

ABALONE

Wellness Suite

For hotel guest bookings please dial 9
Alternatively please contact us at (022) 752 2044

Abalone Wellness Suite

Experience the sheer bliss of total tranquillity by spoiling yourself and your partner with a selection of body and skin treatments in the peaceful space of our Spa Room. Leave stress, tension and troubles behind as our experienced therapists help your mind relax and regain its balance. You can choose from a variety of spa treatments and enjoy the benefits of our heated pools and sauna.



For hotel guest bookings please dial 9
Alternatively please contact us at (022) 752 2044



Hydro Massage Body Treatments

Our innovative water massage technology lends an industry-leading, wellness-focused approach to Relax, Recover and Rejuvenate.

Massages

All treatments are performed on a dry hydro massage bed

Soothe tired muscles with a massage inspired by authentic African techniques coupled with the combination of dry hydro massage benefits. Let our trained therapists massage specific pressure points to release toxins from your body and bring you into harmonious alignment physically, emotionally and spiritually.

MESSAGE DEL MAR *Full Body*

- 60min-R900 . 90min-R1100

HOT STONE MASSAGE *Full Body*

- 60min-R1000 . 90min-R1200

SIGNATURE DEEP TISSUE *Full Body*

- 60min-R1000 . 90min-R1200

BOTANICAL INFUSED AROMATHERAPY *Full Body*

- 60min-R900 . 90min-R1100

For hotel guest bookings please dial 9
Alternatively please contact us at (022) 752 2044

ABALONE COUPLES SPA PACKAGE 90min-R2200

A glorious experience created by bringing together hot and cold therapy, for deep relaxation. Picture landscapes of immaculate white ice, sensorial hot springs, and incredible sea life, for an extraordinary spa experience. Enjoy the benefits of Hydrotherapy where relaxing heat and invigorating cold take turns, calming the body and releasing tension. Includes a full body salt flake scrub and 60min hot stone massage.

ABALONE WELLNESS DELIGHT 120min-R1500

The perfect package to disconnect from the stresses of life. Includes a relaxing Swedish body massage and hydrating facial treatment.

HYDRO MASSAGE RITUALS 90min-R1300

Pacifique Ritual- Regenerating/hydrating

A relaxing Ritual inspired by the rocking of waves which includes 2 massage techniques. Escape to the azure waters of Bora Bora to prepare your body for deep relaxation with optimised hydration and remineralisation leaving your body and mind completely regenerated. Includes an island body scrub and thai poultice full body massage.

INDOCEANE RITUAL 120min-R1700 *Deep relaxation*

Close your eyes and be swept away in a dream of serenity on a journey to the Far East: with each stop over, rich fragrances and gorgeous colours intertwine with the wealth of the sea, so that the body can let go in total harmony. Includes a full body sweet and fragrant scrub, silky smooth body wrap and luxurious full body massage.

ADD ON TREATMENTS 30min-R490 *each*

- Deep Cleanse Facial
- Full Body Exfoliation
- Back, neck & shoulder massage
- Hotstone back, neck and shoulder massage
- Revitalising Foot & Ankle Massage
- Relaxing Indian Head Massage
- Marine Algae Body Wrap

Facials

incl face scan & professional skin analysis

Award winning skincare quality you deserve! Dr Grandel provides a true process of revitalization, through holistic practices and modern innovative technology. Our facials will deliver results and we aim to give you the ultimate glow and unforgettable experience.

HYDRATION FACIAL *Ideal for men*

- 45min-R700

ANTI-AGING FACIAL

- 60min-R900

Waxing & Tinting *Mondays-Fridays*

- R110 Chin/ Brows/ Upper Lip/ Cheeks
- R210 Bikini
- R250 Brazilian
- R395 Hollywood
- R265 Half Legs (incl knee)
- R390 Full Legs
- 15min-R110 Brows (tint)
- 15min-R110 Eyelash (tint)
- 30min-R220 Brows (tint & shaping)



For hotel guest bookings please dial 9
Alternatively please contact us at (022) 752 2044



Manicure & Pedicures *Mondays-Fridays*

CLASSIC LUXURY MANICURE 60min-R440

incl gel application

Treat your hands to the ultimate luxury with this signature manicure treatment that is perfect for dehydrated hands. Indulge your hands in the full range of Greenland products including a gel overlay. The manicure is finished off with a deeply relaxing hand and lower arm massage.

CLASSIC LUXURY PEDICURE 75min-R490

incl gel application

Feeling stressed-out and tense? This calming pedicure treatment will relieve stress and tension in your feet, while the massage of key pressure points will have a calming and healing effect on the rest of your body. Indulge your feet in the full range of Greenland products including a gel overlay You will leave with a spring in your step.

For hotel guest bookings please dial 9
Alternatively please contact us at (022) 752 2044

Post Treatment Relaxation

After your treatment indulge in a selection of the Cape's finest wines, which we have sourced from emerging and established estates with a view to complementing our food and ambience.

Alternatively we have on offer a selection of cocktails, spirits, ciders, beers and coolers.

Following your spa appointment, release muscle tension in our sauna or plunge into one of the heated pools to further boost your circulation. Replenish your energy with sushi and drinks from our exclusive Blues Restaurant.



For hotel guest bookings please dial 9
Alternatively please contact us at (022) 752 2044



DR. GRANDEL
KOSMETIK

THALGO
LA BEAUTÉ MARINE