

*Free
Ladies
X*

One&Only

CAPE TOWN
South Africa



IMMERSE

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

One&Only

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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 HIM

Treatments designed specifically for men.

ONLY VITALITY

Treatments to boost your energy.

ONLY SECLUSION

Intimate couples experiences for you and your loved one.

ONLY FOR THE NEW GENERATION

Something special for spa-savvy teens (ages 12-16).

ONLY NURTURE

For new and expectant mothers.

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 cool the body and promote circulation. There are also indoor and outdoor relaxation areas. 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.

ESSENCE OF ONE&ONLY CAPE TOWN (120 MINS)

Introducing you to an African experience. This indigenous Signature Treatment uses many therapeutic plants from the Earth and Ocean to soothe, hydrate and nourish the skin and deeply relax the body. Beginning with a sea salt and oil exfoliation to prepare your body for the conditioning and re-mineralizing seaweed wrap with a mind clearing scalp massage, followed by a unique full body massage using warmed sea shells to melt away tension and stress. Soothing Rooibos tea will be served in the comfort of the relaxation room to complete your journey, which evokes a true sense of place.

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 the warmed poultice massage to key areas of tension found in the body, the healing scent and aromas reveal this to be a unique experience to detoxify and restore your body.

ONE&ONLY - AFRICAN JOURNEY EXPERIENCE (90 MINS)

A unique proudly South African total 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, ending off with a Rooibos tea ceremony to complete your African Journey, this total indulgence offers the ultimate feel good sensation and fully prepares your body for resort life.

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.

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 deep cleansing Clarisonic brushes, a triple cleanse and a deeply lifting and smoothing facial mask, this ultimate facial culminates in a facial massage incorporating Rose Quartz Crystals to soothe redness and offer a radiant and glowing skin.

ULTIMATE LIFTING, FIRMING AND 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.





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 (60/90 MINS)

Soin Restructurant et Lissant

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

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.

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 O2

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.

Soin Hydréclat

A hydrating and complexion-enhancing treatment that works on all Skin Instants®. It leaves the skin on your face, neck and chest glowing with a tighter texture.

Soin Seconde Peau

A world first in professional beauty products, this regenerating and lifting treatment is created using an electrospun mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature Skin Instants® damaged by the signs of aging. We recommend three sessions at one-week intervals, followed by one session every three months.

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 personalized aromatherapy massage and warm Rose Quartz Crystals through the scalp.

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.

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.

STRENGTH & RESILIENCE MASSAGE (90 MINS)

Transform mind and body, release muscular tension and rediscover a sense of well-being with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, 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.

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.

SLEEP RITUAL (120 MINS)

A blissful experience as your therapist guides you through a breathing technique to release physical and emotional anxiety, a soothing facial cleanse and deeply indulgent relaxing massage combined with hot stones follows to release deep-seated muscular tension. Ending with a totally relaxing scalp massage with Rose Quartz Crystals and hot stones to enable you to completely switch off, ensuring an uninterrupted blissful night's sleep.

SALT AND OIL SCRUB (25 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 HIM

Handpicked to ensure our male guests enjoy the benefit of our expertise and can choose an experience that will offer the best physical and therapeutic results.

MANKIND (60 MINS)

Deeply soothing back, foot and scalp massage is an ideal way 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.

MEN'S DEEP CLEANSING FACIAL (60 MINS)

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydration. We encourage our male guests to experience this personalized ESPA treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skins needs.

DEEP MUSCLE MASSAGE (60/90 MINS)

Utilizing the power of Hot Stones, this full body massage will be tailored to offer the guest the perfect combination of techniques to alleviate muscle strain and offer optimum relaxation.

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.

ESPA HERO: BACK, FACE AND SCALP (90 MINS)

Often-imitated, 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 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, before a soothing massage is continued up through the body finishing with a re-energizing scalp massage using warm Rose Quartz Crystals.

OPTIMAL RELEASE (120 MINS)

This Thai-inspired massage uses free-flowing invigorating movements to massage, assist in stretching, joint mobility and to improve flexibility. This fast paced, free-flowing and energetic treatment is perfect for slowing busy minds, stretching and elongating tight muscles, and helping to soothe and reduce tension.

CONTOUR AND 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.

SLEEKSCULPT™ (75 MINS)

This complex cosmetic and therapeutic treatment detoxifies the body while effectively reduces cellulite. The skin becomes smoother and firmer, there is a noticeable reduction in oedemas and an instant slimming effect on the body after just one treatment. Significant reduction in waist, hip and thigh circumference can be expected after a course of treatments.





ONLY SECLUSION

Take your exotic getaway to an even more exclusive and private place, experience a moment of complete seclusion and tranquillity with your loved one or alone. Complete serenity is provided with our specially chosen private escapes. Your dream of being hidden, secluded and removed from the busy world outside is exquisitely realized with our ultimate island escapes.

PRECIOUS MOMENT (90 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. One&Only Inner Calm Massage will be performed and your precious moment is completed with a glass of champagne and a plate of exotic fruits 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 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, followed by a tailored treatment leaving you feeling complete. End the day with a perfect healthy spa lunch (lunch credit inclusive).



ONLY FOR THE NEW GENERATION

Something special for spa savvy teens. A true spa experience designed specifically for the younger One&Only guest, ages 12 to 16 years.

FRESHEN UP FACIAL (50 MINS)

A gentle cleansing facial incorporating a scalp massage and hydrating face mask. This facial helps remove impurities from the skin, leaving the skin looking and feeling refreshed and rebalanced.

MILLENNIA MASSAGE (50 MINS)

After swimming with the sharks or leading the safari, refresh your body with a wonderfully relaxing massage including a nourishing scalp treatment with head, neck and shoulder massage. You will be ready for your next resort adventure in no time!

ONLY NURTURE

A perfect time to soothe, calm and nurture the body and mind. These mother to be and new mothers' treatments really do focus on the areas of tension commonly experienced and done with the gentleness and luxury that every new parent deserves. Treatments (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.





STUDIO

Bad hair days can take refuge under a hat, but your eyebrows have nowhere to hide. StudiO is your instant beauty fix and will have you looking immaculate in no time. Precise threading sessions, gentle waxes, shaping, tints and tweezing are all available in this urban oasis. Luxury pedicures, advanced facials, micro-blading and fabu-lashes with some of the most knowledgeable One&Only aestheticians using advanced techniques that will leave you looking gorgeous and feeling spectacular.

NAILS

LuxO Squared (75 mins)

A synergy of Duo LuxO Manicure and LuxO Pedicure done simultaneously

LuxO Manicure (75 mins)

Scrub and Polish included

LuxO Pedicure (75 mins)

Scrub and Polish included

The LuxO Quickie (30 mins)

A quick fix to shape, define and paint hands or feet

CND Shellac Application (45 mins)

The most loved Gel application
- long lasting and trending

WAXING AND THREADING

Harley Waxing

With Harley Wax, you can expect more than just a wax, a nourishing skin treatment that will remove hairs as short as 1mm.

Facial waxing

Underarm
Brazilian
Hollywood
Bikini
Half or Full leg

The Essentials

Includes underarms, bikini, lip and brow waxing in one session

Threading

Threading per area

FaceScaping

Includes threading of brow and lip with lash and brow tinting

LASHES AND TINTING

Classic lash extensions

Full Set
4/5 Week Lash In-fills

Tinting

Intensify the colour of your defining features

Micro-blading

A semi-permanent technique for enhancing the appearance of the eyebrows

First Session (120 mins)
Second Session (75 mins)

Advanced Anesi Facial (60 mins)

3D Polarized facial which increases the elimination of toxins accumulated in the skin leaving the skin hydrated and oxygenated. Including skin analysis with Anesi 3D Skin view camera.

Keratin Lash lifting (60 mins)

A new generation lifting technique that is safer, more effective and more beautiful than the traditional eyelash perms. Creates curl, volume and lift adding definition to the natural lashes. Lasts 6-8 weeks.

HALF DAY INDULGENCE

RELAX & RESTORE (3.5HRS)

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

LIFE RESET (4.5HRS)

The intensely rejuvenating Life Reset retreat is dedicated to resetting your life with mindfulness.

- Yoga Session (30 mins)
- Mindfulness Moment Massage (90 mins)
- LuxO² Manicure & Pedicure (75 mins)
- Spa Lunch Credit
- Includes full use of the Thermal and Relaxation Suites and Healthy Spa Lunch

FULL DAY INDULGENCE

DETOX & PURIFY (7HRS)

Ascertain the body's level of oxidative stress by performing stimulating treatments encouraging corrective measures to optimize natural detoxifying mechanisms.

- Fitness Fusion Session (60mins)
- Sleek and Sculpt, lymphatic kick-start treatment (75 mins)
- Detoxifying Body Wrap (60 mins)
- Bellabaci Detoxifying Massage (60 mins)
- LuxO² Manicure & Pedicure (75 mins)
- Spa Lunch Credit
- Includes full use of the Thermal and Relaxation Suites and Healthy Spa lunch

COMFORT ZONE (6HRS)

The body needs eight hours of sound sleep to restore and bring healing holistically.

- Sleep Ritual (120 mins)
- ESPA Advanced Skin Radiance Facial (90 mins)
- LuxO² Duo Manicure & Pedicure (75 mins)
- Spa Lunch Credit
- Includes full use of the Thermal and Relaxation Suites and Healthy Spa lunch

THERMAL SUITES & FACILITIES

ARRIVE EARLY OR LINGER LONGER

Enhance and optimize your treatment with us.

TEN SPA TREATMENT ROOMS

TWO PRIVATE COUPLES SUITES

THREE STUDIO-O ROOMS

OUTDOOR RELAXATION AREA

INDOOR RELAXATION AREA

- 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





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
Cycle the Seafront
SUP (Stand-Up-Paddling)

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

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

THE ONE FIT CLUB MEMBERSHIP

Memberships available from 'One Day' to 'One Year' and includes unlimited usage of the Fitness Centre during operational hours (6am-8pm), full access to the Spa Thermal Suites including the Vitality Pools, Saunas, Steam Rooms, Ice-fountains and Experience Showers.

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 or email: Spa.Reservations@oneandonlycapetown.com

To ensure your preferred time is available, we recommend that you book in advance. Credit card details are required to secure all bookings.

CANCELLATION POLICY

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

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. On-resort guests are encouraged to arrive at the Spa wearing the robe and slippers provided in their hotel room. We would advise that valuables are left in the Spa lockers or in the safe in your room.

ONLINE VOUCHERS

Spoil someone special... These can be purchased online: oneandonlycapetown.com, or at the Spa.

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 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
- Studio 9am to 7pm daily
- Fitness Centre 6am to 8pm daily

Treatments are valid from: 1 May 2019 to 1 May 2020.

We look forward to welcoming you at One&Only Spa.

