

# THE SPA

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## *The Oyster Box*

### **Where African Soul Meets Ocean Serenity**

Cradled between the warm Indian Ocean and our lush tropical gardens, The Oyster Box Spa is more than a destination, it is a sanctuary. Here, the air carries the scent of blooming frangipani, the calls of monkeys echo through the trees, and each treatment is an invitation to reconnect with yourself.

Rooted in African and Indian healing traditions and elevated by modern wellness science, our experiences are intuitively tailored, immersive, and deeply restorative. Whether you seek grounding stillness, radiant skin, or soulful renewal, your journey begins here, where every element is in harmony, and all that matters is you.

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

### **6 Treatment Rooms**

Superbly equipped for dual and single treatments with rain showers. We have incorporated a room designed for the aged or physically challenged with wheelchair access and adjustable treatment bed.

### **Hamam**

This traditional Oriental heat experience has been carefully designed with heating and cooling therapies to cleanse the body and aid relaxation.

### **Tranquillity Lounge**

To relax in-between and after all spa treatments with herbal teas, books, or to meditate.

### **Health Bar**

With homemade healthy snacks and fresh fruit juices.

### **Spa Health Menu**

Wholesome, delicious meals conducive to a healthy lifestyle.

### **Plunge Pool**

Incorporating water jets at the optimal temperature for rebalancing your body's metabolism, use of the plunge pool is available for all spa guests inclusive of your treatment.

### **Nature-Inspired Fitness Centre**

Featuring a complete range of resistance and cardio equipment, with views over the landscape to inspire movement and mindful exercise.

### **Rain Showers**

With separate male and female changing areas, secure lockers, fresh towels, slippers and gowns.

## IMMERSIVE JOURNEYS

Transformative Rituals Rooted in Culture and Nature

### Uhambo – An African Soul Journey (90 mins)

A deep, soul-awakening ritual using Himalayan salt stones, calabash and the symbolic African rungu to restore energy flow, relieve muscular tension, and reconnect you to the healing essence of the continent.

R2980

### Inkathi Yonyaka – Seasonal Awakening Ritual (120 mins)

Begin with a steam session, aromatic exfoliation, a warming clay wrap in the Hammam, a refreshing shower, and a grounding back of the body massage with warm Himalayan stones.

R3600

## HAMMAM HEALING

The Art of Steam, Scent, and Sensory Renewal

### Oriental Hammam Ceremony (50 mins)

A reinvention of the Turkish bath with steam, using olive soap and exfoliating mitts to deeply cleanse and refresh.

R1800

### The Oyster Box Hammam Ceremony / Durban Hammam (75 mins)

Absorb the humidity and soften your muscles prior to a 30 minute back massage. Heated lemons are used to penetrate to the core of sore and tired muscles. As the lemons soften, they burst and release fresh natural citric acids to exfoliate and condition. We cleanse using cane sugar and coconut oil to invigorate your skin, eliminating excess skin cells and leaving skin supple and full of nutrients.

R2530

### Private Hammam Sessions

30 mins  
R780

45 mins  
(with self application  
of exfoliant or mask)  
R900

60 min  
(with both)  
R1060

Please note: Treatment time includes consultation and welcoming foot ritual, besides the private steam sessions

## SACRED BODYWORK

Massage Therapies to Soothe, Stimulate, and Rebalance

### **Chakra Balancing Candle Massage (60/90 mins)**

A colour-guided massage using soy candles that melt into aromatic oils to align the chakras.

R2050/R2750

### **Bellabaci Detox Cupping (60/90 mins)**

Modern cupping stimulates lymph, breaks down stagnation, and eases muscle tension.

R2050/R2620

### **Hot Stone Earth Massage (60 mins)**

Grounding massage using heated stones and rhythmic strokes.

R2200

### **Hot Lava Shell Release (60/90 mins)**

With self-heating tiger shells.

R2400/R2800

### **Rose Quartz Soul Massage (90 mins)**

Heart-centred healing with rose quartz crystals and quartz-infused oils.

R2750

### **Reiki Energy Alignment (60 mins)**

Non-invasive healing to reduce stress and restore emotional balance.

R1840

## HERITAGE RITUALS

Time-Honoured Traditions of Africa and India

### **Rungu Warrior Massage (60 mins)**

Rhythmic massage using a traditional East African rungu stick for deep muscle relief.

R1880

### **Sacred Indian Head Ritual (60 mins)**

Warm herbal oils and massage for the scalp, neck, shoulders and face.

R1800

### **Himalayan Salt Stone Therapy (60 mins)**

Back of the body and foot massage using warm mineral-rich salt stones to ground and recharge.

R1800

## THE TOUCH OF TRADITION

Timeless Techniques, Personalised for You

### **The Oyster Box Traditional Massage (60/90 mins)**

A blend of Swedish and Lomi-Lomi techniques to soothe tension and restore balance.

R1840/R2690

### **Aromatherapy Essence Ritual (60/90 mins)**

Essential oils chosen for your emotional needs, combined with gentle touch therapy.

R1840/R2690

## BODY RENEWAL THERAPIES

Polish. Purify. Glow.

### **Detox Clay Wrap (60 mins)**

Herbal salt exfoliation followed by a detoxifying wrap and scalp or foot massage.

R1840

### **Herbal Body Polish (30 mins)**

A full-body exfoliation to refresh, smooth, and boost glow.

R1100

### **Back Revival Treatment (60 mins)**

A facial for your back with exfoliation, detoxifying extractions, and massage

R1880

# THE FINISHING TOUCH

Beauty Refined, Naturally You

## Manicures & Pedicures

OPI Signature Pedicure (60mins)  
R990

OPI Signature Manicure (60mins)  
R940

OPI Gel Manicure or OPI Gel Pedicure  
(75 mins)  
R1080

Gel Soak-Off or revarnish (20 mins)  
R350

## Facial & Eye Enhancements

Eyebrow Shape or Tint  
R260

Lash Tint  
R260

Full Face Threading  
R630

## Waxing

Half Leg Wax (30 mins)  
R460

Full Leg Wax (60 mins)  
R680

Three Quarter Leg Wax (45 mins)  
R670

Bikini Wax (sides) (20 mins)  
R480

Brazilian Wax (g-string) (30 mins)  
R645

Hollywood Wax (full) (45 mins)  
R790

Full Back Wax (60 mins)  
R935

Full Arm Wax (30 mins)  
R495

Under Arm Wax (15 mins)  
R295

## Sugaring

Sugaring Half Leg Sugaring (30 mins)  
R500

Three Quarter Leg (45 mins)  
R690

Brazilian Sugaring (g-string) (30 mins)  
R670

Full Back Sugaring (60 mins)  
R1000

Under Arm Sugaring (15 mins)  
R340

Facial Sugaring (lip or chin) (15 mins)  
R205

Facial Sugaring (lip, chin, brows)  
(30 mins)  
R450

Full Leg Sugaring (60 mins)  
R725

Bikini Sugaring (sides) (20 mins)  
R500

Hollywood Sugaring (full) (45 mins)  
R825

Full Arm Sugaring (30 mins)  
R525

Full Face Sugaring (30 mins)  
R660

Facial Sugaring (lip/chin) (30 mins)  
R275

Eyebrow Sugaring (20 mins)  
R260

Available Monday - Thursday unless combined with a treatment.

# ELEMIS

London

## 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 TOUCH FACIALS

#### **ELEMIS EXPERT Touch Nourish Facial (60 mins)**

CLEANSE, REBALANCE & REVIVE

Boost skin radiance with our triple-cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

**R2320**

#### **EXPERT Touch Reveal Facial (60 mins)**

RESURFACE, SMOOTH & GLOW

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

**R2320**

#### **ELEMIS EXPERT Touch Renew Facial (60 mins)**

HYDRATE, LIFT & FIRM

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

**R2320**

#### **ELEMIS EXPERT Touch Define Facial (60 mins/90 mins)**

ENERGISE, REJUVENATE & SCULPT

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

For the ultimate facial experience book our 90min option.

**R2320/R2690**

# ELEMIS

London

## ELEMIS TEC FACIALS

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.

## ELEMIS EXPERT TECH FACIALS: ANTI-AGEING

### ELEMIS EXPERT Tech Radiance & Revive Facial (60 mins)

Revive tired skin with our advanced Ultrasonic Peel technology teamed with Oxygen Infusion to plump and Galvanic to nourish leaving your skin rebalanced, nourished and radiant.

R2550

### ELEMIS EXPERT Tech Smooth & Polish Facial (60 mins)

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic to nourish. revealing bright, polished and smooth skin.

R2550

### ELEMIS EXPERT Tech Lift & Rejuvenate Facial (60 mins)

Restore skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate and Oxygen infusion to plump. Skin will appear renewed, toned and firmer.

R2550

### ELEMIS EXPERT Tech Sculpt & Firm Facial (60 mins/90mins)

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 6 BIOTEC technologies for a transformative facial experience like no other, leaving skin revitalised, strengthened and defined.

R2550/R2950



# ELEMIS

London

## ELEMIS BODY RITUALS

### **ELEMIS Detox Duo (90 mins)**

Awaken your senses and reset your body with this invigorating detox ritual. Begin with a revitalizing lime and ginger body exfoliation that stimulates circulation and smooths the skin, preparing it for deeper renewal. A detoxifying massage follows, using Elemis Cellutox oil to target areas of concern, enhanced by Bellabaci cupping to encourage lymphatic drainage and reduce fluid retention. The experience concludes with a refreshing detox smoothie, nourishing your body from within and leaving you feeling lighter, brighter, and rebalanced.

**R3200**

### **ELEMIS Freestyle Deep Tissue Massage (60 mins / 90 mins)**

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Skin is prepped to release toxins and the flowing massage works deeper and deep into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

**R2220/R2920**

### **ELEMIS Peaceful Pregnancy Massage (75 mins)**

An intuitive and relaxing massage that hydrates the skin that is expanding to accommodate a growing baby, mothers-to-be are restored to optimum wellness.

**R2290**

### **ELEMIS Deeper Than Deep Hot Stone Massage (90 mins)**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

**R3300**

### **ELEMIS Exotic Salt Scrub and Wrap (60 mins)**

Choice of either lime and ginger or frangipani salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. After the scrub we drizzle the warm oil and wrap the body to absorb the products. This includes a basic face cleanse and exfoliation.

**R2400**

**ESSE LUXURY FACIAL COLLECTION**

Experience the science of nature with each touch, each breath,  
and each transformative moment.

**THE ESSE EXPERIENCE – A Personalized Ritual of Renewal (60 mins)**

Tailored to your unique skin needs, this luxurious facial redefines skincare  
with Biotherapeutic ingredients.

A tranquil infusion of nature's finest ingredients restores balance, vitality, and deep  
hydration. Acupressure techniques enhance circulation and skin health, leaving your  
complexion supple, radiant and vibrantly alive.

**R1850**

**TIMELESS ESSENCE – Anti-Aging Elixir (75 mins)**

A specialized treatment for mature skin, blending probiotic power with potent botanicals.  
Lavish layers of regenerating formulations compliment the skin, stimulating collagen and  
elastin production and softening fine lines. Experience an age-defying glow as massage  
techniques lift, sculpt, and restore youthful suppleness.

**R1950**

**SOOTHING SENSITIVE – for Soothing Skin Serenity (75 mins)**

A soothing sensitive facial designed to nurture delicate skin.  
It aims to rebalance the microbiome where inflammation is present. This facial will calm,  
restore, balance and strengthen as your skin is recuperated with resilience.

**R1950**

**LIVE PROBIOTIC THERAPY – A Revolution in Skin Restoration (90 mins)**

The gold standard in skin healing and renewal, using live probiotics  
to combat inflammation and signs of aging.

From the very first touch, warmth spreads as nutrient-rich ampoule caress the skin,  
with superior hydration immersing you in deep relaxation. Designed to enhance barrier  
function and calm sensitivity, this therapy is an unparalleled experience in skincare luxury.

**R2250**

# ENVIRON

Stockist

## LUXURIOUS SKINCARE WITH ENVIRON

Where Science Meets Serenity.

Our award-winning **lonzyme® DF Technology** harnesses the power of pulsed Iontophoresis and low-frequency Sonophoresis, channelling essential nutrients 40 times deeper into your skin's layers to restore vitality, youthfulness, and unparalleled luminosity.

### ESSENTIAL FACIAL TREATMENTS

A Symphony of Skincare Excellence

#### ESSENTIAL YOUTH RESET (90 mins)

ESSENTIAL Help soften the appearance of fine lines, sun-damage & sagging skin with this peptide and vitamin-packed treatment for a more youthful appearance.

R1950

#### ESSENTIAL MOISTURE BOOST (90 mins)

Help reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

R1950

#### ESSENTIAL COMFORT CALM (90 mins)

Help soothe and comfort sensitive and irritated skin with this treatment which combines powerful ingredients to leave the skin feeling restored with a healthy-looking radiance.

R1950

#### ESSENTIAL RADIANCE REVEAL (90 mins)

Help target the signs of sun-damage and pigmentation with this treatment which boosts the skin with the correct combination of ingredients for an even-toned, radiant-looking appearance.

R1950

# ENVIRON

Stockist

## COOL PEEL® TREATMENTS

A Breath of Freshness for Your Skin

Designed to gently refine your skin's surface, our Cool Peel® Treatments refresh dry, fatigued complexions, revealing a silky-smooth finish with no downtime or visible peeling. With each touch, cool precision meets warmth of care, ensuring you step away with an effortlessly radiant glow.

### MOISTURE BOOST COOL PEEL® (90 mins)

Infused with hydrating and skin-renewing elements, this ultra-soothing peel diminishes fine lines, premature aging, and uneven texture, bringing forth a complexion that's both silky soft and youthfully radiant.

R1950

### YOUTH RENEW COOL PEEL® (90 mins)

A bespoke blend of freshly mixed vitamin C, tailored for optimal brightness and rejuvenation. This concentrated peel softens sun damage, pigmentation, and visible aging, unveiling a refined texture and luminous, youthful glow.

R1950

### VIBRANT-C MICRO PEEL (90 mins)

A concentrated vitamin C infused peel that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy-looking, evenly toned appearance as well as improved skin texture. An excellent choice for sun-damaged, pigmented and ageing concerns.

R1950

## DAY SPA PACKAGES

We offer thoughtfully designed spa packages that promote relaxation, detoxification, and rejuvenation, leaving you feeling refreshed and looking your best. If our existing packages don't fully meet your needs, we welcome the opportunity to tailor a personalized experience just for you.

### **Cleansing Hot Lava Steam Journey (2.5 hours)**

Begin with a private Hammam steam ritual to awaken the senses and prepare the skin. A detoxifying clay wrap follows, enriched with purifying botanicals and essential oils to cleanse and remineralise. Herbal exfoliation smooths and refines, before you're immersed in the warmth of a full-body Hot Lava Shell massage, where hands, arms, and elbows work in harmony with the soothing heat of the shells to release deep tension and restore vitality.

**R4660**

### **Spa Wellness Day Package (5 hours 15 mins) (Excludes lunch allocation time)**

Your spa day starts with a private steam session in our Hammam followed by a full body exfoliation, eliminating excess surface skin cells. An aromatic 60 minute full body massage incorporating colour therapy while the soy based candles release aromatherapy scents. This is followed by our 90 min Elemis skin care facial. End off with a manicure and pedicure to perfect this day of pure bliss followed by a spa lunch in our spa café.

**R7990**

### **Spa Wellness Half Day Package (3.5 hours) (Excludes lunch allocation time)**

Begin with a private Hammam steam ritual to unwind and reset. Continue with your choice of one of our traditional or aromatherapy massage journeys, tailored to your needs. A personalised Elemis facial follows, designed to restore and illuminate. Massage and facial will be 60 minutes.

Conclude with your choice of a Spa manicure, Spa pedicure, or a soothing 30-minute foot massage, leaving you beautifully balanced and renewed.

Enjoy a delicious Spa lunch in our spa café

**R6600**

### **'SPA'rties - Have a Spa Party! (2 hours)**

Choose any two treatments from the list below;

- Himalayan Salt Stone Massage (45 mins)
- Chakra Balancing Candle Massage (45 mins)
- Customized Facial (45 mins)
- Cleansing Body Wrap (45 mins) - inclusive of body brushing
- Full Body Exfoliation (45 mins)

includes a Hammam Steam Session and use of the Plunge Pool.

**R3150**

**Please note: The Spartie treatment needs to be a minimum of 2 people and maximum of 8 people.**

**Advanced booking is required.**

Please note: Treatment time for all packages includes consultation and welcoming foot ritual.

# 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. Should you wish to make use of the Spa facilities, please bring a swimsuit to enjoy our hydrotherapy area and arrive 45 minutes prior to your appointment time.

## Spa Environment

Your spa environment is one of tranquillity and relaxation. Please respect all Spa guests' right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult and are not permitted to use the plunge pool and open Hammam facilities. Please turn off cellular phones on arrival at the Spa.

## 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 or exercise equipment 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 disposable Spa underwear or you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

## Valuables

We provide a secure place to store your personal items inside the Spa locker rooms however do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

## Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 24 hours from the scheduled appointment time.

## Refunds and Returns

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

## Hours of Service

Spa: Weekdays & Saturdays 08h00 to 19h00

Sundays & Public Holidays 08h00 to 18h00

Fitness: 24 hour access to hotel residents only

Outdoor Pools: Sunrise to sunset for hotel residents only

Reservations & Enquiries: Dial extension #5074 / 5071 (hotel resident guests)

or dial 031-514 50 / 74 / 71 or The Spa email: [thespa@oysterbox.co.za](mailto:thespa@oysterbox.co.za)