



Spoil Yourself!

FACIAL TREATMENTS

All our facials are suitable for both male and female clients and include an eyebrow shaping and a head or foot massage. For best results, ask your therapist for advice as to which facial would benefit your skin the most.

THERAVINE FACIALS

An all natural local product developed in Stellenbosch using the indigenous Pinotage cultivar grape seeds, grape skins, grapevine leaves, active as well as anti-oxidant ingredients used to combat ageing and indigenous botanicals to refresh, sooth and rejuvenate, TheraVine literally means “Therapy from the vine”.



Timecare Eye Treatment 30min R 200

An intensive treatment resulting in the reduction of fine lines and easing of deeper wrinkles leaving your eyes fresh and rejuvenated. Add to your facial or book as a separate treatment.

Appetizer Facial 30min R 220

Experience an express Vinetherapy facial boost, customized to your specific skin concerns in just thirty minutes.

Intensive Exfoliating Facial 60min R 450

Containing a 70 % Glycolic Acid, this facial is recommended for mature, sun damaged, wrinkled skins as well as deep acne or other facial scarring.

Purifying SebuVine Facial 60min R 480

This treatment incorporates multi-active ingredients which help clarify, purify and re-balance the skin by normalizing the production of sebum and preventing oily skin and blocked pores.

AcniVine Facial 60min R 480

A specially developed acne treatment which will help matify and stimulate cell renewal for the prevention of scars, excessive sebum productions and loss of hydration.

NutriVine Therapack Facial 1h15 R 450

An anti-oxidant, nutrient rich facial that nourishes and revitalizes dull, fatigued skin types which will leave the skin feeling smooth, soft and radiant.

HydraVine Facial 1h30 R 480

The perfect treatment for very dry, sensitive skin needing intense hydration and a vitamin boost which will moisturize and ‘lock in’ active ingredients for up to 3 weeks. (Facial includes steamer and extractions)

Deluxe Anti-Ageing Facial 1h30 R 480

An infinite replenishing treatment, assisting in reducing fine lines and wrinkles by implementing specialized boosters and serums to combat the signs of ageing. A true time interceptor! (Facial includes steamer and extractions)

AromaVine Anti-Wrinkle Facial 1h30 R 480

Enjoy a relaxing back, neck, shoulder and scalp massage before Muscle Relaxant ampoules are lavishly applied to your face reducing fine lines, wrinkles and expression lines leaving you feeling rejuvenated and restored.

GUINOT FACIALS

The epidermis is composed of approximately 30 superposed layers of cells. Every day, a new generation of cells is produced by the basal layer, which means that the epidermis is entirely renewed in approximately 30 days. Consequently, the Guinot Institute in Paris, developed facial treatments which are programmed for maximum duration of at least one month.



Beaute Neuve 45min R 550

A renewing double peeling treatment which removes dull skin cells, reveals healthy new cells and the “Clarimasque” with pure Vitamin C regenerates the elastic fibres and lightens pigmentation marks, leaving the skin looking radiant.

Liftosome 45min R 600

A firming radiance-boosting treatment with a rejuvenating effect. The warming mask containing Vitamin C concentrate, fills the skin with energy, restores its elasticity and regenerates new cells.

Aromatics 45min R 500

An aromatherapy treatment combining the benefits of essential oils with pressure point massage techniques. A perfect “pick-me-up” treatment that will totally relax mind and body.

Hydradermie 1h15 R 600

A star facial treatment exclusive to Guinot. Using ionization together with deep cleansing, deep moisturisation, deep penetration of gels as well as desensitizing, your skin will look and feel “brand new”!

Hydradermie For Men 1h15 R 550

The ultimate age defying facial treatment resulting in a renewed skin tone and a healthy complexion in the beard regions as well as the rebalancing and restoration of skin which is aggravated by shaving, pollution and overexposure to the environment.

Hydradermie Hydra Plus 1h30 R 900

A classic Hydradermie facial with added treatments consisting of the delicate eye and neck areas using separate gels, serums, creams and masks for each area. A deluxe treatment with visible and lasting results.

Hydradermie Lift Deluxe 1h45 R 950

A total lifting experience, with lymphatic drainage, muscle stimulations and luxurious massage using extra firming marine collagen-based creams and serums, followed by a customised mask to further enhance the machine’s ‘lifting’ effect. Perfect prior to a special occasion or even... ‘just because I can!’.

MASSAGE THERAPY

Feel free to state your pressure preference to your therapist.

MusculaVine Back Massage 30min R 250

Intensive massage and muscle reconditioning techniques are used to help relieve muscular tension.

AromaVine Scalp, Neck and Shoulder Massage 30min R 250

Relax whilst feeling the expert hands of your therapist easing stress-related knots and melting away tension and anxiety that have built up in this body zone.

Sinus Mint Facial Massage 30min R 170

Using an essential oil blend our specially developed massage will assist in draining the sinuses and relieving congestion and headaches.

Head Therapy 30 min R 200

Head therapy works on areas affected by mental and emotional stress. It also improves circulation on the head, enhances senses, improves memory and benefits, headaches, insomnia, vertigo and depression.

Foot Therapy 30 min R 220

The massage of the nerve endings situated at the bottom of the feet triggers off a response in the body. Thorough stimulation of all reflex areas of the feet reduces stress and tension and creates a space in the recipient’s body for healing to take place.

*We reserve the right to cancel your appointment and book waitlisted clients, should you be 15min+ late, without notifying the spa, for your confirmed booking.

*Products purchased from our spas will gladly be refunded within 24 hours, if returned in its original condition and packaging.

AromaVine Massage 60min R 370
(Relaxing, Uplifting, Moisturising, Detoxifying or Slimming)

Focusing on relieving stress and muscle tension, receive a customized massage using your choice of one of our anti-oxidant blends containing pure Grapeseed oil and natural botanicals. A truly unwinding, anti-stress experience...

Traditional Massage 60min R 350

The most commonly offered and best known type of massage which promotes relaxation, eases muscle tension and improves blood circulation throughout the body.

BODY EXFOLIATION

A body exfoliation treatment is a gentle way of sloughing off the dead skin and all those other nasties on the outside and letting your fresh, clear skin show through.

TheraVine Body Buff Cleanse 30min R 250

A gentle all over body exfoliation where your body is polished to a glowing perfection.

TheraVine Luxurious Pinotage & Lime Salt Glow 30min R 250

A luxurious body salt scrub containing grape extracts, honey infused with lemon, lime and sweet orange essences resulting in silky smooth skin.

BODY WRAPS

Body wraps have been used for centuries to stimulate circulation, soothe the skin and to draw impurities from the body through sweat.

Purifying Body Clay Wrap 1h30 R 450

A warm treatment using clay to help draw out impurities and to smooth and clarify the skin by restoring purity to the body.

Firming & Hydrating Body Gel Wrap 1h30 R 450

A wonderful nourishing and firming aloe based treatment, which allows you to drift away while being cocooned in a thermal blanket that will leave your skin feeling smooth and soothed.

Recharge Body Clay Wrap 1h30 R 450

For those in need of a ‘boost’, this treatment will cleanse, stimulate, hydrate and invigorate your body and mind.

*No treatments will be done without the client’s signature and completion of the indemnity and consultation forms.

*Children under the age of 12 must be accompanied by a parent/ guardian for the full duration while on the hotel premises.

*Gratuities are discretionary and are not included in the treatment price.

Deep Tissue Massage 60min R 450

A massage focusing on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness and sore shoulders.

Volcanic Stone Massage 60min R 450

Suited to those with chilly feet or muscle tension but who prefer a lighter massage. Using warm volcanic basalt rocks the heat relaxes the muscles and improves poor circulation.

Additional Massage Time 15min R 80

MusculaVine Friction Scrub 30min R 250

Using circulatory boosting essential oils, the warming sugar scrub is an antidote for a tired body and mind, easing muscular aches and pains.

Ecklon’s Marine Exfoliating Scrub 30min R 250

A body scrub made up of sea salt and crushed seaweed to thoroughly remove dead skin cells and feed the skin with the large quantity of minerals found in seaweed which is harvested off our very own coast.

Contouring Body Gel Wrap 1h30 R 450

A hands-on treatment for those in need of contouring. A session of lymphatic drainage and firming body gel, where-after you are wrapped in thermal blankets that will detoxify your body.

Ecklon’s Toning Body Gel Wrap 1h30 R 450

A highly active treatment that activates metabolism, stimulates detoxification, increases mobilization of fat and promotes weight loss. Useful in the treatment of cellulite and is an excellent anti-ageing treatment.

Relaxation Body Cream Wrap 1h45 R 450

Recommended for the totally stressed out, this treatment is aimed at total relaxation, an experience never to be forgotten.

*Regular clients may apply for our membership programme and enjoy exclusive privileges.

*Prices and any other details are subject to change without notice.

*Terms and conditions apply.

GIFT VOUCHERS
Gift vouchers are availale at all our spas, on our Mint Wellness website or via e-mail.

TREATMENT COURSES
*Repetition of specific treatments aid in optimum results. Consult your therapist for more information.

BOOKING TERMS & CONDITIONS
* Open 7 days a week from 08h00 - 20h00.
*Hours will gladly be extended by appointment.
*A 25 % surcharge will be levied on rates for appointments made outside of the normal working hours or for off-site treatments and groups.

*Walk-ins are welcome (subject to availability).
*Treatments by appointment - Booking in advance is recommended.
*We recommend that you arrive 15 minutes before your treatment time so as to allow for pre-treatment consultation and preparation.
*A robe, slippers and disposable underwear are available for your use.

*The order of the treatments specified may change at the discretion of the therapist and all times specified are guidelines only, which may include non-treatment activities.
*Late arrivals’ treatment time will be reduced accordingly but will still be charged at full price.

*We reserve the right to cancel your appointment and book waitlisted clients, should you be 15min+ late, without notifying the spa, for your confirmed booking.
*Products purchased from our spas will gladly be refunded within 24 hours, if returned in its original condition and packaging.

*No treatments will be done without the client’s signature and completion of the indemnity and consultation forms.
*Children under the age of 12 must be accompanied by a parent/ guardian for the full duration while on the hotel premises.
*Gratuities are discretionary and are not included in the treatment price.

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THALASSOTHERAPY/HYDROTHERAPY **

The therapeutic use of the ocean, its climate and marine products like algae, seaweed and alluvial mud, revitalizes, maintains and restores health.

Marine Algae Bath 30min R 200 ThalassoVine Detox Treatment 1h30 R 400

A relaxing and soothing bath soak that promotes weight loss, combats fluid retention and improves circulation. Also suitable for the treatment of muscular aches and pains, sports injuries and arthritis as well as being an anti-inflammatory for the skin.

ThalassoVine Wellbeing Spa Ritual 1h15 R 400

Discover the healing and energizing effects of soaking in a marine bath rich in active ingredients, followed by a pampering massage and refreshing circulation boosting gel.

HAND & FOOT TREATMENTS

Conditioning Hand Ritual 30min R 120

Beginning with an AromaVine infused hot compress and a honey and lime exfoliation, your hands will then be softened and moisturised with warm hydrating milk and a vitamin rich mask, followed by luxurious hand cream.

Revitalizing Foot Ritual 45min R 145

Let yourself go with a foot cleansing ritual, stimulating friction scrub, circulation booster massage oil, a refreshing gel wrap and luxurious foot lotion. Your sore and tired feet will float out feeling smooth and revitalised.

CirculaVine Leg Treatment 45min R 185

Combining manual lymphatic drainage with a circulation booster gel, your tired and heavy legs will walk out relaxed and relieved. Perfect for after a long flight.

NAIL ENHANCEMENTS

Soak Off, Buff & Polish 60min R 150
 Fills 60min R 210
 Overlays (Fingers & Toes) 1h30 R 300
 Full Set 2h00 R 370
 Fix 15min R 80

TINTING & SHAPING

Eyebrow Shaping 10min R 40
 Eyebrows 10min R 50
 Eyelashes 20min R 50
 Eyebrows & Eyelashes 30min R 80

Following a salt crystal buff, submerge yourself in an aromatic bath infused with a special blend which aids detoxification and induces perspiration. End the treatment with a lymphatic drainage massage leaving your body restored and completely energised.

Luxury Manicure 60min R 220

Indulge your hands to a spa therapy followed by a nail colour of your choice for rejuvenated younger-looking hands.

Luxury Pedicure 60min R 250

Pamper tired feet and legs with a soothing spa pedicure followed by a dazzling nail colour for gorgeous happy feet.

Mint Signature Manicure & Pedicure 2h30 R 450

Combining all the finest techniques, introduce dull hands and feet to a revitalised, unforgettable and sweet minty fresh feel.

File & Revarnish 30min R 100
 Add-On: Paraffin Wax for Hands and/or Feet R 50

WAXING

Lip, Chin or Brow (Each) 10min R 40
 Legs - Half 30min R 150
 Legs - Full 60min R 200
 Underarms 15min R 80
 Arms 20min R 100
 Bikini 30min R 100
 Brazilian 30min R 150
 Hollywood 40min R 200
 Chest & Back 50min R 240

SELF TAN APPLICATION

Self Tan With Exfoliation 50min R 450

SPECIALISED TREATMENTS

Botox, Fillers, Peels & Skin Rejuvenation On Request

PACKAGES

Pampered Princess (For Ages 6 - 12) 1h15 R 210

Fancy Fingers
 Twinkle Toes
 Milkshake or Sparkling Bubbles

TheraVine's Face & Body Glow Experience 2h00 R 600

Anti-Oxidant Vine Juice
 Foot Cleanse Ritual
 Facial Cleanse
 Facial Exfoliation
 Body Exfoliation
 Facial Massage
 Body Massage
 Hydrating Body Embalm
 Warm Botanical Compress

Love Actually 2h00 R 810 (Single) R 1,250 (Double)

AromaVine Massage
 HydraVine Rich Bath Milk Ritual / Sauna*
 Candles & Rose Petals
 Music

Sparkling Wine & Fruit Platter
 (Package can be done in-room with a bath - space permitting)
 *Sauna Only Available At Camps Bay Retreat

Jet Lag 2h15 R 1,000

MusculaVine Friction Scrub
 AromaVine Massage
 Aromatics Facial

Flu Buster 3h00 R 1,000

NutriVine Facial
 Sinus and Head Massage
 AromaVine Massage

CANCELLATION POLICY

**Bookings cancelled with less than 5 hours notice, will be charged at 50 % at the discretion of the Spa Manager.

*Full treatment charge will apply for non-arrivals.

FITNESS & TRAINING

Various Fitness & Training Sessions On Request

SHAHIEDA'S HAIR DESIGN*

Situated At The Bay Hotel, Shahieda Will See To All Your Hair Care Needs.

Dudes & Dudettes (For Ages 13 - 18) 3h15 R 980

Attention Seeker Full Body Massage
 TLC Facial or Back Facial
 Hot Hands For Her or Cool Hands For Him
 Milkshake, Sparkling Bubbles Or Mint Signature Drink

Ecklon's Thalassotherapy ** 3h30 R 1,000

Exfoliating Marine Scrub
 Marine Algae Bath
 Ecklon Body Wrap
 Anti-Cellulite Gel
 Advanced Body Lotion
 Moisturizing Mist

Mother-To-Be 3h45 R 1,200

Massage
 Liftosome Or Beaute Neuve Facial
 Manicure
 Pedicure

Indulge Yourself 6h15 R 1,900

TheraVine Luxurious Pinotage & Lime Salt Glow
 AromaVine Massage
 Hydradermie Lift Deluxe
 Mint Signature Manicure And Pedicure
 Lash & Brow Tint And Shaping

King/Queen For A Day 8h00 R 2,400

*Luxury Car Pick-Up
 Sparkling Wine On Arrival
 Revitalizing Foot Ritual
 TheraVine Body Buff Cleanse
 AromaVine Massage
 TheraVine Deluxe Anti-Ageing Facial
 Luxury Manicure

Luxury Pedicure
 Lunch
 Hair

*Luxury Car Drop-Off

*The Above Time And Price Does Not Include Luxury Car Transfers.



Spoil Yourself!



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** Thalassotherapy/Hydrotherapy available within the spas at The Bay Hotel and The Farmhouse Hotel. In-room treatments may be done at Camps Bay Retreat. ♦ Regretably not available at The Farmhouse Hotel spa. Terms and Conditions Apply.