



BELMOND

MOUNT NELSON HOTEL

CAPE TOWN

LIBRISA SPA MENU AND
WELLNESS PROGRAMME

LIBRISA SPA
SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga in our picturesque gardens or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh your body, mind and soul.

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01 RELAX AND REVIVE AT LIBRISA SPA

We invite you to unwind in our healing sanctuary, housed in three stylishly restored Victorian heritage homes near our main pool. Dedicated to the harmony and wellbeing of you, the earth and our environment, it's a place to indulge your senses and rejuvenate your body.

Enjoy restorative rituals inspired by African healing techniques and featuring nourishing local botanicals. Choose from a blissful range of massages, body wraps and facials as well as dedicated treatments for teenagers. If you have little ones, drop them off at our children's club free of charge.

We offer eight treatment rooms, including two couple's rooms, a tranquil conservatory with selection of herbal teas, a plunge pool, steam bath and Finnish sauna.

Please enjoy complimentary use of all our delightful spaces during your visit.

We also offer a tranquil yoga studio, which you'll find in the gym next to the Spa. We're thrilled to offer a range of classes, both inside and in the great outdoors, as well as combined yoga and spa experiences and personalised fitness training.

All treatments and classes are suitable for both men and women, unless otherwise stated.

Opening times: 09:00-19:00, except 1 December-28 February 09:00-20:00

Access: Find us next to the main swimming pool

Reservations: Extension 155

02 SIGNATURE INDULGENCES

SIGNATURE ROSE PETAL BLUSH POULTICE MASSAGE 90/60/40 MINUTES

Indulge in this centuries-old massage with a local twist. A tranquil experience, it's designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Our herbal poultices are handcrafted using our own local blend of herbs coupled with our signature Rose Petal and Geranium massage oil to restore harmonious flow. It leaves your skin nourished and your soul soothed.

RESTORATIVE BODY AND FACE RITUAL 120 MINUTES

Harmonise your body's energy field with this therapy using African ingredients picked for their potent healing power. Naturally rich plant-based oils and botanicals are used to buff and soothe your body and leave your complexion radiant and glowing. The ritual includes a 30-minute body exfoliation, 30-minute body wrap and 60-minute facial.

SKIN ADORATION WRAP 120 MINUTES

Embark on a sensory journey designed to relieve deep-seated tension. It begins with a fragrant marula and sandalwood full-body exfoliation, followed by a deep-tissue massage with circulatory-boosting essential oils. Let your mind drift off while you're cocooned in comfort. Your journey comes to an end with a healing scalp massage, leaving your mind and body refreshed and invigorated.

INDOCEANE MINDFUL RITUAL 120 MINUTES

ALSO AVAILABLE FOR COUPLES

Discover ancestral beauty, wellbeing and purification practices from diverse cultures. This wonderful ritual takes you on a voyage to discover a new kind of relaxation. Close your eyes and be swept away as divine fragrances and marine essences re-energise your body and mind. Including an Egyptian-inspired precious milk bath, a Mediterranean sweet and savoury body scrub, an Indian massage and Chinese-style body wrap, your world tour will leave you with a peaceful feeling of inner calm.

03 MASSAGES

TOGETHER TIME 60 MINUTES

Take pleasure in sharing the ultimate spa experience with someone special. Whether it be your partner or your best friend, enjoy a luxurious massage in our exclusive couple's treatment room.

HOT STONE MASSAGE 90/60/40 MINUTES

Prepare to loosen up as heated stones are placed on your body and used in combination with our therapist's healing hands to release tension, soothe aching muscles and leave you feeling wonderfully relaxed. Choose from a 90-minute or 60-minute full body massage or a 40-minute back of body massage.

DEEP TISSUE MASSAGE 90/60/40 MINUTES

Target specific areas of tension with this firm massage that focuses on the deep layers of muscle and tissue. Your body will feel more flexible, supple and stress-free. Choose from a 90-minute or 60-minute full body massage or a 40-minute back of body massage.

SWEDISH MASSAGE 90/60/40 MINUTES

Improve your circulation, relax your muscles and feel yourself unwind with this soothing massage. Choose from a 90-minute or 60-minute full body massage or a 40-minute back of body massage.

AROMATHERAPY MASSAGE 90/60/40 MINUTES

Breathe deeply as, in combination with gentle strokes, we use a blend of essential oils to rebalance, revitalise or purify the body. Choose from a 90-minute or 60-minute full body massage or a 40-minute back of body massage.

FOOT REFLEXOLOGY 40/60 MINUTES

By placing pressure on different areas of the feet, we can restore the flow of energy throughout the entire body and restore a sense of balance.

PRENATAL MASSAGE 60 MINUTES

Mothers-to-be need extra care and this therapy, devised especially for pregnant women, can reduce anxiety while relieving muscle aches and joint pain.

SCALP MASSAGE 40 MINUTES

Enjoy this super-relaxing, gentle massage that boosts circulation in your scalp and melts cares away.

MASSAGE ENHANCERS

Customise your chosen massage with the following treatment enhancers:

- Bellabaci cups - to relieve tension and increase lymph drainage
- Hot stones - to deeply warm and relax sensitive, aching muscles
- Back exfoliation and heated mud treatment
- Ocea Draine detox drink - to aid removal of toxins
- Eye expert - to treat puffiness, reduce dark circles and diminish wrinkles

04 **BODY RITUALS**

LIBRISA TIME

120 MINUTES

Time is the greatest gift we can give you. Book a duration of time rather than a specific treatment and consult with your therapist to create a customised therapy plan to suit your individual needs.

DESERT GLOW

30 MINUTES

Treat your body to a marula and sugar full-body exfoliation. Extracted from the kernel of the eponymous fruit, marula is so rich in antioxidants it's known as "miracle" oil in the beauty industry. Emerge super-smooth and glowing.

BOUTIQUE SPA

90 MINUTES

Tailor your bespoke spa experience by selecting three 30-minute treatments from the following:

Full body scrub

Back, neck and shoulder massage with Bellabaci cupping

Customised Africology facial

Therapeutic pressure point foot massage

05 FACIAL THERAPIES

Each customised facial includes steam, exfoliation, extraction, mask and massage.

THALGO FACIALS

HYALURONIC FILLER TREATMENT 60 MINUTES

Restore youthful radiance to your complexion with this specialised treatment. Marine hyaluronic acid molecules promote optimal absorption of active ingredients and deliver immediate results. Suitable for those aged 35 and over who wish to fill deep-set wrinkles and rejuvenate their skin.

SILICIUM SUPER-LIFT TREATMENT 75 MINUTES

Restore firmness, smooth pronounced wrinkles and lift the contours of your face and neck without surgery. This high-performance facial is ideal for those over 40.

ULTIMATE TIME SOLUTION RITUAL 90 MINUTES

Enjoy immediate visible results and an incredible sensory experience with this rejuvenating therapy. Rich in agents that combat free radicals, the treatment boosts collagen production, reduces the number and depth of wrinkles and has a long-lasting anti-ageing effect.

OCEAN RITUAL (FOR MEN) 60 MINUTES

Uniquely designed for men, this treatment uses highly energising Algae Bleue Vitale to purify the skin and protect it from daily stress and pollution. Infused with anti-fatigue and anti-ageing properties, the algae-rich treatment provides immediate results, leaving the complexion rested and radiant.

SOURCE MARINE 60 MINUTES

Harness the power of the ocean with this treatment enriched with innovative Seve Bleue extract. Intensely hydrate and remineralise your skin while boosting radiance.

SIGNATURE PRODIGE RITUAL 120 MINUTES

This supreme beauty ritual provides ultimate revitalisation and total youthfulness. Feel totally relaxed and look younger: what's not to love?

BESPOKE FACIAL 75 MINUTES

Enjoy a customised facial incorporating a holistic approach to skin wellbeing. Your therapist will analyse your skin's needs and recommend the best treatment to plump and gently lift your complexion, leaving it hydrated and glowing.

FACIAL ENHANCERS

Customise your chosen facial with the following enhancers:

Collagen Booster - a drink for anyone wishing to visibly reduce wrinkles and fine lines

Eye Touch - treat puffiness, erase dark circles and diminish wrinkles

05 FACIAL THERAPIES

SOTHYS FACIALS

FUNDAMENTAL FACIAL

60 MINUTES

Our expert somatologist will adapt this treatment to your skin's individual needs. Select from Anti-Ageing, Ultra Soothing, Moisturising/Hydrating and Deep Cleanse to maintain and improve a beautiful and healthy complexion.

ADD-ON GLYSALAC PRO PEEL

15/30 MINUTES

Choose to enjoy this express treatment as an add-on to a Fundamental Facial or a 30-minute standalone treatment. It's designed to refine the texture of your skin, bringing instant radiance and revealing a brighter, more even complexion.

BRIGHTENING ADVANCED TREATMENT

60 MINUTES

This brightening treatment combines Pure Vitamin C concentrate with Alpha and Beta Hydroxyl acids for intensive cellular renewal and is designed to target uneven complexions with hyperpigmentation as well as sun-damaged skins lacking energy and vitality.

RESURFACING PEELING TREATMENT

60 MINUTES

Refine your skin's texture and restore a healthy glow with this detoxifying and oxygenating treatment. A powerful and effective double exfoliation using semi-precious ruby and sapphire crystals, along with a glycolic and salicylic peel complemented by an oxygenating mask unveils a smoother, softer and brighter complexion.

P3 TRI-COMPLEX YOUTH INTENSIVE TREATMENT

90 MINUTES

Combined with a scientific approach, Sothys anti-ageing Intensive Treatment uses the P3 tri-complex of saffron, sophora and peptides to restore the skin's youth. Fight against oxidative stress and biological ageing with this scientifically proven facial treatment. An exfoliating, stimulating massage and double dermo filling mask leave the skin feeling fresh, plump and youthful. Expect to lose up to 6 years.

ENERGISING INTENSIVE TREATMENT

90 MINUTES

Give tired, dull complexions a rejuvenating boost with this intensive treatment. Siberian Ginseng envelops the skin in a wave of light and reveals its youthfulness. The skin is highlighted and its natural beauty is revealed. It optimises the skin's resistance to daily stress and restores the skin's energy. Suitable for all skin types, ages and seasons.

HYDRA 3HA INTENSIVE TREATMENT

90 MINUTES

Flood your skin with wellbeing and give it a sensation of total hydration. With the combination of HMW, LMW Hyaluronic acid and patented Boletus extract, the skin's natural hydration levels are restored and reactivated, leaving your complexion plumped up and visibly younger.

06 PACKAGES OF BLISS

WEDDING PACKAGES

Our exclusive packages have been designed to ensure you look and feel your very best for your magical occasion.

FOR THE BRIDE 5 HOURS
Full body marula and sugar exfoliation
Back and shoulder massage
Hydration facial
Gel application on hands and feet
Selection of two wax treatments

FOR THE BRIDESMAIDS 3.5 HOURS
Back and shoulder massage
Hydration facial
Gel application on hands and feet

FOR THE GROOM 2.5 HOURS
Back and shoulder massage
Ocean Ritual facial
Express manicure
Express pedicure

COUPLE'S PACKAGES

MORNING BLISS FOR TWO 40 MINUTES
Join a friend or loved one for a relaxing massage in our couple's treatment room, followed by morning tea in the hotel lounge.

AFTERNOON BLISS FOR TWO 60 MINUTES
Enjoy an indulgent massage before sitting down to a relaxing afternoon tea in the hotel lounge.

EVENING BLISS FOR TWO 60 MINUTES
Make an evening of it with a massage for two and evening tea in the hotel lounge.

LIBRISA SPA JOURNEY OF DISCOVERY 6 HOURS/3 HOURS
Treat yourself to a full or half day of spa bliss.
The full day includes four treatments of your choice, while the half day includes two.

Choose from the following treatments:

Manicure and Pedicure
Scalp Massage and Foot Massage
Bespoke Facial
Librisa Signature Massage
Full Body Polish with Body Wrap

07 **FOR TEENS**

It's never too soon to start enjoying the wellbeing benefits of our Spa.
The following treatments are specially tailored to young people aged 13 up.

Teen Deep Cleanse	45 MINUTES
Sweet Pamper Massage	45 MINUTES
Princess Varnish	20 MINUTES
Princess Manicure	30 MINUTES
Princess Pedicure	40 MINUTES

08 FINISHING TOUCHES

HAND AND FOOT TREATMENTS

SPA MANICURE 45 MINUTES

Treat your hands and fingernails to a massage and manicure, choosing between French, varnish or a men's manicure.

SPA PEDICURE 60 MINUTES

Enhance the appearance of your feet and toenails with a massage and pedicure. Choose between French, varnish or a men's pedicure.

GELISH GEL MANICURE 90 MINUTES

As well as a massage and manicure, this beauty treatment includes application of OPI gel polish.

GELISH GEL PEDICURE 90 MINUTES

Treat your feet to a pedicure, massage and application of OPI gel polish.

GELISH REMOVAL 30 MINUTES

Gentle removal of your gel polish.

TINTING

Lash Tint 25 MINUTES

Brow Tint 10 MINUTES

Lash & Brow Tint 30 MINUTES

WAXING

Hollywood (including full frontal and G-string area)

Brazilian (full frontal)

Underarm

Standard bikini (sides only)

Full leg

3/4 leg wax

1/2 leg (top or bottom)

Full arm

Half arm

Back wax

Chest

Brow

Chin

Lip

Ear

Nose

09 YOGA INSIDE AND OUT

TABLE MOUNTAIN YOGA EXPERIENCE

HALF DAY

Reach for the sky atop Cape Town's iconic mountain. Enjoy an extraordinary start to the day, breathing in the crisp sea air and feeling the sun's first rays on your face. Watch the city wake up beneath you as you perfect your sun salutation or your warrior pose. Your package includes a transfer from the hotel to Table Mountain, where you meet your instructor and take the first cable car up to the top for your class. Tea and snacks are served on the mountain before you return to the hotel.

PRIVATE YOGA CLASS

60 MINUTES

Enjoy an hour-long, one-to-one session with a private instructor, either in the yoga studio or outside in our lush gardens. Focus on your breathing and the sounds of birdsong as your instructor guides you through an array of stretches and poses adapted to your needs.

COUPLE'S YOGA

60 MINUTES

Share the experience with someone special. Enjoy a relaxing class à deux with your private instructor, either in the yoga studio or al fresco in the shady gardens.

SMALL GROUP YOGA

60 MINUTES

Join an intimate group to stretch and de-stress, either in the yoga studio or the gardens. We can cater to all levels of expertise, from beginners to gurus.

10 YOGA AND SPA EXPERIENCES

TABLE MOUNTAIN YOGA SPA DAY

HALF DAY

Combine the triple pleasures of mountaintop yoga, a lavish spa treatment and a nutritious lunch. You'll be collected from the hotel and escorted to the cable car station, where your instructor joins you for the early-morning ride up Table Mountain. Enjoy a 60-minute class overlooking Cape Town and the ocean; continue admiring the stunning vistas as you savour tea and snacks. Return to the hotel and make your way to Librisa Spa to enjoy our 60-minute signature massage. Afterwards, a delicious lunch awaits at our vibrant Oasis Bistro.

YOGA BLISS DAY

HALF DAY

Perfect for two, this lavish package begins with a 60-minute couples yoga class in the gardens and is followed by a soothing massage at Librisa Spa. An indulgent High Tea in our beautiful lounge or on the terrace is the icing on the cake.

YOGA AND SPA

120 MINUTES

Treat yourself to an hour-long yoga class, either in the studio or the fragrant gardens, followed by a heavenly Librisa Signature Massage (60 minutes) in the spa. You'll be raring to go!

11 TAILORED FITNESS

FITNESS ASSESSMENT

60 MINUTES

Wondering how fit you are? Looking to trim down, tone up or build muscle? Let our in-house trainer put you through your paces, find out your strengths and weaknesses, and work out a personalised exercise plan to get you to the top of your game.

PERSONAL TRAINER

60 MINUTES

Under the expert guidance of our in-house trainer, work out using our state-of-the-art cardio and weight training equipment to target any problem areas. Improve your core strength, sculpt your body and increase your speed and stamina.

12 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

We strongly recommend you book your class or session in advance.

For reservations, please contact:

Extension: 1553

Telephone number: +27 (0)21 483 1553

Email: librisa.mnh@belmond.com

CANCELLATIONS

We ask that you make any cancellation or change to treatments or classes at least 24 hours before your appointment to avoid a 50% cancellation charge. For yoga classes, we can either reschedule your class or refund your money less a R100 admin fee. A no-show will result in a full charge.

ARRIVAL

We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort we provide a bathrobe, slippers and disposable undergarments, as well as complimentary shampoo and spa body products. Do bring your own bathing costume to enjoy our plunge pool. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

Our spa is a non-smoking facility and consumption of alcohol is prohibited. It's advisable to avoid consuming alcohol or heavy foods prior to or directly after a spa treatment. For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

CHILDREN

We warmly welcome children aged 13 up at the Spa, accompanied by an adult. We offer a selection of treatments tailored to teens.

Young yoga lovers aged 14 and above are very welcome to join the adult classes. If you have children aged 3-12, drop them off at our complimentary children's club or enquire about our babysitting services.

12 **SPA STYLE**

GRATUITIES

Our prices do not include gratuities. If you have enjoyed your treatment or class, please feel free to leave a gratuity at your discretion.

GIFT CARDS

Our gift certificates make perfect presents for spa lovers and fitness fans. Choose an individual treatment, a special package or a voucher for a specific denomination.

YOGA APPAREL AND EQUIPMENT

Visit our Signature Boutique in the Spa reception to browse a stylish range of apparel and accessories.