

THE SPA

— at —
THE TWELVE APOSTLES



THE LEADING HOTELS
OF THE WORLD®

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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, personalised 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 views.
- **Perfect Finish Tourmaline Salon** – turn a manicure or pedicure into a special treat.
- **Tranquility Lounge** – to relax in between and after all spa treatments with herbal teas, lounge chairs, magazines, books or to meditate.
- **Health Bar** – with homemade healthy snacks, fresh fruit juices and still mineral water.
- **Spa Health Menu** – wholesome, delicious meals conducive to a healthy lifestyle.
- **Plunge Pools** – incorporating water jets at the optimal temperature for rebalancing your body's metabolism, use of the plunge pools are available for all spa guests inclusive of your treatment.
- **Salt Water Floatation Pool** – prepare for your treatment with a restful liquid, reduced gravity experience.

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 natures 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.

DECLEOR

Decleor *skin, body & mind*. Decleor is the antidote to urban life challenges. Thanks to its combined powers of aromatherapy and the skilful hands of the therapist, Decleor will transform your skin, body and mind. This holistic approach to beauty rejuvenates and restores balance and harmony. Each facial treatment includes an introductory back, neck and shoulder massage and completed with a signature facial treatment.

- The spa treatment menu is valid from 01 April 2018 - 31 March 2019
- Seasonal rates apply from 15 December 2018 - 31 January 2019 . All prices are quoted in South African Rand (ZAR)
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Signature Experiences

Each signature experience starts off with our welcome touch 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 Declor Awakening (90 min)

R 1 600 per person

The Declor “Awakening”: this treatment combines both face and body to reveal a “fresh” and relaxed mind, body and soul. Using the *new* Aurabsolu Hydrogel mask, your therapist will deliver a 30 minute facial awakening and revitalising your skin. Using the Declor Body Balm, you will also receive a 60 minute full Body Massage to fully complete this experience.

The Mountain Serenade (90 min)

R 1 600 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 Gazebos 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. This treatment is best enjoyed during a summer sunset – weather permitting.

The Escape by Elemis (90 min)

R 2 050 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 2 050 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 heated stones, 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 Salt Scrub using calico bags, with specifically formulated essential oil and fynbos while flowing massage techniques with heated shells and stones targeting specific problem areas 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 Ritual using heated stones ends The Apostles Touch Treatment.

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Specialized Touch Therapies

Hot Stone Massage (60 min / 90 min)

R 1 200 / R 1 450

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.

Aroma Thai Massage (60 min)

R 1 350

A warm, soothing whole body massage applying your choice of aromatic essential oils combining Eastern and Western techniques, Thai-style a deep massage with yoga stretching to help eliminate toxins and relieving stress, leaving you feeling fresh and clear-headed and wishing you could stay longer.

The Bellabaci Massage (60 min)

R 1 250

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.

Himalayan Salt Stone Massage (60 min)

R 1 250

Himalayan salt stones containing trace elements and essential minerals, are ideal substances to enhance health and optimise body functioning. The treatment includes a Back Massage and Foot Massage.

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Traditional Touch Therapies

Aromatherapy Massage (60 min / 90 min)

R 990 / R1 350

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.

Swedish Full Body Massage (60 min / 90 min)

R 990 / R1 350

World-famous Swedish Massage techniques combined with lomi-lomi, this is a medium pressure muscle relaxing massage.

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

R 600 / R 790

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.

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

R 1 200 / R 1 450

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.

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

R 770 / R 925

This massage is especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness and sore shoulders.

Pressure Point Foot Therapy (30 min/45 min)

R 540 / R 720

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.

Twelve Apostles Pregnancy Massage (60 min)

R 1 150

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.**

Get close to nature and book the Mountain Spa Gazebo with any of the Touch Therapies **excluding the pregnancy massage** at an additional surcharge of **R 200** per person.

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B|Africa will now be the signature product range in the ultra-luxurious Spas at The Twelve Apostles Hotel and Spa in Cape Town, The Oyster Box in Durban and Bushmans Kloof Wilderness Reserve & Wellness Retreat in the Cederberg Mountains. Journey to our properties to enjoy the particular and unique combinations of the natural and indigenous elements in each habitat, the inspiration for B | Africa

B|Africa Signature Treatments

B | Together (90 min)

R 1 800 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. B | Together will nourish your body, heart and soul. With the assistance of rose quartz crystals and B | Africa massage oil infused with rose quartz, our therapists perfectly craft a massage for you to B | Together with your mind and soul. This treatment can be enjoyed by yourself or with a loved one.

B | Harmonised (60 min)

R 1 150

From the heart of the ocean to the soul of the mountains, surrender yourself in a treatment designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony. This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress and works to release and relax not only the body but also the mind.

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Facials By Decleor

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Orexcellence (60 / 90 mins)

R 1 100/R 1 350

Treats "Global Anti-Ageing" The facial has a cream mask with deeper pressure points. It offers an amazing texture and professional playtime to create a new massage to boost mask efficacy and reshape the face. The skin looks plumper and firmer with a fresh and luminous glow. It has a dense texture that perfectly melt into the skin.

Lift Experience (60 / 90 mins)

R 1 100/R 1 350

Firming and Lifting. With this facial we use a Thermal Mask, the Lift Cream Patch effect combined with the Thermo Modelling Lift Powder offers double action. The Hot effect promotes the penetration of the Lift Cream and the Cold effect helps to reshape the facial contours. The skin is nourished and protected and the fine lines and wrinkles are reduced. The contours are visibly reshaped.

Hydrafloral (60 / 90 mins)

R 1 100/R 1 350

Quenches the most dehydrated skins. A very fresh and sweet apple mash for a deep hydration. Intensely moisturizes, illuminates and softens the skin and helps to maintain the perfect moisture balance.

Harmonie Calm Intense (60 / 90 mins)

R 1 100/R 1 350

This facial will soothe aggressive, reactive and sensitised skins while decongesting and softening the sensitive epidermis.

Vitamin Glow (60 / 90 mins)

R 1 100/R 1 350

Aromaplasty - Breakfast cereal for your skin. Nourishes the epidermis due to all the vitamins, it provides a sensation of relaxation and gives radiance and comfort to the skin.

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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 1 450

Target wrinkles and energise 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)

R 1 450

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)

R 1 450

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration 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)

R 1 450

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)

R 1 450

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 1 450

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 1 450

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.

ELEMIS BIOTEC Add On Treatments

ELEMIS BIOTEC Eye Treatment

R 200

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

ELEMIS BIOTEC Neck Treatment

R 350

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

Book a course of 3 Biotec facials **R 3 300 (R 1 100 per facial)**

Book a course of 6 Biotec facials **R 5 940 (R 990 per facial)**

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

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Facials by ELEMIS

Our skin care therapists are highly qualified and trained to provide the utmost in professionalism – with treatments focused on achieving optimum skin health.

ELEMIS Advanced Anti-Ageing Facials (60 min) **R 1 300**
Tackle fine lines and wrinkles with the clinically proven* age-defying benefits. Targeted massage encourages optimum cellular function for nourished, younger looking skin. All our hands on facial treatments begin with a thorough consultation to assess your individual concerns and tailor make the most appropriate treatment for your skin type, ensuring that your experience is all you would expect it to be, and more.

ELEMIS Touch Skin Solutions (60 min) **R 1 300**
These hands on facial treatments are focused on targeted treatments that will gently but firmly take on the challenges of **sensitivity, oiliness and dullness** for healthier complexions. After a thorough consultation, a personalized treatment will be created for you depending on your main concern. Our skin care therapists are highly qualified and trained to provide the utmost in professionalism.

ELEMIS High Performance Skin Energiser for Men (60 min) **R 1 300**
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.

Spa Body By ELEMIS

ELEMIS Deeper Than Deep Hot Stone Massage (75 min) **R 1 650**
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.

ELEMIS Hot Mineral Body Boost (75 min) **R 1 650**
This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS Targeted Toning Tightener (75 min) **R 1 650**
A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven* to reduce the appearance of cellulite after just one treatment. *Independent Clinical Trials.

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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 2 850

Begin your journey with a full body waterless exfoliation, the use of the natural cactus bristles will remove dead skin cells and leave your skin soft and silky smooth. 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 2 200

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.

The Ultimate Escape (4 hrs)

R 3 500

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

Detox Deluxe (2 hrs 15 min)

R 2600

Kick start your detox at The Spa at The Twelve Apostles Hotel with this Detoxifying, Cleansing and Slimming package. Your journey will begin with a 60 min Bellabacci Massage focusing on lymphatic drainage, increasing blood circulation and eliminates stagnation followed by a 75 min Elemis Targeted Toning Tightener. This package includes a healthy Spa Lunch and a Detox Smoothie.

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Couple's Spa Packages

The Celebration (1 hr 30 min)

R 3 200 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 complimentary glass of Sparkling Wine.

Outdoor Bliss (2 hrs)

R 3 400 per couple

Spoil yourself and that special person with this unique experience. Lose yourself in the breathtaking views of the Twelve Apostles Mountain Range and the Atlantic Ocean in the outdoor enclosed Spa Mountain Gazebos, continuing with a dual Deep Tissue Massage (90 min). Finish with a bottle of sparkling wine and lunch in The Spa. Weather permitting.

Dinner for Two (1 hrs 30 min)

R 4 000 per couple

Treat yourself and that someone special to a day of luxury and pampering in one of our exquisite couple's treatment rooms covered in roses, with candle light 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 (4 hrs)

R 8 000 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 Skin Specific Facial, a 90 min Relaxing Aroma Stone Massage and end your day with a 60 min Manicure and a 60 min Pedicure. This package includes a bottle of Sparkling Wine, Spa Lunch and Chocolate Covered Strawberries.

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Hand and Nail Treatments

Spa Manicure (60 min)	R 450
Spa Pedicure (60 min)	R 560
Deluxe Spa Manicure including a paraffin wax or French paint (75 min)	R 560
Deluxe Spa Pedicure including a paraffin wax or French paint (75 min)	R 650
Cuticles, File and Paint (30 min)	R 360
Soak Off (30 min)	R 200

* Soak off needs to be booked prior to a manicure or pedicure should you have gel on your hands or feet

Perfect Finish

Face and Eyes

Brow Shaping	R 165
Eyelash Tint	R 165
Eyebrow Tint	R 165
Eyelash and Eyebrow Tint	R 280

Waxing

Half Leg Wax	R 365
Full Arm Wax	R 250
Full Leg Wax	R 440
Full Back Wax	R 540
Bikini Wax	R 280
Facial Wax (Lip or Chin)	R 135
Brazilian Wax	R 405
Under Arm Wax	R 200
Hollywood Wax	R 495

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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

Your spa environment is one of tranquility 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 pools and open facilities. Please turn off cellular phones on arrival at the spa. Please note: Spa facilities do not include the outside pool or outside loungers.

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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Use of facilities only

R 350 per person

Use of facilities are complimentary with treatments to the value of R450 only. Please note Spa facilities do not include the use of the outside pool or outside lounges.

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 12 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.

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

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.

Spa Reservations (E) thespa@12apostles.co.za

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