



mint wellness

— SPA MENU —

VALID FROM 01 OCTOBER 2022 - 30 APRIL 2023

spoil yourself

SIGNATURE JOURNEYS

Signature Mint EscapeR2 500 | €147 | 180 min

Our signature journey includes a customised Healing Earth Pinotage Grape full body massage, Pinotage Facial that is tailored to specific skin concerns, and express manicure and pedicure. This package includes a light spa lunch and a glass of sparkling wine.

Grape Therapy ...R1 750 | €103 (single) * R3 500 | €206 (double) 180 min

This package includes a Healing Earth Pinotage body polish, shower, full body massage with customised Pinotage body oil, and a Pinotage facial that is tailored to specific skin concerns. End your journey with a glass of sparkling wine in our spa lounge, to complete your spa experience.

Immerse in Nature ...R1 400 | €82 (single) * R2 800 | €165 (double) 120min

(Exclusive to Camps Bay Retreat)

Journey into a nature paradise and connect with the energy of the forest, the mountain, and the ocean as you relax and feel revitalised in our outdoor Nature Tent. Enjoy a full body Pinotage Grape massage by Healing Earth. The package includes a mini fruit platter and a glass of sparkling wine to be enjoyed inside an organic Nature Bath, after your treatment. This treatment is best enjoyed during summer – weather permitting.

African Earth CeremoniesR1 750 | €103 | 120 min

Choose 1 of the following to customise your treatment: Kalahari Melon (Hydrate), Mongongo Nut (Detox), Coffee, Cinnamon & Orange (Define & Sculpt) or Marula & Neroli (Relax). Journey includes a customised body polish and wrap, relaxing facial pressure points and scalp massage, completed with a full body massage.

Traveller's Tension ReleaseR1 750 | €103 | 120 min

This package is designed to support the traveller that is experiencing symptoms of jet lag or simply just exhausted after a trip. Ease the travel induced tension with a 30 min Sauna or Steam Session, followed by a Healing Earth Detox and Uplift oil blend full body massage and a Pinotage facial to rejuvenate and refresh the skin.

Sun Sooth and RestoreR1 300 | €76 | 60 min

(Pregnancy Safe)

Body cocooning for sunburnt skin. Includes full body Aloe Vera Mask and African Potato Balm application. Enjoy a hand and foot massage whilst you relax. Includes a mini fruit platter and a herbal tea.

FACIALS

Esse Express FacialR720 | €42 | 30 min
(All Skins)

A fully customisable treatment targeted at achieving results in 30 minutes.

Esse Experience FacialR800 | €47 | 60 min
(All Skins)

A bespoke facial that harnesses the power of advanced pre & probiotics to improve the microbial balance on the skin. Tailored to address your specific skin concerns with customisations and carefully crafted add-ons. Experience benefits that include soothing stress relief, boosted collagen production, reduced inflammation, and strengthened skin barrier function.

Esse Live Probiotic ExperienceR1 300 | €76 | 75 min
(Ageing, Premature Ageing and Environmentally Stressed Skin)

An ultimate treatment to elevate your skin to a whole new level with live probiotics and specialised massage protocols. This world class standard live probiotic experience is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin. The inclusion of the Esse Sensitive or Lifting massage further enhance treatment outcome and promote complete relaxation.

Lamelle Essentials Hydrating FacialR800 | €47 | 60 min
(Dehydrated Skin)

This facial offers an experiential treatment to stimulate the senses, to quench a thirsty, dehydrated skin and to thoroughly improve the skins quality.

Lamelle Essentials Purifying FacialR800 | €47 | 60 min
(Congested Skin)

This facial offers a treatment to stimulate the senses, to purify a congested skin and to thoroughly improve the overall quality of the skin.

Lamelle Essentials Age Preventing FacialR1 100 | €65 | 60 min
(Ageing, Premature Ageing and Environmentally Stressed Skin)

This facial offers a treatment to support and protect the skin with powerful antioxidants and to thoroughly improve the overall quality of the skin.

ENHANCEMENT

Enhance Your Facial TreatmentsR250 | €15 | 15 min
(Cooling Jade or Rose quartz)

BODY CEREMONIES

Bellabaci Body ExfoliationR650 | €38 | 30 min

This luxurious exfoliating body treatment improves the skin's texture and adds a rejuvenating glow to the skin.

Bellabaci Revive Body RitualR1 000 | €59 | 90 min

This treatment is designed to support the balancing of blood circulation, hormonal activity, venous flow, arterial repair, as well as lymphatic drainage. Treatment includes an invigorating full body exfoliation, followed by the application of the circuflow body wrap. Application of the circuflow balm and a reviving foot and leg massage incorporating the Bellabaci cups.

Bellabacci Detox and Slimming Body RitualR1 100 | €65 | 90 min

This treatment focuses on your individual problematic areas targeting cellulite while supporting slimming, detoxification and firming your skin. This treatment includes a stimulating full body exfoliation, followed by the application of the cellulite be gone body wrap in targeted areas. Finishing the treatment of with the cellulite be gone balm and cupping therapy in areas of concern.

Bellabacci Deep Relax Body RitualR1 250 | €73 | 120 min

Feel your best inside and out with this balancing complex of organic oils and energetic synergies. Treatment includes a full body exfoliation, followed by the application of the stress no more body wrap. While the wrap is on, a 15 min scalp and foot massage is performed. Followed by the application of the stress no more balm and a relaxing 30 min back, neck and shoulder massage.

Steam or Sauna SessionR180 | €11 | 30 min

Step into a heated paradise and feel the stress drip off. Combine your session with a cold shower and follow with any therapeutic treatment for the ultimate hydrotherapy experience.

CHILDREN'S MENU

African Earth Child 6-12yearsR825 | €48 | 60 min

An experience for the little ones. Includes a light pressured Kalahari Melon body massage and a mini Pinotage balancing facial to gently nourish the skin.

Little Fingers ManicureR200 | €12 | 30 min

Little Toes PedicureR220 | €13 | 45 min

MASSAGES

Mint Signature Deep Tissue Muscle ReliefR1 200 | €71 | 60 min
R1 500 | €88 | 90 min

A deep pressure massage to relieve tension ending off with a cooling Mint Gel.

African Earth Aromatherapy MassageR1 100 | €65 | 60 min
R1 400 | €82 | 90 min

Choose 1 of the following to customise your treatment: Kalahari Melon (Hydrate), Mongongo Nut (Detox), Coffee, Cinnamon & Orange (Define & Sculpt) or Marula & Neroli (Relax). Massage incorporates hot stones for the first 10 minutes as a muscle warming introduction, using medium to firm pressure.

Nurturing Pregnancy Massage | Sensitive SkinsR1 000 | €59 | 60 min

A relaxing massage experience tailored to relieve typical pregnancy discomforts such as lower back ache and poor circulation. This treatment is not available for Moms within their first trimester. No essential oils are used. Choose between Healing Earth Pure Organic Shea Butter or Grape Seed oil using light pressure. Massage also suitable for sensitive skins.

Bellabaci SOS CBD infused MassageR1 000 | €59 | 60 min

Experience the therapeutic benefits of a CBD infused full body massage without any traces of THC. A powerful blend of healing herbs is used to reduce inflammation and stress. The perfect treatment to support and relieve tension, anxiety and insomnia.

ADDITIONAL TOUCHES

Scalp, Neck and ShoulderR500 | €29 | 30 min

Soothed SolesR700 | €41 | 45 min
(foot massage with cooling Mint Gel)

Extended TimeR250 | €15 | 15 min

SPA GROOMING TREATMENTS

TINTING

Brows	R110 €6 10 min
Lashes	R130 €8 10 min
Brows and Lashes	R220 €13 30 min

WAXING

Arms - Half	R220 €13 20 min
Arms - Full	R330 €19 40min
Bikini	R240 €14 30 min
Brazilian	R380 €22 30 min
Hollywood	R420 €25 45 min
Chest or Back	R360 €21 30 min
Legs - Half	R360 €21 30 min
Legs - Full	R420 €25 45 min
Lip, Chin or Brow (each)	R140 €8 10 min
Underarms	R200 €12 15 min

HANDS AND FEET

Express Manicure	R250 €15 30 min
Express Pedicure	R270 €16 30 min
Luxury Manicure	R465 €27 60 min
Luxury Pedicure	R490 €29 75 min
Luxury Callus Peel Pedicure	R550 €32 90 min
Gelish Soak-Off and Nail Buff	R200 €12 45 min
(No Manicure Pedicure)	
Gelish Soak-Off and Nail Buff	R100 €6 45 min
(With Manicure Pedicure)	
Gelish Manicure	R520 €31 75 min
Gelish Pedicure	R550 €32 75 min
Men's Manicure	R350 €21 45 min
Men's Pedicure	R420 €25 60 min

BENEFITS WITH TREATMENTS

- Any treatment longer than 60 minutes, gains you access to a lounge at the pools (excluding the Sandy B Private Beach Club), subject to availability (excludes peak season from 16 December to 4 January).
- Any treatments to the value of R1 500 and over, offers access to loungers (client +1), subject to availability (excludes peak season from 16 December to 4 January), day membership at Sandy B Private Beach Club and access to the sauna, steam room and gym.

ETIQUETTE

- We recommend that you arrive 15 minutes prior to your treatment time to allow for pre-treatment consultation and preparation.
- A robe, slippers and disposable underwear are available for your use.
- No treatment will commence without the client's signature and completion of the indemnity and consultation forms.
- Gratuities are discretionary and are not included in the treatment price (usually between 10 - 15 %).
- There is adequate public parking nearby. On-site parking available by arrangement.

BOOKING TERMS AND CONDITIONS

- Credit card details may be requested to secure a booking.
- A 50% deposit is required for group bookings and packages.
- A special fee for appointments made outside of the normal working hours (subject to therapist availability), as well as group bookings, will be charged.
- We reserve the right to cancel your appointment and book waitlisted clients should you be more than 15 minutes late for your confirmed booking without notifying the spa.
- Bookings cancelled with less than 4 hours notice, will be charged at 50 % of the booked treatment value, at the discretion of the Wellness Host.
- Full treatment charge will apply for non-arrivals.
- Children under the age of 12 must be accompanied by a parent/guardian for the entire duration spent on the hotel premises.
- • Prices and any other details are subject to change with reasonable notice. • Terms and conditions apply and can be viewed on www.mintwellness.com.

Camps Bay Retreat

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For further information, operating hours and gift vouchers,
please visit www.mintwellness.com