantic Ocean in the outdoor enclosed Spa Mountain Gazebos, with 90-minute Swedish Massages. Finish with lunch and a bottle of Sparkling Wine in the beautiful Café Grill. Treatment In the gazebo is weather permitting. Upgrade to a deep tissue massage for an additional **R 200** per person

### **Dinner for Two** (1 hrs 30 min)

**R 5 400 per couple**

Treat yourself and that someone special to a day of luxury and pampering in one of our exquisite couple's treatment rooms with candle light, rose petals and romantic music. The journey continues with a dual relaxing (90 min) Swedish Massage leaving you both feeling and looking completely renewed. End an afternoon of pleasure with a superb 3-course dinner at the Azure Restaurant at The Twelve Apostles Hotel (Smart attire required).

### **Total Relaxation Duo** (5 hrs 30 min)

**R 14 050 per couple**

For the ultimate couple's experience, treat yourselves from top to toe with this decadent journey in one of our double rooms. Start off with a 60 min Hydrating Milk Bath Wrap (60 min), 60min Facial, a 90 min Relaxing Aroma Stone Massage and end your day with 60 min Spa Manicure and a 60 min Spa Pedicure. This package includes a bottle of Sparkling Wine, Spa Lunch and Chocolate Covered Strawberries.

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## OPI ANTI-AGEING HAND AND NAIL TREATMENTS

OPI Signature Manicure (60 min)	R 770
OPI Signature Pedicure (60 min)	R 770
OPI Gel Manicure (75 min)	R 990
OPI Gel Pedicure (75 min)	R 990
OPI Cuticle, File and Paint (30 min)	R 550
Gel soak-off (30 min)	R 320

\* Soak off needs to be accompanied by a manicure or pedicure treatment and needs to be booked prior to arrival

## PERFECT FINISH

### Face and Eyes

Brow Shaping	R 275
Eyelash Tint	R 275
Eyebrow Tint	R 275
Eyelash and Eyebrow Tint	R 495

### Waxing

Half Leg Wax	R 710
Full Arm Wax	R 495
Full Leg Wax	R 930
Full Back Wax	R 930
Bikini Wax	R 570
Facial Wax (Lip or Chin)	R 275
Brazilian Wax	R 825
Under Arm Wax	R 460
Hollywood Wax	R 880

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## SPA ETIQUETTE

### Spa Arrival

Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your treatment.

### Spa Environment

The spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity and therefore no family members under the age of 16 years are permitted in the spa. Please turn off cellular phones on arrival at the spa. The Spa at the Twelve Apostles will not tolerate unlawful discrimination, harassment or sexual harassment towards any person of any kind.

### Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments. Please consult your doctor before using the spa heat and water facilities if under medical supervision or if you are taking medication. For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this time. We recommend that you drink lots of water after your spa treatments to help accelerate the elimination of toxins.

### Spa Attire

We will provide you with spa attire including underwear or you may choose to wear your own. Our therapists will always use draping techniques to respect your privacy.

The spa treatment menu is valid from 01 April 2024 – 31 March 2025. Seasonal rates apply from 15 December 2024 – 16 February 2025.  
All prices are quoted in South African Rand (ZAR). All prices are quoted per person, per treatment unless specified otherwise.

## **Group Bookings**

Groups specials available on request.

Groups bookings of 10 or more are only available from Monday - Thursday.

Full payment is required in order to confirm group bookings larger than 5 people.

## **Setting the Stage for Making Magical Memories**

With its breathtaking scenery, The Twelve Apostles Hotel and Spa is the landmark celebration venue that your guests will never forget. This is Cape Town's most stunning 5-star location for your wedding, anniversary, birthday or other celebration.

## **Cancellation Policy**

The treatments you select are reserved especially for you and a 50% deposit is required in order to secure your booking. If you are not able to make your scheduled appointment, please advise us 24 hours in advance in order not to incur any cancellation charges. You may incur a cancellation fee equal to 100% of the total value of your treatment for same day cancellations, or for not arriving for your scheduled appointment. Hotel guests who have made bookings will incur a 100% cancellation fee for same day cancellations or not arriving for your scheduled appointment.

## **Refunds and Returns**

Treatments and packages are non-refundable, non-transferable and may not be exchanged for money. For hygiene reasons, products purchased may not be returned or exchanged.

## **Hours of Service**

Spa: 08h00 to 18h00

Outdoor Pools and Pool lounges: Sunrise to sunset for hotel residents only

Dial extension #9060 for reservations and enquiries

## **THE JOY OF GIVING (AND RECEIVING)**

The perfect gift for a loved one or a colleague, our gift vouchers come beautifully packaged and are available at short notice. Gift vouchers are available in monetary values. Should you not be able to visit the Spa to purchase a voucher, Gift Experience vouchers are available online: <https://twelveapostles.skchase.com/vouchers?categories=wellness>

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