

*Free  
Ladies  
X*

*One&Only*

CAPE TOWN  
*South Africa*



## IMMERSE

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discover inner joy  
where you can truly relax,  
unplug and recharge...  
enter our spa and truly  
immerse and spoil your soul

*One&Only*

CAPE TOWN  
*South Africa*



## TREATMENTS

*An oasis of serenity nestled on a private island at the heart of One&Only Cape Town. Surrounded by water and lush vegetation, One&Only Spa offers tailored holistic experiences, ranging from pure relaxation to unique wellness journeys designed by world-renowned spa expert ESPA.*

### ONLY HERE

*One&Only Cape Town signature treatments.*

### ONLY FACE

*Facial treatments that deliver visible results.*

### ONLY BODY

*Massage treatments for total-body relaxation.*

### ONLY VITALITY

*Treatments to boost your energy.*

### ONLY SECLUSION

*Intimate couples experiences for you and your loved one.*

### ONLY NURTURE

*For new and expectant mothers.*

### STUDIO BASTIEN GONZALEZ & ONLY BEAUTY

*Holistic, realistic and naturalistic approach to beauty and grooming.*

### OUR SPA

*Enhancing your One&Only Spa journey are the his and hers Vitality Pools with stimulating bubble jets, steam rooms, saunas and ice fountains to promote lymphatic circulation. There are also indoor and outdoor relaxation areas available. Experience our exotic getaway to enjoy complete seclusion and tranquillity.*







## ONLY HERE

*Designed with our One&Only guests at the heart, these treatments are unique to our beautiful surroundings and our experienced therapists. Utilizing indigenous and authentic techniques, these treatments encourage you to immerse yourself in the One&Only experience and truly understand and embrace the exquisite environment.*

### NATURE'S RESONANCE BY ESPA

Experience the beauty of sound, vibration and nature.

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SOUND EXPERIENCE  
30 MINUTES



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SOUND & BODY EXPERIENCE  
60 MINUTES



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SOUND, FACE & BODY EXPERIENCE  
90 MINUTES



### ESSENCE OF ONE&ONLY CAPE TOWN (120 MINS)

Introducing you to a full-body experience, the Essence of Cape Town. This deluxe Signature Treatment uses a number of therapeutic plants from both the Earth and Ocean to soothe, hydrate and recharge the skin all whilst deeply relaxing the body. Beginning with a sea-salt and oil exfoliation to prepare your body for a heated cocooning kelp wrap coupled with a balancing scalp and face massage, followed by a bespoke full body massage. A wave of relaxation to melt away tension and stress that ends with a detoxing Green tea will be served in the comfort of the relaxation room to complete your journey.

### ONE&ONLY - TABLE MOUNTAIN TONIC (120 MINS)

Where Table Mountain and the power of local and indigenous herbs meet to alleviate muscle tension and melt away stresses and strains. Beginning with a full body exfoliation which is seamlessly followed by a warmed poultice massage to key areas of tension found in the body. The healing scent and aromas add to this unique experience to detoxify and restore your body.

### ONE&ONLY - AFRICAN JOURNEY EXPERIENCE (90 MINS)

A unique proudly South African full body treatment created to prepare your skin for a nourished sunkissed glow. Combining scents of sweet orange and baobab oil to uplift your senses. Beginning with a Rooibos and rock salt scrub to encourage radiant skin, flowing into a massage experience with the African Rungu Stick to key areas of tension, before ending off with a Rooibos tea ceremony to complete your African Journey. This total indulgence offers the ultimate relaxation and fully restores your body once more.



## ONLY FACE

*A true process of revitalization, through holistic well-versed practices and modern innovative techniques. Our facials will deliver results and we aim to have you look as good as you will feel.*

### ONE&ONLY BESPOKE FACIAL (60 MINS)

Our ESPA facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. The facial is specifically tailored to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen depending on individual needs to achieve the best possible results.

### ULTIMATE LIFTING, FIRMING & TONING FACIAL FEATURING NUFACE (90 MINS)

An advanced facial using specific ESPA Lift & Firm range to improve skin tonicity and firmness and enhance cellular regeneration. This facial uses Tri-Active® ingredients combined with specialized facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately. Incorporating NuFace technology which provides micro current to lift and firm the skin providing the most intensive result.

### ADVANCED RADIANCE FACIAL (90 MINS)

A powerful ESPA facial that reveals a noticeably brighter complexion and provides instant skin radiance. It boosts cell regeneration, reduces fine lines and wrinkles, lifts, tones and brightens the skin. Utilizing a triple cleanse and a deep lifting and smoothing facial mask, this treatment also incorporates Rose Quartz Crystals within a facial massage to soothe redness and offer radiant and glowing skin.

### GLOW FACIAL (60 MINS)

An invigorating treatment embracing ESPA's holistic approach to restoring radiance by feeding your skin and your mood to make you glow with vitality. Nutrient-rich active ingredients brighten and refresh complexions with massage movements guided by the body's meridian lines. A traditional Rose Quartz Gua Sha enhances the depth and intensity of the treatment while your scalp and hair is nourished by a deep conditioning and fortifying mask. The treatment features a combination of deep-cleansing, steaming, exfoliation and multi-masking to maximise results, leaving the skin, body and mind feeling renewed and glowing from within.

### ESPA NATURAL FACE LIFT (90 MINS)

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.





## BIOLOGIQUE RECHERCHE

*The Biologique Recherche Methodology is based on forty years of experience using innovative products and meticulous protocols. The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free. Skin care is provided following a personal dermocosmetic diagnosis (suitable for both men and women) using a Skin Instant® analysis for each individual.*

### SKIN INSTANT LAB (30 MINS)

The first step of Biologique Recherche's Methodology, this unique analysis allows us to identify your Skin Instant®.

### MODULAR BOOSTER REMODELLING FACE© (30 MINS)

A state-of-the-art bio-electro stimulation that combines the power of three currents (galvanic current, medium and high frequencies) for immediate, long-lasting results.

### BIOLOGIQUE RECHERCHE FACIAL TREATMENTS (120 MINS)

#### SOIN RESTRUCTURANT ET LISSANT *reconditioning, hydrating, lifting, tightening and toning*

A reconditioning treatment for the epidermis with an immediate replumping effect designed for all Skin Instants®. It has a draining action on your skin, leaving your face, neck and chest smooth and toned.

#### SOIN MC 110 *anti-wrinkle, balancing and decongesting*

A treatment for reducing wrinkles and lines designed for lackluster Skin Instants®. It leaves the skin on your face, neck and chest toned and redefined. We recommend three sessions at one-week intervals, followed by one session every three months.

#### SOIN LIFT C.V.S. *dynamic lifting, firming and sculpting*

An exfoliating and lifting treatment combined with shaping techniques designed for mature Skin Instants®. It leaves the skin on your face, neck and chest smooth, refined and toned.

#### SOIN OXYGÉNANT VIP O<sub>2</sub> *anti-pollution solution, radiance and revitalising*

A regenerating and revitalizing treatment for the epidermis that works on all Skin Instants®. It restores the natural balance of your skin, leaving your face, neck and chest smooth and glowing.

#### SECONDE PEAU *revitalising, rejuvenating and renewing*

A world first in professional aesthetics, this regenerating and lifting treatment is created using an electro spun mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature Skin Instants® damaged by the signs of aging. A genuine alternative to fillers due to its action on the extracellular matrix. We recommend three sessions at one-week intervals, followed by one session every three months.

#### SOIN HYDRÉCLAT *hydrating, soothing and calming*

A hydrating and complexion-enhancing treatment designed for dehydrated Skin Instants®. The skin on your face, neck and décolleté is plumped up, moisturised and glowing.

#### TRIPLE LIFT WITH REMODELING FACE® *triple lifting, toning and firming*

The ultimate firming and toning treatment for sagging Skin Instants® that lack structure and tone. An exceptional resculpting treatment in which features and contours of the face, neck and décolleté are re-tensed and restructured.



## ONLY BODY

*Elevate & optimize your body experience.*

*Believing in the pure power of massage  
and how we can enhance its benefits.*

### ONE&ONLY INNER CALM MASSAGE (60/90 MINS)

With neck and eye pillows to encourage warmth and relaxation, indulge in this soothing holistic treatment, combining personalised aromatherapy massage and warm Rose Quartz Crystals through the scalp.

### DEEP MUSCLE MASSAGE (60/90 MINS)

A powerful massage designed to alleviate deep-seated tension and muscular stress. Uses firm to deep pressure including acupressure and deep movements using the therapists' forearms and elbows.

### TAILORED TIME (120 MINS)

Reserve two hours of ESPA Time and our expert therapists will ensure the most suitable treatment is selected and then personalized for you. ESPA Time is the easiest and most flexible way to get the most out of your experience, which is convenient, stress free and maximizes your treatment results.

### MANKIND (60 MINS)

Deeply soothing back, foot and scalp massage to melt away tension and induce a peaceful mind. You'll feel revived and invigorated for the day ahead, or relaxed and calm for a peaceful night's sleep.

### HOT STONE MASSAGE (90 MINS)

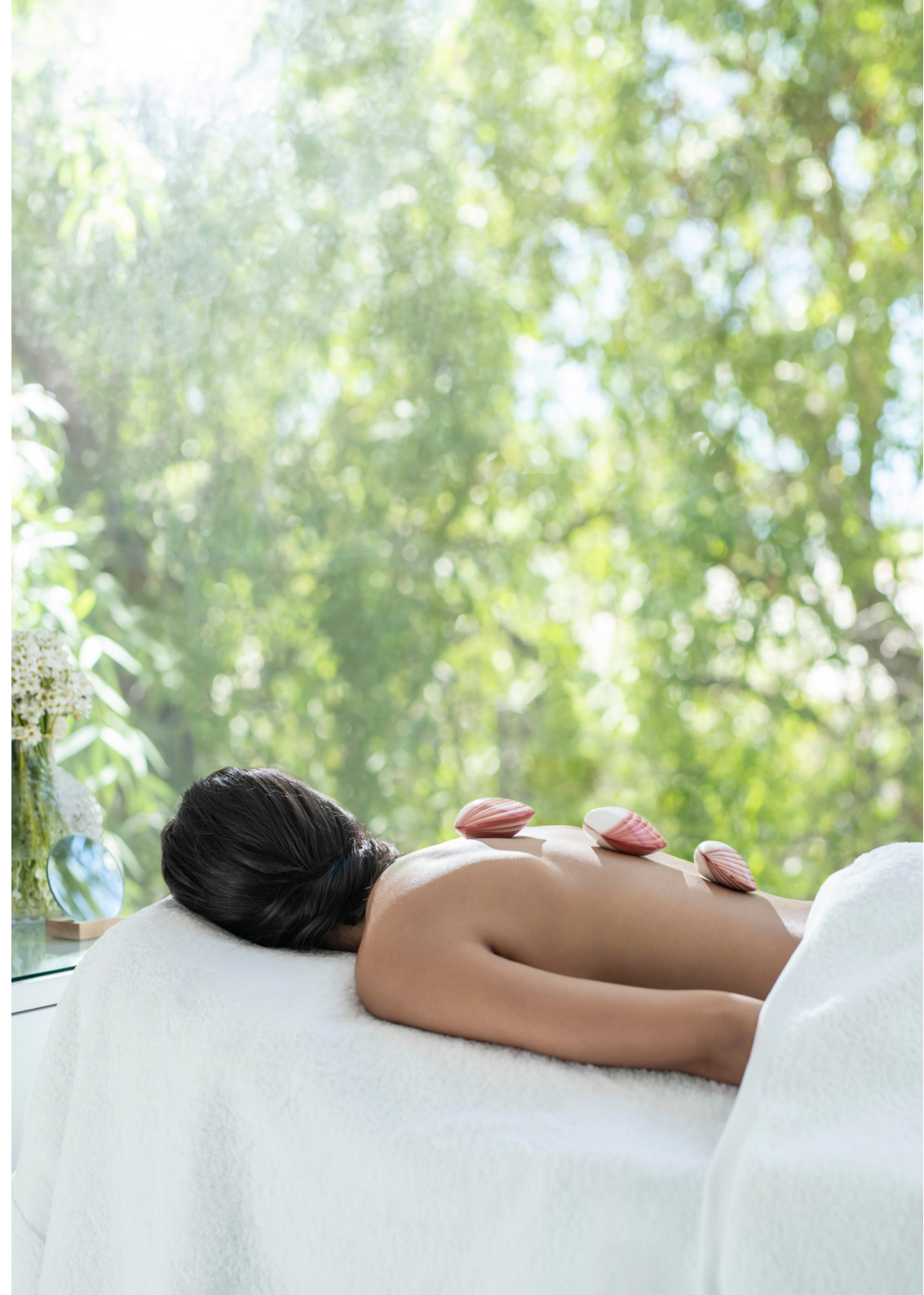
A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension with a firm to deep pressure.

### STRENGTH & RESILIENCE MASSAGE (90 MINS)

Transform mind and body, release muscular tension and rediscover a sense of well-being with this resilience boosting massage. This revitalizing massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You emerge stronger and more resilient.

### SALT & OIL SCRUB (30 MINS)

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for a massage.







## ONLY VITALITY

*Created to address key concerns which attribute to our guests overall wellbeing. These vitality treatments, delivered cohesively with our guests needs, alleviate, soothe, clear and re-energize tired systems.*

### ICONIC HERO: BACK, FACE & SCALP (90 MINS)

Often imitated, but never matched, our original back, face and scalp massage combines exfoliation and massage to target the core three relaxation points. Starting with a gentle back exfoliation then back massage to soothe the muscles and remove stress. A Bespoke ESPA facial and soothing scalp massage make this the perfect experience.

### MINDFULNESS MOMENT (90 MINS)

Unwind a busy mind, escape the pace of everyday life and emerge feeling focused, with a sense of renewed positivity. This holistic, deeply relaxing and clarifying experience begins with mindfulness. Guiding you through breathing and visualization techniques, your therapist will help calm both mind and body. The metamorphic zones on the feet are then massaged to rebalance and ground you, before a soothing massage is continued up through the body finishing with a re-energizing scalp massage using warm Rose Quartz Crystals.

### CONTOUR & FIRM BODY TREATMENT (120 MINS)

Toning, firming and invigorating; this treatment reduces fluid retention and improves skin texture. A full body treatment that includes exfoliation and intensive lymphatic massage boosted by a toxin releasing body wrap with stimulating Marine algae. This will transform the skins condition and offer a refined and smoothed figure.

### ESPA POSITIVITY MASSAGE (90 MINS)

Wave goodbye to negativity with this uplifting treatment, using guided visualisation and a Positivity oil blend. Self-confidence is boosted and a sense of optimism is uncovered to take with you throughout the rest of the day.



## ONLY SECLUSION

*Take your exotic getaway to an even more exclusive and private place. Experience a moment of complete seclusion and tranquility with your loved one. Complete serenity is provided with our specially chosen private escapes where your dream of being secluded and removed from the busy world outside is exquisitely realised with our ultimate island escapes.*

## MOMENT TOGETHER (120 MINS)

Allow us to provide your story with a moment of true luxury. Your experience will start at the Spa where you will be guided to the romantic, private and secluded suite. Each of you will enjoy a soothing foot ritual to begin the treatment, reconnecting you side-by-side. This will be followed with a 90-minute Hot Stone Massage, with your moment together completed with a glass of cap classique and a plate of chocolate treats for your special occasion.

## QUALITY TIME - FOR COUPLES (180 MINS)

A fusion of treatments of your choice and tailored to your personal needs. Your experience will include a soothing foot ritual to begin the treatment, reconnecting you side-by-side, followed by a tailored treatment leaving you feeling complete. End the day with a healthy spa lunch (lunch credit inclusive). Our romantic, couple's Seclusion Suite with a bath ceremony can be added to elevate this experience.







## ONLY NURTURE

*A perfect time to soothe, calm and nurture the body and mind. These mother-to-be and new mothers' treatments focus on the areas of tension commonly experienced and done with the gentleness and luxury that every new parent deserves. Treatments are designed for the period between the fourth and eighth month of pregnancy, and after birth.*

### MATERNITY MASSAGE (60 MINS)

A relaxing full body massage targeting areas prone to tension during pregnancy, promoting comfort and relaxation.

### PRE & POST NATAL MASSAGE (90 MINS)

A carefully designed nurturing body massage for pre and post pregnancies which begins with a back exfoliation followed by a relaxing and soothing massage and ending with a soothing scalp massage.

### MOTHER TO BE - SPA RITUAL (120 MINS)

A nurturing ritual to induce deep relaxation and nourish the skin for pregnant and nursing mothers during this special time of your life. Includes a foot ritual followed by a locally sourced natural coconut body exfoliation, full body relaxing massage with ESPA nourishing oil and a soothing scalp massage.





## PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

*Entrust your hands and feet to the care of the world's most Revered podiatrists. Bastien Gonzalez multi-award-winning hand and foot treatments have been described by Vogue as 'The Rolls-Royce of manicures and pedicures.'*

### BASTIEN'S DUO (75 MINS)

This multi-award-winning treatment takes care of your feet, legs, hands and arms. Manicures and pedicures don't get any better than this. The results will shine in your strong, healthy and beautiful nails.

### BASTIEN'S PEDICURE (60 MINS)

A full foot overhaul to eliminate hard skin and dryness. You'll love this bliss-inducing treatment. A massage from your toes up to your knees will relieve any muscle tension and heaviness as well as stimulates circulation. All topped off with a gentle buffing nail treatment which restores the natural beauty of the nail, leaving it looking healthy and shiny.

### BASTIEN'S MANICURE (45 MINS)

An exceptional manicure in three simple steps: a cuticle and nail treatment, natural filing and buffing, followed by a gentle massage of the forearms, wrists, hands and fingers. Your nails will be restored to their natural elegance.

### NAIL BRIGHTNESS (45 MINS)

A real treat for the feet focused on refreshing your nails. Our expert therapists will tidy your cuticles and lightly smooth away any dry skin. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. The treatment ends with a relaxing foot massage with the result being healthy, shiny and naturally beautiful nails.

### FOOT RE-FOUNDATION (35 MINS)

Designed for legs feeling heavy, tired or swollen after a long flight, this treatment focuses on your legs and feet. A Black Diamond Scrub exfoliation prepares the feet for the creams used during the massage to relieve muscle tension, aid joint mobility and boost blood circulation.

### GLOBAL RE-FOUNDATION (35 MINS)

A soothing and calming massage from the toes up to the knees and from the fingers to the elbows. As our adept therapists massage your hands and feet at the same time, you'll feel your body become lighter, your skin more supple and your joints relax.

### PARAFFIN TOUCH (20 MINS)

Add a little extra indulgence to your manicure or pedicure with a warm and nourishing paraffin wax soak. Hands and feet will feel silky smooth.

### COLOUR TOUCH (20 MINS)

Select your perfect shade from our range of Révérence de Bastien nail lacquers. Only formaldehyde, toulene, DBP and camphor-free products are used to prevent any damage to your nails. Treatment includes nail reshaping.

### SCRUB TOUCH (10 MINS)

A mineral foaming scrub permitting a vigorous, natural exfoliation to assist in clearing dead skin cells, leaving hands and feet feeling silky smooth.



## HALF DAY INDULGENCE

### RELAX & RESTORE (3.5 HRS)

*The perfect package for a short health break to disconnect from the stresses of life.*

Full Body Salt and Oil Scrub (30 mins)

ESPA Bespoke Facial (60 mins)

Inner Calm full body Massage (60 mins)

Spa Lunch Experience

Includes full use of the Thermal and Relaxation Suites and Healthy Spa Lunch

## FULL DAY INDULGENCE

### LIVE WELL (4.75 HRS)

*Take the day off to for a little 'me time' to relax and unwind.*

Glow from within Facial (75 mins)

ESPA Positivity Massage (90 mins)

Body Wrap (60 mins)

Spa Lunch Experience

Includes full use of the Thermal and Relaxation Suites and Healthy Spa Lunch







## ONLY FITNESS

### FITNESS ASSESSMENT

We understand that everyone is unique and we all have specific fitness goals, therefore our commitment to you is a complimentary fitness assessment with one of our qualified personal trainers.

### FITNESS SESSIONS (30MINS / 60MINS / COUPLES)

Personal Training

Functional Training

Kickboxing / Boxing

Yoga

Mountain Trail Summit - Lions Head

Mountain Trail Summit - Table Mountain

SUP (Stand-Up-Paddling)

### PERSONAL TRAINING CONTRACTS (30MINS / 60MINS / COUPLES)

Stand-alone personal trainer contracts can be purchased monthly and in advance.

## THERMAL SUITES & FACILITIES

### ARRIVE EARLY OR LINGER LONGER

Enhance and optimize your treatment with us.

#### TEN SPA TREATMENT ROOMS

#### TWO PRIVATE COUPLES SUITES

#### BASTIEN STUDIO'S TWO STUDIO ROOMS

#### OUTDOOR RELAXATION AREA

#### INDOOR RELAXATION SPACE

A relaxation suite with six loungers and access to sweet and savoury treats and beverages

#### SEPARATE MALE AND FEMALE THERMAL SUITES EACH INCLUDING:

Aroma-steam room and sauna

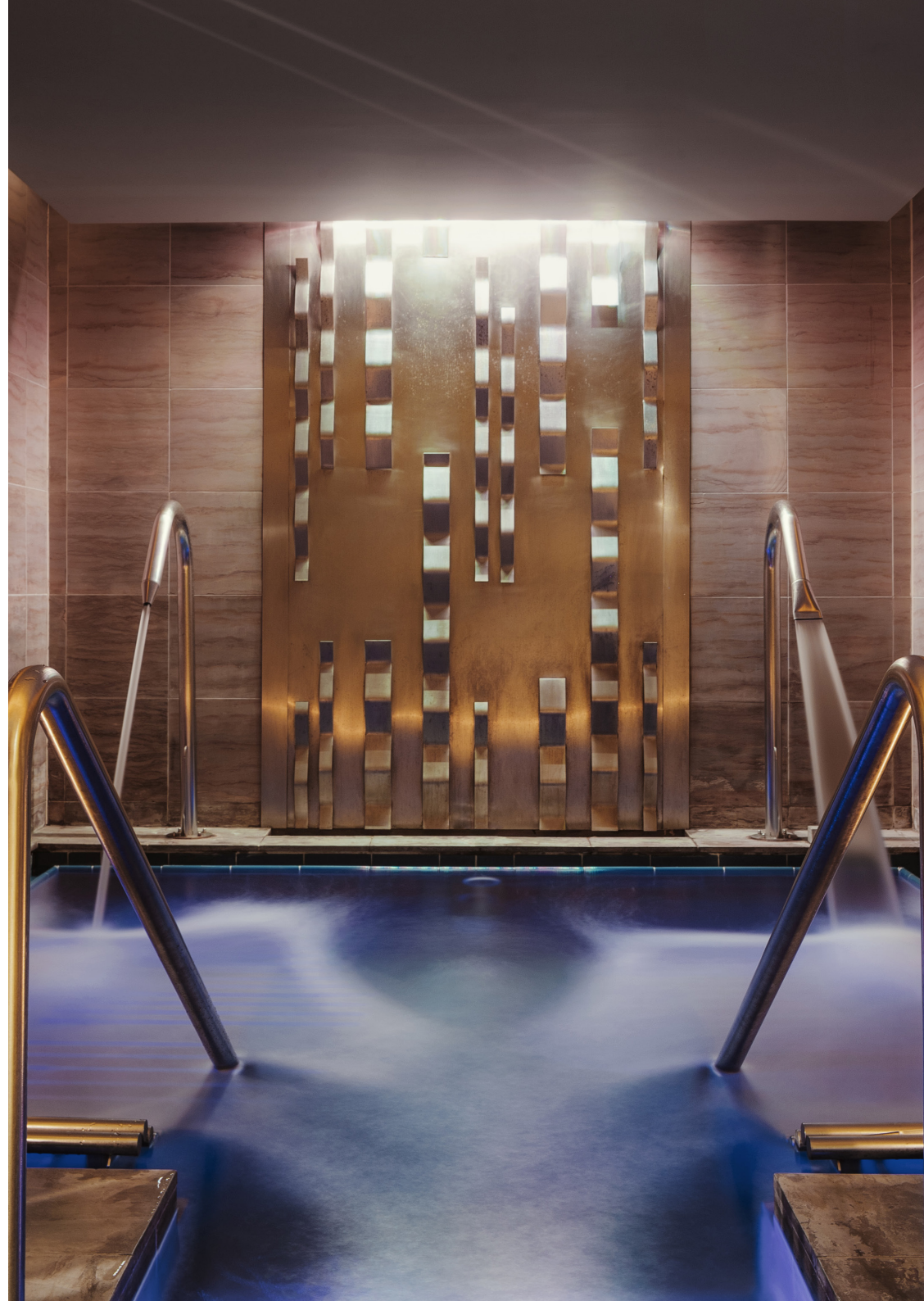
Vitality pool - a warm water pool with stimulating bubble jets and beds

#### WET FACILITIES

Experience Showers

Ice fountains to cool the body and promote circulation

Secure lockers with fresh towels, gowns, slippers and amenities







## HOW TO SPA

### SCHEDULING AN APPOINTMENT

Please contact our Spa Team to schedule an appointment or by dialing extension **5810** on your telephone from within the resort. From outside the resort, please call our direct line: **+27 21 431 5810** or visit [oneandonlycapetown.com](http://oneandonlycapetown.com) or email: [Spa.Reservations@oneandonlycapetown.com](mailto:Spa.Reservations@oneandonlycapetown.com)

To ensure your preferred time is available, we recommend that you book in advance. 50% deposit is required on all bookings.

### CANCELLATION POLICY

Cancellation within 24-hours will incur a 100% charge.

### AGE POLICY

Guests must be above the age of 12, and above the age of 16 to use the hydrothermal facilities.

### ARRIVAL TIME

You are encouraged to arrive one hour prior to your appointment to relax and enjoy the Thermal Suites and facilities at the Spa. Please be advised that late arrivals will result in a reduction of treatment time. We would advise that valuables are left in the Spa lockers or in the safe in your room.

### PREGNANCY

We have specially designed treatments for expectant mothers. We recommend that you check with your physician before booking any spa service. Certain treatments and techniques may not be available during the first and last trimester.

### GRATUITY POLICY

Gratuity is not included in any Spa Experiences and is at your own discretion.

### PRICES

All prices are quoted in South African Rand (ZAR) and are inclusive of government consumption tax. Prices are subject to change without prior notice. Prices quoted are per person with the exception of the 'Only Seclusion' treatments.

### HOURS

- One&Only Spa 8am to 8pm daily
- Bastien Studio 9am to 6pm daily
- Fitness Centre 6am to 8pm daily

*Treatments are valid from:  
01 November 2023 to 31 July 2024.*

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We look forward to welcoming you at One&Only Spa