

THE SPA

at

THE TWELVE APOSTLES

Between Mountain and Ocean, Find Your Stillness Within

Set against the grandeur of the Twelve Apostles mountain range and the Atlantic's eternal tide, our sanctuary is woven into nature's rhythm, where the healing powers of the elements restore harmony, and the essence of wellbeing is felt in every breath.

Here, we embrace a holistic approach that fuses ancient wisdom with contemporary science. Each treatment is guided by intention, crafted with care, and delivered in a setting where soul and senses are gently awakened.

“

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.

”

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

Hydrotherapy Pool and Plunge Pool

Incorporating water jets at the optimal temperature for rebalancing your body's metabolism.

Salt Water Floatation Pool

Enjoy a restful liquid, reduced gravity experience.

Treatment time includes consultation and welcoming touch.

The spa treatment menu is valid from 01 September 2025 – 14 December 2025. All prices are quoted in South African Rand (ZAR). All prices are quoted per person, per treatment, unless specified otherwise.

BRAND PHILOSOPHY

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

ESSE

For skin to be more youthful and resilient, it must first be sustainably healthy. We achieve this by shifting and rebalancing the microbiome with products at the forefront of ethical science.

This is how you reclaim the skin you were born to have.
This is skin as it should be.

ENVIRON

Environ Skin Care is a professional, results-driven skincare brand that focuses on scientifically backed, vitamin-infused products to promote healthy, radiant skin. Founded by Dr. Des Fernandes, Environ's products are designed to support skin health and address various skin concerns, such as aging, hyperpigmentation, and acne.

With a range of products containing powerful antioxidants like vitamins A, C, and E, Environ's skincare philosophy emphasizes consistent use and tailored professional treatments to achieve optimal results. Environ products are recommended by professional skincare therapists.

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IMMERSIVE SIGNATURE JOURNEY

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.

The Mountain Serenade (90 mins)

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 Gazebos with a 90 minute 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.

R 2 800

The Escape by Elemis (90 mins)

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.

R 3 250

The Apostles Touch (105 mins)

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. As your treatment commences, breathing techniques are used to ease you into the treatment, with an invigorating back of the body Scrub using calico bags, with specifically formulated essential oil and fynbos while flowing massage techniques with heated shells 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.

R 3 250

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

Treatment time includes consultation and welcoming touch.

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ELEMENTAL ENERGY THERAPIES

Rose Quartz Heart Ritual (90 mins)

Heart-opening massage with rose quartz to calm nerves and release emotional blocks

R 2 450

Hot Stone Earth Massage (60/90 mins)

Grounding massage using heated stones and rhythmic strokes.

R 1 850 / R 2 250

Hot Lava Shell Release (60/90 mins)

Deep tissue release with self-heating tiger shells.

R 2 150 / R 2 450

Bellabaci Detox Massage (60/90 mins)

Cupping therapy to boost lymphatic flow, circulation, and detoxification.

R 1 950 / R 2 250

Upgrade any treatment to the outdoor Mountain Spa Gazebo
for an additional R 500 per gazebo

TRADITIONAL TOUCH RITUALS

Aromatherapy Energy Balance (60/90 mins)

Aromatic oils and light rhythmic massage for emotional and physical realignment.

R 1 550 / R 2 050

Swedish Restoration Massage (60/90 mins)

Medium-pressure Swedish massage to calm and restore.

R 1 550 / R 2 050

Deep Muscle Release (60/90 mins)

Deep tissue work for muscular tightness and tension.

R 1 850 / R 2 250

Back, Neck, Head & Shoulder Reset (30/45 mins)

(Swedish)

R 1 020 / R 1 300

Back, Neck, Head & Shoulder Reset (30/45 mins)

(Deep Tissue)

R 1 250 / R 1 450

Pressure Point Foot Therapy (30/45 mins)

Reflexology-inspired treatment to restore balance.

R 1 020 / R 1 320

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MOTHERHOOD MOMENTS

Prenatal Serenity Massage (75 mins)

Gentle, supportive massage for second and third trimester mothers.

R 1 850

Leg & Foot Reviver (30 mins)

Cooling exfoliation, massage, and foot treatment to relieve swelling.

R 1 420

Mother-to-Be Spa Journey (2.5 hours)

60 minute pregnancy Massage, 60 minute hydrating facial, ultimate leg and foot reviver, light spa lunch and celebratory non alcoholic glass of sparkling wine.

R 5 250

Please note that we do not perform any maternity massage treatments during the first trimester.

SACRED EARTH RITUALS

Rasul Ritual

Self-guided steam and mud ritual for detox and mineral renewal.

Completed with a gentle rain shower signalling the end of the treatment.

45 mins | R 1 020 (single)

45 mins | R 1 800 (couple)

Enjoy a complimentary bottle of sparkling wine when booking a couple's rasul.

SKIN AWAKENING EXFOLIATIONS

Baobab & Salt Renewal Scrub (30 mins)

Local salt and baobab scrub to smooth and nourish.

R 850

Elemis Lime & Ginger Salt Glow (30 mins)

Invigorating lime and ginger body exfoliation.

R 1 320

Elemis Frangipani Monoi Glow (30 mins)

Hydrating, fragrant exfoliation to leave skin silky and scented.

R 1 320

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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-cleanser facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

R 1 950

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.

R 1 950

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.

R 1 950

ELEMIS EXPERT Touch Define Facial (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.

R 2 450

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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.

R 2 350

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.

R 2 350

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.

R 2 350

ELEMIS EXPERT Tech Sculpt & Firm Facial (60mins)

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.

R 2 350

Book a course of 3 Biotec facials

R 6 400 (R 2 145 per facial)

Book a course of 6 Biotec facials

R 11 880 (R 1 980 per facial)

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

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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.

R 3 200

Elemis Nourishing Wrap (75 mins)

This deeply hydrating ritual begins with your choice of exfoliation, gently polishing the skin to perfection. You're then enveloped in a warm milk bath wrap infused with skin-softening botanicals, while a soothing scalp massage melts away tension. To finish, your body is treated to a luxurious application of Frangipani Monoi oil, leaving your skin silky, radiant, and delicately perfumed. A true indulgence for dry or depleted skin, this wrap restores moisture and serenity in equal measure.

R 2 850

Aromastone Therapy (90 mins)

Designed to release deep-seated tension and restore balance, this grounding treatment begins with dry body brushing to awaken circulation and gently exfoliate. A 75-minute hot stone massage follows, using Elemis Muscleease oil to penetrate tired muscles and soothe aches. The warmth of the stones combined with the therapeutic oil creates a profound sense of relaxation, making this the ideal choice for those seeking relief from stress or muscular fatigue.

R 2 550

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ESSE LUXURY FACIAL COLLECTION

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

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.

R 2 250

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.

R 1 950

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

R 1 950

SOOTHING SENSITIVE – 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.

R 1 950

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ENVIRON

THE ART OF 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.

"Trust the science to get the results" — *Dr. Des Fernandes.*

ESSENTIAL FACIAL TREATMENTS

A Symphony of Skincare Excellence

ESSENTIAL YOUTH RESET (90 mins)

Immerse your skin in a lush infusion of hyaluronic acid, where each pulse of electro-sonic energy stimulates renewal at a cellular level. Watch fine lines soften, moisture replenish, and your complexion bloom with youthful radiance, leaving behind a velvety smooth texture that glows with vitality.

R 1 950

ESSENTIAL MOISTURE BOOST (90 mins)

Drench your skin in an oasis of comfort with this deeply quenching facial. Silky hydration and calming botanical elements wrap your complexion in a cocoon of nourishment, restoring balance, suppleness, and ethereal luminosity. Perfect for sensitive or irritated skin, it delivers an experience as soothing as a gentle embrace.

R 1 950

ESSENTIAL COMFORT CALM (90 mins)

Breathe life back into tired, stressed skin. A delicate infusion of reparative antioxidants and cooling botanicals flows through every pore, soothing irritation, restoring harmony, and unveiling a complexion that feels renewed, soft, and exquisitely radiant.

R 1 950

ESSENTIAL RADIANCE REVEAL (90 mins)

Turn the tide on sun damage and uneven tone with this precision-crafted brightening treatment. Potent actives infuse your skin with radiance-revealing ingredients, delivering a luminous, even-toned glow that reflects vitality, purity, and sophistication.

R 1 950

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ENVIRON

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.

R 1 950

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.

R 1 950

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.

R 1 950

Treatment time includes consultation and welcoming touch.

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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.

Timeless Indulgence (2.5 hours)

Embark on a bespoke spa journey, beginning with your choice of Elemis exfoliating body scrubs to refine and renew the skin. Continue with a 60 minute deep tissue massage designed to release tension and restore balance, followed by one of our signature Elemis 60-minute facials to rejuvenate and illuminate the complexion. This indulgent experience includes a delicious spa lunch and a glass of sparkling wine to elevate your day of wellness.

R 5 250

The Executive Retreat (2 hours)

This restorative experience combines a 90-minute Deep Tissue Muscle Massage to alleviate tension and enhance physical wellbeing, with a 30-minute hydrating Skin Booster Facial to refresh and refine the complexion. The journey concludes with a spa lunch served in the elegant setting of our Café Grill.

R 3 450

The Ultimate Escape (4 hours)

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.

R 5 500

Treatment time includes consultation and welcoming touch.

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COUPLE'S SPA PACKAGES

Each package is thoughtfully designed to relieve stress, detoxify, and rejuvenate, leaving you refreshed, radiant, and ready to re-enter the world at your best. If our current offerings don't meet your needs, we'll gladly create a bespoke experience tailored to your preferences.

The Celebration Ritual (1.5 hours)

Celebrate life's special moments with a curated escape for two. Begin with a 60-minute Swedish Massage to melt away tension, followed by a 30-minute Revitalising Facial in the comfort of a private double treatment suite.

Conclude your experience with a glass of sparkling wine at one of our hotel's refined outlets, an exquisite finish to your shared indulgence.

R 5 550 per couple

The Outdoor Bliss Experience (1.5 hours)

Surrender to the beauty of the Twelve Apostles Mountain Range and the Atlantic Ocean with a 90-minute Swedish Massage in our exclusive outdoor Spa Mountain Gazebos. Your journey continues with a gourmet lunch and a bottle of sparkling wine served in the elegant Café Grill.

(upgrade to a deep tissue massage for an additional R200 per person)

R 5 250 per couple

Total Relaxation Duo (5.5 hours)

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

R 14 050 per couple

Dinner and Spa for Two (1.5 hours)

Celebrate romance with an unforgettable escape in one of our candlelit couple rooms, adorned with rose petals and soft music. Enjoy a deeply relaxing 90-minute Swedish Massage side by side, leaving you both renewed and radiant.

Conclude your experience with a superb three-course dinner at the award-winning Azure Restaurant, where smart attire complements the elegance of the evening.

(please note smart attire required)

R 5 400 per couple

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OPI ANTI-AGEING HAND AND NAIL TREATMENTS

OPI Signature Manicure (60 mins)
R 770

OPI Gel Manicure (75 mins)
R 990

OPI Signature Pedicure (60 mins)
R 770

OPI Gel Pedicure (75 mins)
R 990

OPI Cuticle, File and Paint (30 mins)
R 550

Gel soak-off (30 mins)
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

Eyebrow Tint
R 275

Eyelash Tint
R 275

Eyelash and Eyebrow Tint
R 495

Half Leg Wax
R 710

Under Arm Wax
R 460

Full Leg Wax
R 930

Full Arm Wax
R 495

Full Back Wax
R 930

Bikini Wax
R 570

Brazilian Wax
R 825

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.

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.

SPA ETIQUETTE

Hours of Service

09h00 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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