

# THE SPA

— at —

## THE TWELVE APOSTLES



THE LEADING HOTELS  
OF THE WORLD®

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# 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 tranquility 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 treatment 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 Treatment Rooms** – superbly equipped for dual and single treatments.
- **Rasul Chamber** – a traditional Arabic cleansing ritual through the use of a gentle steam and mud.
- **2 Mountain Gazebos** – for outdoor treatments with ocean views.
- **Perfect Finish Tourmaline Salon** – turn a manicure or pedicure into a special treat.
- **Tranquility Lounge** – to relax in between and after all spa treatments with herbal teas, lounge chairs, magazines, books or to meditate.
- **Health Bar** – with homemade healthy snacks, fresh fruit juices and still mineral water.
- **Spa Health 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.
- **Salt Water Floatation Pool** – prepare for your treatment with a restful liquid, reduced gravity experience.

*Outside pools and sun loungers are strictly for hotel guests only.*

“ Water can carry our emotions, choose the emotion you would like to  
Feel and allow the water to cleanse your feet and flourish within you.  
Your body is made of water, without water we are nothing.  
Water is life giving.  
A stone of the earth – the element of stability and nurturing.  
Let this earth and water inspire and balance you, allowing your  
Journey of relaxation to begin. “

## Brand Philosophy

### **B|AFRICA**

A unique range of exclusive body range products and professional spa treatments, prepared by blending native African plant extracts, the natural goodness of the sea and eco-friendly production technologies.

The B|Africa product line has been created in honour of Bea Tollman, founder and president of the Red Carnation Hotel Collection, who says “the unique natural locations of the Red Carnation properties are encapsulated in our B|Africa products and treatments, which harness the essential life giving properties of mother natures rich bounty to calm, detoxify, nourish and energise body, mind and spirit”.

### **ELEMIS**

Your skin, your body and your wellness lie at the heart of Elemis. Hands-on, our Elemis therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin.

Personally prescribed. Sublimely sensory. The experience is exceptional, the results are real.

The Elemis Spa philosophy is designed to respect the body’s complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

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## Signature Experiences

Each signature experience starts off with our welcome ritual on the feet and ends off with the sound of a Tibetan Tingsha Bell, taking you on a deep sense of tranquility. Sound healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and creating a deep sense of peace, wellbeing and better health.

### **The Mountain Serenade** (90 min)

**R 1 950** per person

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 with a 90 minute 'his and hers' Hot stone Massage. The package includes strawberries dipped in chocolate and a glass of sparkling wine to be enjoyed inside The Spa after your treatment. This treatment is best enjoyed during a summer sunset – weather permitting.

### **The Escape by Elemis** (90 min)

**R 2 290** per person

Developed by Elemis exclusively for The Spa at The Twelve Apostles, this treatment has been designed to achieve deep relaxation, harnessing the power of facial and body massage by employing stones along the 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)

**R 2 290** per person

Designed to attain deep relaxation, harnessing the power of body, mind and soul. Only here at The Twelve Apostles Hotel and Spa will you experience the true feeling of nature's sound and touch, using fynbos and shells, we take you on a journey of profound relaxation. As your treatment commences, breathing techniques are used to ease you into the treatment, with an invigorating waterless back of the body Salt Scrub using calico bags, with specifically formulated essential oil and fynbos while flowing massage techniques with heated shells and stones targeting specific problem areas while healing and comforting the body from all tension. The Scalp Massage will soothe all senses so you can float away smoothly in a deep relaxing sleep while the foot massage using heated stones ends The Apostles Touch Treatment.

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## Specialized Touch Therapies

### **Hot Stone Massage** (60 min / 90 min)

**R 1 350 / R 1 600**

A complete journey using hands, arms and elbows. Heated stones are incorporated to allow a deeper penetrating massage to the core of the muscle. This renews the skins, increases the blood and lymph circulation, giving your body a healthy glow.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Hot Lava Shell Massage** (60 min / 90 min)

**R 1 500 / R 1 750**

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

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **The Bellabaci Massage** (60 min)

**R 1 400**

A modern treatment based on the ancient cupping therapy that achieves amazing medical and therapeutic results, including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Thermaherbal Poultice Massage** (60 min)

**R 1 900**

This heated and luxurious treatment offers several potential health benefits and induces deep relaxation by relieving stress and fatigue. Improves blood circulation and aids in the elimination of toxins through increased lymphatic circulation and detoxification provided by heat, herbs and massage.

### **Twelve Apostles Pregnancy Massage** (60 min)

**R 1 350**

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

**\* Please note that we do not perform any maternity treatments during the first trimester.**

### **Leg and Foot Reviver** (30 min)

**R 840**

Instantly lightens puffy legs with an exfoliation, massage movements and cooling serum. Ease weary heavy legs, lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too.

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## Traditional Touch Therapies

### **Aromatherapy Massage** (60 min / 90 min)

**R 1 100 / R 1 500**

A holistic treatment, Aromatherapy essences are absorbed by the skin and inhaled through the nose creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell to ease body and mind.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Swedish Full Body Massage** (60 min / 90 min)

**R 1 100 / R 1 500**

Swedish massage involves the use of hands, forearms and elbows to manipulate the superficial layers of the muscles to improve mental and physical health. The benefits of Swedish massage include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension. Swedish massage is a medium pressure massage.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Swedish Back, Neck, Head and Shoulder Massage** (30 min / 45 min)

**R 740 / R 880**

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back. Stones are then bathed in warm water, anointed with spicy, sensual aromas and then placed on key energy points of the body stimulating circulation.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Deep Tissue Massage Full Body Massage** (60 min / 90 min)

**R 1 350 / R 1 600**

Deep Tissue Massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. The Deep Tissue Massage is deep pressure from beginning to end releasing toxin build up from within the muscle.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Deep Tissue Back, Neck, Head and Shoulder Massage** (30 min / 45 min)

**R 850 / R 1 100**

This massage is especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness and sore shoulders. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

### **Pressure Point Foot Therapy** (30 min / 45 min)

**R 740 / R 880**

Treat your feet to the ultimate relaxation that will achieve therapeutic results through to your entire body. Choose between 30 minutes or 45 minutes and let your stress and tension disappear.

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# B | AFRICA

## Spa Body By B|Africa

A unique range of exclusive body care products and professional spa treatments, prepared by blending native African plant extracts, the natural goodness of the sea and eco-friendly production technologies. The B|Africa product line has been created in honour of Bea Tollman, founder and president of The Red Carnation Hotel Collection, who says: “The unique natural locations of each of the Red Carnation properties are encapsulated in our B | Africa products and treatments, which harness the essential, life-giving properties of Mother Nature’s rich bounty to calm, detoxify, nourish and energise body, mind and spirit.”

### **Traditional Arabic Rasul** (45 min)

**R 950**

### **Traditional Arabic Rasul for Two including a bottle of bubbly** (60 min)

**R 1 650 per couple**

The traditional Rasul treatment has been updated to create a luxurious skin smoothing self treatment which blends mineral rich mud, gentle steam and heat to provide an experience that cleanses, releases toxins and rejuvenates. The 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 programme.

### **B | Africa Hydrating Milk Bath Wrap** (60 min)

**R 1 250**

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 the skin.

### **B | Africa Herbal Salt or Sugar Body Exfoliation** (30 min)

**R 700**

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

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**B | Together** (90 min)

**R 1 800** per person

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance. B | Together will nourish your body, heart and soul. With the assistance of rose quartz crystals and B | Africa massage oil infused with rose quartz, our therapists perfectly craft a massage for you to B | Together with your mind and soul. This treatment can be enjoyed by yourself or with a loved one.

**B | Purified** (120 min)

**R 2 450**

Using the healing properties of water, this treatment incorporates touches from the individual locations of our spas. The journey begins with a relaxing a stimulating full body skin renewal Exfoliation using Honeybush and Kigelia Atlantic salt scrub, adding steam to enhance your treatment with either a session in The Hammam at The Oyster Box, The Rasul at The Twelve Apostles or The Crystal Steam Room at Bushmans Kloof. Follow this exfoliation with a moisture-infusing Full Body Massage using one of our Aromatherapy shea balms.

**B | Harmonised** (60 min)

**R 1 200**

From the heart of the ocean to the soul of the mountains, surrender yourself in a treatment designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony. This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress and works to release and relax not only the body but also the mind.

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## Facials By ELEMIS

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

### Technology: Anti-Ageing

#### **ELEMIS BIOTEC Line Eraser** (60 mins)

**R 1 650**

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating facial treatment that effectively irons out wrinkles and fills out lines.

#### **ELEMIS BIOTEC Firm-a-Lift** (60 mins)

**R 1 650**

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

#### **ELEMIS BIOTEC Skin Resurfacer** (60 mins)

**R 1 650**

This revolutionary facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.

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## Technology: Skin Solutions

### **ELEMIS BIOTEC Radiance Renew** (60 mins)

**R 1 650**

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

### **ELEMIS BIOTEC Blemish Control** (60 mins)

**R 1 650**

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

### **ELEMIS BIOTEC Sensitive Skin Soother** (60 mins)

**R 1 650**

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

Book a course of 3 Biotec facials **R 4 000 (R 1 300 per facial)**

Book a course of 6 Biotec facials **R 6 600 (R 1 100 per facial)**

\* All courses need to be discussed with our facial specialist for optimum results.

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## Facial Treatments by ELEMIS

Our skin care therapists are highly qualified and trained to provide the ultimate skincare treatments. 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 and more! Each 60 minute superior treatment is enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

### **ELEMIS Advanced Anti-Ageing Facials**

#### **ELEMIS Pro-Collagen Age Defy** (60 min)

**R 1 550**

Tackle fine lines and wrinkles with the clinically proven\*this powerful anti-ageing treatment tackles fine lines and wrinkles. Skin is massaged to aid lymphatic drainage, while exfoliation ensures maximum absorption and hydration. A marine-charged complex helps to plump out fine lines, and an age-defying peel-off mask visibly improves firmness and elasticity, for a more vibrant and youthful-looking complexion.

#### **ELEMIS Pro-Definition Lift and Contour** (60 min)

**R 1 550**

Targeting sagging jowls, cheeks and jawline, this facial helps restore the architecture of the skin. Potent plant cells help support the skin's surface structure, and deep muscle-toning massage from the scalp to the décolleté.

#### **ELEMIS Dynamic Resurfacing Precision Peel** (60 min)

**R 1 550**

This highly effective resurfacing treatment targets the signs of ageing and uneven skin texture. Designed to work in conjunction with your skin's natural renewal cycle, three layers of enzymes help to remove dead skin cells and reveal a radiant complexion, while steam and extraction deep cleanses.

#### **ELEMIS Superfood Pro-Radiance** (60 min)

**R 1 550**

Ideal for tired or stressed skin, this vitamin-rich facial gives skin a nutritional boost of superfoods and essential minerals. Clinically proven\* to increase hydration, elasticity and firmness, it effectively jump-starts exhausted skin with energising nutrients for a healthy glow.

### **ELEMIS Touch Skin Solutions**

#### **Peptide 24/7 Skin Sync** (60 min)

**R 1 550**

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

#### **ELEMIS Sensitive Skin Soother** (60 min)

**R 1 550**

Ideal for tired or stressed skin, this vitamin-rich facial gives skin a nutritional boost of superfoods and essential minerals. Clinically proven\* to increase hydration, elasticity and firmness, it effectively jump-starts exhausted skin with energising nutrients for a healthy glow.

#### **ELEMIS Anti-Blemish Mattify and Calm** (60 min)

**R 1 550**

A deep cleansing treatment for oily, unsettled, congested or hormonal skin. This mattifying facial helps combat oil and shine. A steam and extraction is followed by soothing and repairing masks, which work together to help reduce sebum and calm the skin. Comforting massage supports micro-circulation to improve tone and texture for clarified skin.

#### **ELEMIS Skin Booster Facial** (30 min)

**R 950**

Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time.

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## ELEMIS Men

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

### **ELEMIS High Performance Skin Energiser** (60 min)

**R 1 550**

For ageing, dehydrated, or stressed skin and tired eyes, this energising treatment restores vital moisture and maximises cell regeneration. A steam and extraction cleanses and purifies, while dynamic facial massage boosts circulation and targeted scalp and foot massages deeply relax for a vibrant, revitalised complexion.

## Spa Body By ELEMIS

### **ELEMIS Deeper Than Deep Hot Stone Massage** (60 min)

**R 1 850**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

### **ELEMIS Hot Mineral Body Boost** (60 min)

**R 1 850**

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

### **ELEMIS Body Nectar Nourishing Wrap - Frangipani** (75 min)

**R 1 400**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

### **ELEMIS Intensely Cleansing Salt Scrub** (30 min)

**R 950**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

### **ELEMIS Thousand Flower Detox Wrap** (75 min)

**R 1 400**

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

### **ELEMIS Targeted Toning Tightener** (75 min)

**R 1 850**

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms.

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## Day Spa Packages

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 for you.

### **Secret Indulgence** (2 hrs 30 min)

**R 3 650**

An exotic Elemis salt scrub will leave your skin soft and vibrant. Continue your day of indulgence with the Elemis Absolute Spa Ritual combining the unique Advanced Anti-Ageing Facials with a Deep Tissue Massage to ease away all the tension. Includes a delicious spa lunch and a glass of sparkling wine.

### **Men's Executive** (2 hrs)

**R 2 450**

For total relaxation and grooming, this package is tailored for the modern day man with the dynamic and immediate relief of the 90 minute Deep Tissue Muscle Massage combined with a 30 minute hydrating skin booster facial. Total Time Out! This Includes a delicious spa lunch.

### **The Ultimate Escape** (4 hrs)

**R 3 900**

Start off your experience with an Aromatherapy Massage followed by 60 min Facial treatment and finish off with a Spa Manicure and Spa Pedicure. This full day package includes a delicious spa lunch and a glass of sparkling wine.

### **Detox Deluxe** (2 hrs 15 min)

**R 3 400**

Kick start your detox at The Spa at The Twelve Apostles Hotel with this Detoxifying, Cleansing and Slimming package. Your journey will begin with a 60 min Bellabacci Massage focusing on lymphatic drainage, increasing blood circulation and eliminates stagnation followed by a 75 min Elemis Targeted Toning Tightener. This package includes a healthy Spa Lunch and a Detox Smoothie.

### **Mother to be Spa Package** (2 hrs 30 min)

**R 3 650**

Indulge in some much needed pampering during your pregnancy. Begin with a 60 min pregnancy massage, followed with a 60 minute Elemis Hydrating spa facial and end off with the ultimate Leg and foot reviver. Enjoy a spa lunch and non alcoholic glass of bubbles in our spa while you relax.

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## Couple's Spa Packages

### **The Celebration** (1 hr 30 min)

**R 3 550** per couple

This package is the perfect way to celebrate any special occasion. Enjoy a 60 min Swedish Massage followed by a 30 min Revitalising Facial in one of our double rooms. End your journey with a glass of Sparkling Wine in one of our hotel outlets to complete your spa experience.

### **Outdoor Bliss** (2 hrs)

**R 4 000** per couple

Spoil yourself and that special person with this unique experience that includes a 60 min Rasul Treatment, a multi-sensory experience that will leave you feeling calm and rejuvenated. Then lose yourself in the breathtaking views of the Twelve Apostles Mountain Range and the Atlantic Ocean in the outdoor enclosed Spa Mountain Gazebos, continuing with a dual Swedish Massage (60 min). Finish with a bottle of sparkling wine and lunch in the beautiful Café Grill. Treatment In the gazebo is Weather permitting.

Upgrade to a deep tissue massage for an additional **R 200** per person

### **Dinner for Two** (1 hrs 30 min )

**R 4 500** per couple

Treat yourself and that someone special to a day of luxury and pampering in one of our exquisite couple's treatment rooms with candle light, rose petals and romantic music. The journey continues with a dual relaxing (90 min) Swedish Massage leaving you both feeling and looking completely renewed. End an afternoon of pleasure with a superb 3-course dinner at the Azure Restaurant at The Twelve Apostles Hotel. (Smart attire required)

### **Total Relaxation Duo** (5 hrs 30 min)

**R10 900** per couple

For the ultimate couple's experience, treat yourselves from top to toe with this decadent journey in one of our double rooms. Start off with a 60 min Hydrating Milk Bath Wrap (60 min), 60min Facial, a 90 min Relaxing Aroma Stone Massage and end your day with 60 min Spa Manicure and a 60 min Spa Pedicure.

This package includes a bottle of Sparkling Wine, Spa Lunch and Chocolate Covered Strawberries.

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## OPI Anti-Ageing Hand and Nail Treatments

OPI Signature Manicure (60 min)	R 590
OPI Signature Pedicure (60 min)	R 590
OPI Gel Manicure (75 min)	R 790
OPI Gel Pedicure (75 min)	R 790
OPI Cuticle, File and Paint (30 min)	R 390
Gel soak-off (30 min)	R 280

\* Soak off needs to be accompanied by a manicure or pedicure treatment and needs to be booked prior to arrival

## Perfect Finish

### Face and Eyes

Brow Shaping	R 190
Eyelash Tint	R 190
Eyebrow Tint	R 190
Eyelash and Eyebrow Tint	R 350

### Waxing

Half Leg Wax	R 520
Full Arm Wax	R 350
Full Leg Wax	R 620
Full Back Wax	R 700
Bikini Wax	R 400
Facial Wax (Lip or Chin)	R 180
Brazilian Wax	R 550
Under Arm Wax	R 330
Hollywood Wax	R 620

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## Spa Etiquette

### **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 15 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 45 minutes prior to your appointment time.

### **Spa Environment**

The spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity and therefore no family members under the age of 16 years are permitted in the spa. Please turn off cellular phones on arrival at the spa. The Spa at the Twelve Apostles will not tolerate unlawful discrimination, harassment or sexual harassment towards any person of any kind

### **Health Matters**

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you 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 if under medical supervision or if you are taking medication. For moms-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 time. We recommend that you drink lots of water after your spa treatments to help accelerate the elimination of toxins.

### **Spa Attire**

We will provide you with spa attire including underwear or you may choose to wear your own. 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 do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

### **Use of facilities**

Use of facilities are complimentary with treatments to the value of R590 only. Please note Spa facilities do not include the use of the outside pool or outside lounges.

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### **Group Bookings**

Groups specials available on request

Groups bookings of 10 or more are only available from Monday - Thursday.

Full payment is required in order to confirm group bookings larger than 5 people

### **Setting the Stage for Making 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.

### **Cancellation Policy**

The treatments you select are reserved especially for you and a 50% deposit is required in order to secure your booking. If you are not able to make your scheduled appointment, please advise us 24 hours in advance in order not to incur any cancellation charges. You may incur a cancellation fee equal to 100% of the total value of your treatment for same day cancellations, or for not arriving for your scheduled appointment. Hotel guests who have made bookings will incur a 50% cancellation fee for same now cancellations or not arriving for your scheduled appointment.

### **Refunds and Returns**

Treatments and packages are non-refundable, non-transferable and may not be exchanged for money. For hygiene reasons, products purchased may not be returned or exchanged.

### **Hours of Service**

Spa: 08h00 to 20h00

Outdoor Pools and Pool lounges: Sunrise to sunset for hotel residents only

Dial extension #9060 for reservations and enquiries

### **The Joy of Giving (and Receiving)**

The perfect gift for a loved one or a colleague, our gift vouchers come beautifully packaged and are available at short notice. 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 online: <https://twelveapostles.skchase.com/vouchers?categories=wellness>

The spa treatment menu is valid from 01 April 2020 – 31 March 2021 • Seasonal rates apply from 14 December 2020 – 15 January 2021  
All prices are quoted in South African Rand (ZAR) • All prices are quoted per person, per treatment unless specified otherwise.