

# THE SPA

at

## THE TWELVE APOSTLES

### Surrender Your Senses In A Spa By The Sea

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.
- **Rasul Chamber** – a traditional Arabic cleansing ritual through the use of a gentle steam and mud.
- **2 Mountain Gazebos** – for outdoor treatments with ocean views.
- **Perfect Finish Tourmaline Salon** – turn a manicure or pedicure into a special treat.
- **Spa Health Menu** – wholesome, delicious meals conducive to a healthy lifestyle.

- The spa treatment menu is valid from 01 April 2020 – 31 March 2021 • Seasonal rates apply from 14 December 2020 - 15 January 2020  
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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. “

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## **Brand Philosophy**

### **B|AFRICA**

A unique range of exclusive body range products and professional spa treatments, prepared by blending native African plant extracts, the natural goodness of the sea and eco-friendly production technologies.

The B|Africa product line has been created in honour of Bea Tollman, founder and president of the Red Carnation Hotel Collection, who says “the unique natural locations of the Red Carnation properties are encapsulated in our B|Africa products and treatments, which harness the essential life giving properties of mother nature’s rich bounty to calm, detoxify, nourish and energise body, mind and spirit”.

### **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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## Specialized Touch Therapies

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

**R1500/R1750**

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 200** per person)

### The Bellabaci Massage (60 min)

**R1400**

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 200** per person)

### Twelve Apostles Pregnancy Massage (60 min)

**R1350**

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 treatments during the first trimester.**

### Leg and Foot Reviver (30 mins)

**R840**

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

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

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## **Traditional Touch Therapies**

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

**R1100/ R1500**

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 200** per person)

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

**R1100/ R1500**

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.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

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

**R740 / R880**

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 200** per person)

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

**R1350 / R1600**

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 200** per person)

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

**R850/ R1100**

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 200** per person)

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

**R740 / R880**

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

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

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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 energized skin.

***TECHNOLOGY: ANTI-AGEING***

**ELEMIS BIOTEC Line Eraser 60 mins**

**R1650**

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

\*Independent Clinical Trial.

**ELEMIS BIOTEC Firm-a-Lift 60 mins**

**R1650**

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 Anti-Pigment Brightener 60 mins**

**R1650**

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discoloration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

**ELEMIS BIOTEC Skin Resurfacer 60 mins**

**R1650**

This revolutionary clinically proven\* 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.

\*Independent Clinical Trials.

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***TECHNOLOGY: SKIN SOLUTIONS***

**ELEMIS BIOTEC Radiance Renew 60 mins**

**R1650**

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**

**R1650**

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**

**R1650**

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 R4000 (R1300 PER FACIAL)

BOOK A COURSE OF 6 FACIALS R6650 (R1100 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 Anti-Ageing Facials

#### **ELEMIS Pro-Collagen Age Defy** (60 min)

**R 1 550**

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral.

Targeted massage encourages optimum cellular function for nourished, younger looking skin. \*Independent Clinical Trials

#### **ELEMIS Pro-Definition Lift and Contour** (60 min)

**R1550**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives

found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

#### **ELEMIS Dynamic Resurfacing Precision Peel** (60 min)

**R1550**

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for

powerful exfoliation and renewal. A new start for smoother, younger-looking skin. \*Independent Clinical Trials

#### **ELEMIS Superfood Pro-Radiance** (60 min)

**R1550**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives.

Clinically proven\* to leave skin plumper, radiant and lit up with good health. \*Independent Clinical Trials.

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### **ELEMIS Touch Skin Solutions**

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

#### **Peptide 24/7 Skin Sync NEW**

**R1550**

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

#### **ELEMIS Sensitive Skin Soother (60 min)**

**R1550**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

#### **ELEMIS Anti-Blemish Mattify and Calm (60 min)**

**R1550**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

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

**R950**

Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time.

### **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)**

**R1550**

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests.

Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

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## Couple's Spa Packages

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

**R3550 per couple**

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

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

**R4000 per couple**

Lose yourself in the breathtaking views of the Twelve Apostles Mountain Range and the Atlantic Ocean in the outdoor enclosed Spa Mountain Gazebo, with 90-minute Swedish Massages. Finish with lunch and a beverage in the beautiful Café Grill. Treatment in the gazebo is weather permitting.

(Upgrade to a Deep Tissue Massage for an additional R200 per person)

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

**R4500 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)

## OPI Anti-Ageing Hand and Nail Treatments

OPI Signature Manicure (60 min)

**R590**

OPI Signature Pedicure (60 min)

**R590**

OPI Gel Manicure (75 min)

**R790**

OPI Gel Pedicure (75 min)

**R790**

OPI Cuticle, File and Paint (30 min)

**R390**

Gel soak-off (30 min)

**R280**

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

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

## Group Bookings

10% discount for of 10 guests or more

We only book Large groups from Mondays - Thursdays

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

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### **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>]

### **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 50% 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 now cancellations or not arriving for your scheduled appointment as the treatments are automatically charged to your hotel room on the morning of your treatment.

### **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 20h00

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

Dial extension #9060 for reservations and enquiries

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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. 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**

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 is 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.

### **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.

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