

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 tranquillity 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 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 Superbly equipped Treatment Rooms** - for dual and single treatments with hydrotherapy bath and rain showers.
- **Rasul Chamber** - offering a traditional Arabic cleansing ritual through the use of steam and mud.
- **Perfect Finish Salon** - turn a manicure or pedicure into a special treat.
- **Wild Lanyana Aromatherm Room** - enjoy a Hydrotherapy Tub or a Vichy Shower experience.
- **Tranquillity Lounge** - to relax in between and after all spa treatments with lounge chairs, music, books or to meditate.
- **Health Bar** - with homemade healthy snacks and fresh fruit juices and herbal teas.
- **Spa 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.
- **Floatation Pool** - prepare for your treatment with a restful liquid, reduced gravity, experience in our salt floatation pool.
- **Separate male and female changing areas** - rain showers, private changing areas, secure lockers, fresh towels, slippers, a choice of gowns or sarongs.

The Escape by Elemis (90 min)

The Sanctuary Signature Escape developed by Elemis exclusively for The Spa at The Twelve Apostles was designed to achieve deep relaxation, harnessing the power of facial and body massage by employing stones along with 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)

Only here at The Twelve Apostles Hotel and Spa will you experience the true feeling of nature's Sound and Touch, using stones of Table Mountain, handpicked fynbos and ocean shells, we take you on a journey of profound relaxation.

The treatment includes a Hot Stone Foot Massage, back of the body Fynbos Exfoliation and a 60 minute Lava Shell Massage.

The Sunset Mountain Serenade (180 min)

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. The treatment includes a Champagne Picnic, Touch Point Foot Ritual and your choice of 90 minute Massage and is best enjoyed during a summer sunset. *Weather permitting

Optional Extras:

One or two nights stay in a Classic Room or Luxurious One Bedroom Sea Facing Suite at The Twelve Apostles Hotel and Spa.

RASUL CHAMBER CEREMONIES

Traditional Arabic Rasul - Private or with a partner (60 min)

The traditional Rasul treatment has been updated to create a luxurious skin smoothing self treatment which blends mineral rich mud, steam and heat to provide an experience that cleanses, releases toxins and rejuvenates. The mineral rich mud is self applied to the body, hair and face. Dry heat dries the mud and allows the skin to draw out impurities from the body. As the mud softens, its beneficial ingredients and natural minerals are absorbed by the body. A gentle rain shower signals the end of the program.

Cape Escape (90 min)

Combining the exfoliating properties of Atlantic Ocean Salt with the restorative elements of the Table Mountain Floral Kingdom this treatment incorporates Relaxing Steam, Full Body Exfoliation, restorative Mud and Steam Application and ends with a 30 minute Back, Neck and Shoulder Massage.

Rasul Heat Journey - Session in the Rasul with thermal journey (30 min)

A thermal journey has been designed to take your body on a wet and dry, warm and cold temperature journey. Start with the heat of the Rasul Steam, followed by a cool rain shower. Warm and cold plunge pools add to the journey. End your travels with refreshments and relaxation.

Several hot/cold experiences soothe, relax and detoxify your body, and are ideal pre-massage treatments or as restorative therapy on its own to chill you (literally) out or re-energise you.



The Twelve Apostles Time Experience (60 min)

Create your own Twelve Apostles Spa Experience based on an hourly rate.

Absolute Beachfront Hot Lava Shell Massage (60 min)

A complete massage journey, using hands, arms and elbows, 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 off calcium ions when activated by natural ingredients. This renews and firms the skin, giving it a healthy glow.

Scalp, Neck and Shoulder Massage or Back / Swedish Massage / Aromatherapy / Jet-Lag or Deep Tissue Massage

(60 or 90 min)

Neck and Shoulder Massage or Reflexology (45 or 60 min)

Your choice of one of the classics: Stimulating massages that relieve emotional and physical tension.

Chakra Balancing Candle Massage (60 min)

An aromatic Full Body Massage incorporating colour therapy. Soy based candles release aromatherapy scents, followed by a soothing massage with the oil from your chosen candle.

Elemis Aroma LaStone Massage (60 or 90 min)

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

The Bellabaci Massage (60 min)

A modified and simplified version of the wonderful ancient cupping therapy. The cups help the body to detoxify itself, eliminate external pathogens and improve circulation. The Massage sequence will energise the body, while promoting a state of deep pleasure and profound relaxation.

Lymph Drainage Massage (60 min)

A gentle, rhythmic, pumping and stretching massage in which the therapist controls the flow of lymph within the body. The movements direct the lymph fluid to the lymph nodes where it is filtered and waste is removed. This boosts the immune system, cleans the tissues, clears blockages, removes toxins, transports nutrients and increases blood flow and metabolism. Lymph draining can improve one's health and promote general well-being.

Spa Taster (60 min)

Start this mini treat with a 30 minute Back, Neck and Shoulder Massage followed by an instant pick-me-up Taster Facial for dull, lifeless skin.

Optional Extras:

All Touch Therapies can be performed in the Spa Mountain Gazebos at an additional surcharge.



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

The Classic Essential Facial (60 min)

This revitalising treatment begins with deep cleansing, followed by a gentle exfoliation. A Face, Neck and Shoulder Massage releases and eases tension whilst a revitalising mask and nutritional booster hydrates and restores the skin.

Radiance Booster Facial (75 min)

A skin care treatment tailored to treat individual concerns such as congestion, lack of radiance, sensitivity, premature ageing and loss of elasticity, by balancing the skin with the use of skin boosters, serums and ampoules. Soothing eye masks are placed over the delicate eye area to reduce the appearance of puffiness, wrinkles and dark circles.

Total Youth / Regenerating Facial (90 min)

This deep penetrating treatment feeds the deeper layers of the skin with active ingredients to release deep facial tension while naturally lifting and firming matured or stressed skin. Our Eye Focus Treatment is incorporated to minimise the appearance of fine lines and puffiness.

SPA BODY

Our Hydrotherapy Baths, Wraps and Exfoliations stimulate and purify – drawing out toxins and excess fluids, or adding a moisturising feed to the skin.

Ionithermie Super Detox Slimming (60 min)

Europe's leading 5 in 1 body and figure corrective treatment for men and women. The benefits of the treatment are a visible reduction in cellulite, firming, toning, a kick start to a super detox and you lose 2 to 16cm in just one treatment.

Aroma Spa Ocean Wrap – Muscle Ease or Cellulite Detox Wrap (75 min)

A combination of seaweed and essential oils and a choice of a Detoxifying Wrap eliminating toxins and reducing fluid retention or a complete muscle ease seaweed based Wrap. Both re-mineralise the skin and improve blood circulation.

Hydrating Milk Bath Wrap (60 min)

Herbal Exfoliation is followed by a penetrating Wrap featuring a blend of essential oils and moisture retaining ingredients, providing total hydration and nutrients to re-mineralise your skin.

Included in all of the treatments above you will also receive a relaxing Scalp Massage and Foot and Ankle Massage.

Herbal Salt or Sugar Body Exfoliation (30 min)

Invigorate your skin with Full Body Exfoliation, eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb nutrients.

Exotic Lime and Ginger Salt Glow (30 min)

A deep cleansing treatment to polish and soften the skin to perfection. Exotic Island Flower Body Lotion leaves the skin glowing, vibrant, replenished and flawless.

Slimming Detox Bath (30 min)

This intense detoxifying bath breaks down cellulite, stimulates circulation, reduces water retention and improves the elimination of toxins.

Muscle Easing Bath (30 min)

For aching, tired and sore muscles let our infusion of seaweed and herbs release the build up of urea and lactic acids, making you feel energised.

Cleopatra's Milk Bathing Ceremony (30 min)

A treatment created by Cleopatra herself. This luxurious nourishing milk bath, combined with essential oils, helps to soften and hydrate the skin, leaving it radiant.

Treatments and products to leave you with positive results and lasting benefits.**Gentlemen's Exclusive Facial (60 min)**

Indulge in a Scalp, Neck and Shoulder Massage after cleansing, exfoliation, toning and an anti-ageing mask application. Seal with the application of a moisturiser designed to soothe and heal, restore hydration, boost radiance and reduce wrinkles.

Manli Cure (60 min)

Dead skin cells are sloughed off. Hands and arms relaxed with a Massage, and skin conditioned with a Mask. Cuticles are treated and neatened, with nails filed and groomed to perfection.

Sole Therapy (60 min)

A treatment to remove hard skin from the soles and heels, leaving feet soft and supple. Nails and cuticles are neatened and buffed to a refined healthy shine.

Men's Waxing - hot or strip waxing on any areas of concern.

Please note: Gentlemen who are having a facial are advised to shave at least 3 hours before their treatment.

PERFECT FINISH

Spa Manicure or Pedicure (60 min)

Deluxe Manicure or Pedicure (75 min) – Including a paraffin wax or French paint

Blissful Basics

These basic beauty treatments can be booked with any other spa treatment:

- Tinting • Brow shaping • Upper lip
- Waxing – all essential waxing services are available for face and body with a choice of warm or cold wax.

Professional Make-up

MORE AT THE TWELVE APOSTLES HOTEL AND SPA

THE JOY OF GIVING (AND RECEIVING)

Our Gift Vouchers come beautifully packaged and are available at short notice. The perfect gift for a loved one or colleague. 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 on the Hotel Website www.12apostleshotel.com

OPTIONAL EXTRA

One or two nights stay in a Classic Room or One-Bedroom Sea Facing Suite at The Twelve Apostles Hotel and Spa. Should you wish to extend your indulgent relaxation, our reservations team will be able to assist.

Hotel reservations: Tel +27 (0) 21 437 9255 or email bookta@12apostles.co.za

SETTING THE STAGE FOR 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. Choose it for any event that you are unlikely to repeat.

If ever a location and its 5-star cuisine were in harmony, it's here at The Twelve Apostles. With stunning national park scenery and inventive Cape fusion cuisine, The Twelve Apostles Hotel and Spa invites diners to immerse themselves in the Cape experience.

You can choose to dine in the Azure restaurant, for lighter fare try The Café Grill which has a choice of delicious fresh salads, light snacks, grilled meat and fish. For breathtaking sundowners head to the Leopard Bar. Afternoon tea is also a pleasant way to end a spa day, meet friends or family, and comes with a variety of fragrant teas, pastries and cakes.

What better way to celebrate an anniversary, birthday or other landmark occasions than with a private function at The Twelve Apostles. Whether you are looking for an intimate gathering or a banquet for up to 80 people, we can meet your requirements with ease.

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 fifteen 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 forty five minutes prior to your appointment time.

SPA ENVIRONMENT

Your spa environment is one of tranquillity 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.

HEALTH MATTERS

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you may 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 or exercise equipment if under medical supervision or if you are taking medication.

For Mom's 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 special time.

We recommend that you drink lots of water after your spa treatment to help accelerate the elimination of toxins.

SPA ATTIRE

We will provide you with spa attire including a choice of spa underwear or you may choose to wear your own. Choose what is most comfortable for you. 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, we do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

CANCELLATION POLICY

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 24 hours from the scheduled appointment time.

REFUNDS AND RETURNS

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments.

For hygiene reasons products purchased may not be returned or exchanged.

HOURS OF SERVICE

Spa: 09h00 to 19h00 winter hours and 08h00 to 20h00 summer hours • Fitness: 24 hour access to hotel residents only • Outdoor Pools and Beach: Sunrise to Sunset for hotel residents • Dial Extension Number 9060 for reservations and enquiries



Over and above our standard treatments we specialise in designing personalised packages to rejuvenate the body. 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 to your requirements.

Dinner for Two (120 min treatments)

R 3000 per couple

- Rasul Heat Journey
- B| Together Rose Quartz Massage
- Dinner in the Azure with a choice 3 course set menu

Celebration of Life (95 min)

R 1900 per couple

- 30 min Back Massage
- Foot massage concentrating on pressure points
- A pampering hand massage
- Revitalizing facial and scalp massage.
- Bottle of sparkling wine to enjoy post relaxation.

Babymooner (180 min)

R 1780

A honeymoon of relaxation to spoil expectant mothers.

- Mother-to-be Massage
- Spa Manicure / Spa Pedicure
- Classic Essential Facial

Bridal Beauty Essentials (270 min)

R 2000

All of the relaxation and finishing touches required before the big day.

- 60 Minute Massage
- Classic Essential Facial
- Deluxe Manicure
- Deluxe Pedicure

Boys Basics (150 min)

R 1720

- 60 Minute Swedish Massage
- Mini Mani and Pedi
- Express Facial

SPA rties – have a Spa Party

R 895

Choose any two treatments from the list below, include a Rasul steam session and use of the Plunge Pool.

- 45 minute Hot Stone Massage
- 45 minute Chakra Balancing Candle Massage
- 45 minute Scalp, Neck and Shoulder
- 45 minute Hydrating Facial
- 45 minute Hydrating Body Wrap
- 45 minute Herbal Body Exfoliation

Party packages are available for groups of 4 – 8. Treatment plans will be tailor made to your group and can include nourishing catering, cocktails or any of the dining options offered at The Twelve Apostles.

Making a baby is a stressful business, both physically and mentally. It is the perfect time for a girl to check out of reality and into a spa. Mama's Touch™ is our special program of skin salvation; indulgent spa treatments designed to take you right through every stage of your nine month stretch.

MAMA'S TOUCH BODY TREATMENTS

Yummy Tummy™ (75 min)

R 570

This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. This treat is combined with the luxury of an upper back, neck and head massage.

Lighten Up™ (35 min)

R 275

A mineral-rich foot soak exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load. They don't call it a maternity marathon for nothing.

Mellow Mama™ (75 min)

R 550

A completely relaxing full body massage using our safe but effective pre-natal techniques and our award winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

The Smoothie™ (75 min)

R 570

Rejuvenate your skin and clear your mind in preparation for your pending arrival. Mama Mio Smoothie will exfoliate your skin oh-so gently (but effectively) followed by the most moisturising massage to hydrate and elasticise your skin. A luxurious scalp massage will sweep away your stress, leaving you with skin to rival your baby's bottom.

4th Trimester Healing Hour (60 min)

R 525

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

BODY BOOTCAMP SPA TREATMENTS™

There come a time in every woman's life when she looks in the mirror and thinks "Yikes! The time has come to get my body back!". Welcome to Mama Mio Bootcamp™, our capsule collection of hardhitting treatments that make a real visible and lasting difference to that bit of your bod that bugs you. Gentle whale sounds and tinkling water fountains, this is NOT! So, whether it's your boobs sliding south, your butt spreading east & west or your tummy looking less toned than you like to remember is, commit, take action and sign up to a course of Bootcamp Treatments.

Bootcamp for Butts™ - Lift your butt in 1 hour

R750 per treatment, package of six R695 per treatment

So you wanted a peach and somehow ended up with an orange? Reduce cellulite and water retention, improve skin tonicity and reduce wobble with this radical circulation boosting, double exfoliation, algae mask treatment specifically created to get your butt back to its former glory. Honey I shrank my hips!

Bootcamp for Tummies™ - A tummy tuck in 1 hour

R750 per treatment, package of six R695 per treatment

If your tummy is your trouble spot, this is the treatment for you. It combines the benefits of a retexturising fruit-acid peel for deep double exfoliation with toning and tightening actives and an algae-rich mask. Specific massage techniques wake up lazy abs and radically increase circulation. Gym for slack skin!

Bootcamp for Boobs™ - A boob job in 1 hour with batwing blaster

R750 per treatment, package of six R695 per treatment

Protect your assets with this amazing bust & upper body treatment that will boost your pecs and triceps, dramatically increasing circulation to the whole bust area and releasing pressure points that affect posture. Gentle exfoliation combined with Omega-rich mask will pump up tired skin boosting collagen whilst elasticising and smoothing for a visibly proud upstanding bust and toned arms.

Melllow Mama Spa Package (180 min)

R 1600

Nobody deserves spa treatments more than a supermama under construction. This package offers you the benefits of a gentle exfoliation hidden in the relaxation of a stress relieving massage, your cuticles are treated to a wonderful omega rich balm and your feet to a mineral rich foot treatment. Because it's your tummy that needs the attention to maximize skin strength, health and elasticity, we treat your gorgeous preggy bump to a glorious facial. Combined with a head massage this package is a full on stress banishing treat.

mama mio
skincare

SIGNATURE EXPERIENCES

The Escape by Elemis (90 min)	R 1250
The Apostles Touch (105 min)	R 1250
The Sunset Mountain Serenade (180 min)	R 2250

RASUL CEREMONIES

Traditional Arabic Rasul - Private or Couple (60 min)	R 500
Cape Escape (90 min)	R 1050
Rasul Heat Journey - Session in the Rasul with thermal journey (30 min)	R 180

TOUCH THERAPIES

The Twelve Apostles Time Experience (60 min)	R 800
Absolute Beachfront Hot Lava Shell Massage (60 min)	R 850
Scalp, Neck and Shoulder Massage/Swedish Massage / Aromatherapy / Jet-Lag or Deep Tissue (60/ 90 min)	R 760/R 940
Neck and Shoulder Massage or Reflexology (45/60 min)	R 560/R 760
Chakra Balancing Candle Massage (60 min)	R 760
Elemis Aroma LaStone Massage (60 or 90 min)	R 830/R 940
The Bellabaci Massage (60 min)	R 760
Lymph Drainage Massage (60 min)	R 760
Spa Taster (60 min)	R 780
Spa Mountain Gazebo Surcharge	R 180

SKIN CARE

The Classic Essential Facial (60 min)	R 725
Radiance Booster Facial (75 min)	R 790
Total Youth / Regenerating Facial (90 min)	R 850

SPA BODY

Aroma Spa Ocean Wrap – Muscle Ease or Cellulite Detox Wrap (75 min)	R 760
Hydrating Milk Bath Wrap (60 min)	R 670
Herbal Salt or Sugar Body Exfoliation (30 min)	R 365
Exotic Lime and Ginger Salt Glow (30 min)	R 450
Slimming Detox Bath (30 min)	R 390
Muscle Easing Bath (30 min)	R 390
Cleopatra's Milk Bathing Ceremony (30 min)	R 390

SLIMMING

Ionithermie (60 min)	R 900
Package of 3 treatments	R 2550 (R850 each)
Package of 7 treatments	R 5810 (R830 each)
Package of 10 treatments	R 8100 (R810 each)

FOR GENTLEMEN ONLY

Gentlemen's Exclusive Facial (60 min)	R 725
Manli Cure (60 min)	R 340
Sole Therapy (60 min)	R 400

PERFECT FINISH

Spa Manicure (60 min)	R 340
Spa Pedicure (60 min)	R 400
Deluxe Spa Manicure – including a Paraffin Wax or French Paint (75 min)	R 400
Deluxe Spa Pedicure – including a Paraffin Wax or French Paint (75 min)	R 470
Mini Manicure / Pedicure (30 min)	R 300

Brow Shaping	R 90	Eyelash Tint	R 90
Eyebrow Tint	R 90	Eyelash and Eyebrow Tint	R 120
Half Leg Wax	R 275	Full Arm Wax	R 195
Full Leg Wax	R 340	Full Back Wax	R 430
Bikini Wax	R 175	Facial Wax (Lip and Chin)	R 90
Brazilian Wax	R 200	Under Arm Wax	R 110
Hollywood Wax	R 200		

Valid from 01 August 2011 – 30 September 2012 • All prices quoted are in South African Rand (ZAR) • All rates are quoted per person per treatment