

## FACIAL TREATMENTS

All our facials are suitable for both male and female clients and include an eyebrow shaping. For best results, ask your therapist for advice as to which facial would benefit your skin the most.

Deep Cleanse	60 min	R250
<i>A CLASSIC FACIAL FOR THOSE ON THE GO</i>		
Steaming, thorough deep pore cleansing, exfoliation, mask, toning, eye cream and moisturiser. This facial leaves your face feeling balanced, refreshed and clean.		

## THERAVINE

Balancing Facial	1h15	R340
<i>THE ESSENCE OF NATURE RESTORES THE SKIN</i>		
The facial treatment uses selected essential oils for restoring balance to the skin and includes deep pore cleansing to gently remove surface impurities.		

Hydrating Facial	1h15	R340
<i>FOR DEEP HYDRATION OF THE SKIN</i>		
A Theravine moisturising cream mask is applied over the aroma therapeutic essential oils to bond moisture molecules to the skin, leaving it feeling soft to the touch.		

Deluxe Anti Aging Facial	1h30	R460
<i>GOOD FOR SKINS SHOWING LOSS OF ELASTICITY</i>		
The replenishing treatment assists in minimising fine lines and wrinkles using specialised skin boosters and anti ageing botanicals. A special filmogenic mask is applied, leaving the complexion looking rejuvenated.		

## GUINOT

Hydradermie	1h15	R420
<i>THE STAR FACIAL TREATMENT</i>		
With deep cleansing, deep moisturisation, deep penetration of gels and desensitizing, your skin will look “brand new”!		

Hydradermie For Men	1h15	R420
<i>THE ULTIMATE AGE DEFYING FACIAL TREATMENT</i>		
A renewed skin tone and a healthy complexion in the beard regions and the rebalancing and restoration of skin which is aggravated by shaving, pollution and overexposure to the environment.		

Aromatics	45 min	R360
<i>THE MAGIC OF PLANTS</i>		
An aromatherapy treatment combining the benefits of essential oils with pressure point massage techniques. A perfect “pick-me-up” treatment that will totally relax mind and body.		

Liftosome	45 min	R430
<i>THE FIRING RADIANCE-BOOSTING TREATMENT</i>		
A beauty treatment with a rejuvenating effect. The warming mask fills the skin with energy, restores its elasticity and regenerates new cells.		

Beaute Neuve	45 min	R440
--------------	--------	------

### *THE RENEWING DOUBLE PEELING TREATMENT*

Removes dull skin cells, reveals healthy new cells and the “Clarimasque” with pure Vitamin C regenerates the elastic fibres and lightens pigmentation marks, leaving the skin looking radiant.

Hydradermie Hydra Plus	1h30	R600
------------------------	------	------

### *A DELUXE TREATMENT WITH VISIBLE AND LASTING RESULTS*

The classic Hydradermie facial, including the delicate eye and neck areas using separate gels, serums, creams and masks for each area.

Hydradermie Deluxe	1h45	R770
--------------------	------	------

### *THE ULTIMATE ANTI-AGEING FACIAL*

Deep cleansing, deep moisturizing, anti-ageing, desensitizing, lifting and firming...the results will speak for themselves!

## MASSAGE THERAPY

Kindly request your therapist for a deeper massage should you feel the pressure is too soft.

Sinus Mint Facial Massage	15 min	R100
Head Therapy	30 min	R160
Heavy Leg Treatment	30 min	R160
Tension Neck & Back	30 min	R190
Foot Therapy	45 min	R240
Aromatherapy	60 min	R275
Swedish	60 min	R275
Deep Tissue	60 min	R300
Hot Stone	60 min	R350
Additional Massage Time	15 min	R 70

## BODY TREATMENTS

Theravine Body Scrub	30 min	R120
Theravine Relaxation Body Cream Wrap	1h45	R260
Theravine Recharging Body Clay Wrap	1h30	R260
Theravine Pinotage Bath ••	30 min	R180
Ecklon Exfoliating Marine Scrub	30 min	R240
Ecklon Cellulite Body Wrap	60 min	R260
Ecklon Anti Stress Bath ••	20 min	R210
Detox Foot Bath	40 min	R110
Self Tan With Exfoliation	60 min	R400

## SPECIALISED TREATMENTS

Botox	POA
Fillers	POA
Peels	POA
Skin Rejuvenation	POA

## HANDS & FEET

Manicure	60 min	R170
French Manicure	60 min	R185
Paraffin Wax Manicure	60 min	R200
Pedicure	60 min	R200
French Pedicure	60 min	R210
Paraffin Wax Pedicure	60 min	R230
Mint Signature Manicure & Pedicure	2h00	R260
File & Revarnish	30 min	R100

## NAIL ENHANCEMENTS♦

Full Set	2h00	R250
Overlays (fingers & toes)	1h30	R300
Fills	60 min	R160
Soak Off, Buff & Polish	60 min	R150
Fix	15 min	R 80

## TINTING & SHAPING

Eyelashes	20 min	R40
Eyebrows	10 min	R40
Eyelashes & Eyebrows	30 min	R60
Eyebrow Shaping	10 min	R30

## WAXING

Legs – Half	30 min	R 80
Legs – Full	60 min	R120
Arms	20 min	R 80
Underarm	15 min	R 50
Bikini	30 min	R 60
Chest & Back	50 min	R150
Lip or Chin or Brow (each)	10 min	R 30

•• Only available at The Bay Hotel and The Farmhouse Hotel spas

♦ Regrettably not available at The Farmhouse Hotel spa

## PACKAGES

<b>Bath Delight</b>	1h25	R480	<b>Mother To Be</b>	3h45	R1,000
Swedish Massage			Back & Neck Massage		
Candles			Heavy Leg Massage		
Music			Theravine Balancing Facial		
Bubble Bath With Essential Oils And Rose Petals			Paraffin Wax Manicure		
Sparkling Wine			Paraffin Wax Pedicure		
<b>Flu Buster</b>	2h45	R700	<b>Indulge Yourself</b>	6h00	R1,530
Sinus Facial Massage			Theravine Body Scrub		
Head Therapy			Aromatherapy Massage		
Deep Cleanse Facial With Steamer			Manicure		
Aromatherapy Massage			Pedicure		
			Hydradermie Deluxe Facial		
<b>The Busy Executive</b>	1h40	R700	Lash Tint		
Express Facial					
Back & Neck Massage			<b>Queen For A Day</b> ♦	8h30	R1,700
Express Manicure			Chauffeur Drive Pick Up		
Express Pedicure			Sparkling Wine On Arrival		
			Cleansing Foot Bath		
<b>Thalassotherapy (Ecklon)••</b>	2h30	R720	Theravine Exfoliation		
Exfoliating Marine Scrub			Swedish Massage		
Toning Body Wrap & Bath			Theravine Deluxe Anti Ageing Facial		
Anti Cellulite Gel			Paraffin Wax Manicure		
Advanced Body Lotion			Paraffin Wax Pedicure		
Moisturising Mist			Lunch		
			Hair		
<b>Jet Lag</b>	2h45	R840	Chauffeur Drive Drop Off		
Exfoliating Marine Scrub			(The above time and price excludes Chauffeur Drives)		
Swedish Massage					
Hydradermie Facial					

- \* Open 7 Days a Week
- \* Hours extended by appointment.
- \* Gift vouchers available.
- \* Treatments by appointment.
- \* A robe, slippers and disposable underwear are available for your use.
- \* Regular clients may apply for our membership programme and enjoy exclusive privileges.
- \* The order of the treatments specified may change at the discretion of the therapist and all times specified are guidelines only.
- \* A 25% surcharge will be levied on rates for appointments made outside of the normal operating hours or for off-site treatments and groups.
- \* Late arrivals' treatment time will be reduced accordingly but will still be charged at full price.
- \* Prices are subject to change without notice.

### CANCELLATION POLICY

- \* Bookings cancelled with less than 5 hours notice, will be charged at 50% at the discretion of the Spa Manager.
- \* For non arrivals, the full treatment charge will apply.

- Only available at The Bay Hotel and The Farmhouse Hotel spas
- ♦ Regrettably not available at The Farmhouse Hotel spa
- \* Terms and conditions apply

Tel: +27 21 430 4444 | E-mail: info@mintwellness.com

THE BAY HOTEL +27 21 438 4444  
 CAMPS BAY RETREAT +27 21 437 8300  
 THE FARMHOUSE HOTEL +27 22 772 2062  
 MANAGER ALL HOURS +27 82 825 8393  
 www.mintwellness.com



EO5 12/06/09



THE BAY HOTEL



CAMPS BAY RETREAT



THE FARMHOUSE HOTEL

## WINTER MENU

MAY – OCTOBER

*Spoil Yourself!*

Between **May & October**, accumulate R2000 worth of treatments & receive **1 night's complimentary stay** for 2 people sharing, including breakfast at any of our hotels.\*

