

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 Welnamis 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.

WELNAMIS MASSAGE *Full Body*

- Individual - **60min** - R1100 / **90min** - R1400
- Couples - **60min** - R2150 / **90min** - R2600

HOT STONE MASSAGE *Full Body*

- Individual - **60min** - R1200 / **90min** - R1700
- Couples - **60min** - R2400 / **90min** - R3000

SIGNATURE DEEP TISSUE *Full Body*

- Individual - **60min** - R1200 / **90min** - R1700
- Couples - **60min** - R2400 / **90min** - R3000

ABALONE SPA PACKAGE

Individual - R1600 / **Couples** - R2600

60min Massage & 30min Body Scrub (90min)

A glorious experience created by bringing together hot and cold therapy, for deep relaxation. A gorgeous experience created by bringing together hot and cold therapy, for deep relaxation

ABALONE DELIGHT SPA PACKAGE

Individual - R1800 / **Couples** - R3500

60min Massage & 60min Facial (120min)

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

INDOCEANE RITUAL SPA PACKAGE

Individual - R2100 / **Couples** - R3800

60min Massage, 30min Body Scrub & 30min Wrap (120min)

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.

Facials

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.

HYDRO ANTI-AEGING FACIAL

- Individual - 60min - R1100
- Couples - 60min - R2200

Manicure & Pedicures *Mondays-Fridays*

EXPRESS MANICURE 30min-R400

Treat your hands to the ultimate luxury with this signature manicure treatment that is perfect for dehydrated hands. The manicure is finished off with a deeply relaxing hand and lower arm massage.

EXPRESS PEDICURE 30min-R380

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.

Post Treatment Relaxation

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

Following your spa appointment, further release muscle tension in our sauna or plunge into one of the heated pools or jacuzzi to further boost your circulation. Replenish your energy with some food from our restaurant.



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