



# CAYENNE *Spa*

TREATMENT MENU

# SPA ETIQUETTE

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## Arrival

We encourage you to arrive 30 minutes prior to your appointment to allow time for the check-in process. Please be advised that late arrivals will result in a reduction of treatment time.

## Attire

We respectfully request that underwear be worn during all treatments. Swimwear is required in the sauna room area. Upon arrival, you will be provided with a robe, a pair of slippers, and a secure space to store your belongings.

## Consultation

We request that all guests complete a mandatory consultation form before their treatment. Any health concerns or procedures are to be discussed with your therapist before undergoing any spa treatment.

## Pregnancy

Please note, that we do not offer body treatments within the first trimester of pregnancy. Please consult your doctor before undergoing any spa treatment.

## Age Policy

Guests under the age of 16 are not allowed access to the spa, gym, sauna, or pool area and must be accompanied by an adult.

## Cancellation Policy

We require a 24-hour minimum when canceling or rescheduling an appointment. If a 24-hour cancellation is not provided, 100% of the total treatment value will be charged.

No refunds on retail product purchases. Ts&Cs apply.

\*All spa facilities are unisex. We provide complimentary use of our facilities to all guests upon booking a treatment at the spa.



# MASSAGE & BODY TREATMENTS

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## Full Body Signature Massage

R1 095 | R1 520

60 minutes | 90 minutes

Release muscle tension and experience an intensive sense of relaxation with a pressure-releasing combination of cupping and hands-on massage performed with a unique blend of essential oils pre-selected according to your needs. This firm to deep pressured full body massage finishes with a scalp massage for a complete wellness experience.

## Full Body Swedish Massage

R1 080 | R1 460

60 minutes | 90 minutes

Indulge in this soothing holistic treatment, combined with light to medium pressure to ease muscle tension and promote relaxation.

## Full Body Hot Stone Massage

R1 080 | R1 460

60 minutes | 90 minutes

While providing firm to deep pressure, heated stones infuse the muscles with warmth while breaking up knots of tension. Our chosen massage medium blended with essential oils will help ease tension and create a complete state of relaxation.

## Nourishing Pregnancy Massage

R1 155

60 minutes

A gentle and relaxing full-body massage using special prenatal techniques targeting areas prone to tension during pregnancy.

## Back, Neck & Shoulder Massage

R825

45 minutes

A deep relaxing massage focused on relieving tension in the back, neck, shoulders, and scalp.

## Relaxing Foot Massage

R660

30 minutes

Targeting the pressure points in your feet to improve circulation, stimulate the muscles, reduce tension, and ease painful or tired feet.

## MASSAGE & BODY TREATMENTS

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### Scalp Massage

R660

30 minutes

A head and neck massage designed to relax the mind and encourage circulation.

### Full Body Exfoliation

R630

30 minutes

Improving circulation and removing dead skin cells, leaving your skin feeling smoother and healthier.

### Full Body Exfoliation & Wrap

R1 210

60 minutes

Starting with a full body exfoliation, removing dead skin cells, and increasing circulation preparing the body to better absorb the nourishing or detoxing wrap that follows. This treatment will leave your skin smooth and visibly brighter.

## TREATMENT ENHANCEMENTS

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\*Treatment enhancements can only be added to booked treatments.

### Hot Stones

R185

### Bellabaci Cups

R185

### Back Scrub

R245

### Private Tranquil Bath Soak

R1 640

60 minutes

# QMS FACIALS

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## **QMS Collagen Reset**

**R1 450**

**60 minutes**

Transform your skin in a 60-minute reset facial, designed to reclaim, retrain, and reform. Tailored to perfection and addressing the root causes of skin imbalances. This facial activates the skin through a hydrating cascade or provides deep nourishment for delicate skin. Experience a holistic synergy that revitalizes your skin, ensuring a comprehensive and effective treatment within the convenience of a 60-minute session.

## **QMS Collagen Revive**

**R1 680**

**90 minutes**

Enhance your skin's innate radiance from within. Our treatment is designed to stimulate and regulate your skin's condition with similar efficacy as blood flow stimulation, all without invasive measures or harm to your skin's protective barrier. The outcome is visibly brighter skin, showcasing a silky, soft texture that reinstates your natural healthy glow.

## **QMS Collagen Renewal**

**R1 750**

**90 minutes**

Restores and revitalizes the complexion whilst delivering an important boost to the moisture levels using pioneering wellbeing and QMS signature 70% natural soluble collagens. Skin is left firmer, and plumped, with reduced fine lines, and improved texture.

## **QMS Collagen Contour**

**R2 180**

**90 minutes**

Experience the pinnacle of anti-gravity and plumping treatments. Our approach strengthens and regenerates the skin while focusing on the areas that are prone to loss of elasticity as skin ages. A lifting and contouring facial massage in combination with collagen will help to improve texture and tonicity.

# CAYENNE SPA PACKAGES

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## Muscle Support Full Body Journey

R2 035

120 minutes

This treatment is designed to address muscle relaxation, removal of stiffness, and joint immobility. Indulge in a full body exfoliation and wrap and enjoy a relaxing scalp OR foot massage whilst the wrap is on, followed by a cupping massage for a revitalizing experience.

## Deep Relax Experience

R2 035

120 minutes

Relax your body, mind, and soul with a combination of cupping and hands-on massage with balancing organic essential oils to address symptoms of stress, muscle aches, and tension. Start your experience with a destress full-body exfoliation and wrap. Whilst the wrap is on you have the option to have a relaxing scalp OR foot massage and your treatment will conclude with a full body massage.

## Cayenne Half Day Package

R3 795

4 hours

Take some time for yourself to relax and unwind.

- Full Body Massage
- Collagen Reset Facial
- Deluxe Manicure
- Deluxe Pedicure

\*Includes a light lunch in COPA restaurant

## Couples Spa Journey

R4 450 per couple

2 hours

Experience a moment of complete tranquility with your loved one.

- Full Body Massage
- Rejuvenating Facial
- Scalp OR Foot Massage

## Bubbles & Pamper

R4 390 per couple

2 hours

Savour a glass of bubbly alongside delightful treats and let the stress melt away as you embrace relaxation.

- Couples Private Tranquil Bath Soak
- Couples Full Body Massage

## HANDS & FEET

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Deluxe Pedicure   60 minutes	R640
Deluxe Manicure   60 minutes	R570
Gel Pedicure   75 minutes	R715
Gel Manicure   75 minutes	R650
Nailcare & Gel Application   45 minutes	R495
Express Pedicure   30 minutes	R450
<ul style="list-style-type: none"><li>• Cuticle Work</li><li>• File</li><li>• Buff</li><li>• Paint</li></ul>	
Express Manicure   30 minutes	R395
<ul style="list-style-type: none"><li>• Cuticle Work</li><li>• File</li><li>• Buff</li><li>• Paint</li></ul>	
Gel Removal & Nailcare   30 minutes	R295
Acrylic or Tips Removal & Nailcare   45 minutes	R325

## TREATMENT ENHANCEMENTS

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\*Treatment enhancements can only be added to booked treatments.

Add Gel Removal	R175
Add Acrylic Removal	R235
Add Foot Peel   15 minutes	R235

# GROOMING

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## Waxing

Underarm	R250
Half Arm	R275
Full Arm	R315
Half Leg	R350
Full Leg	R420
Bikini	R315
Brazilian	R400
Hollywood	R480
Stomach	R350
Chest	R350
Back	R400
Brow	R200
Lip	R200
Chin	R200

## Tinting

Brow	R200
Lash	R200
Brow & Lash	R280



## CAYENNE SPA

Located on the 8th floor at the Pepperclub Hotel  
Corner Loop and Pepper Street | Cape Town



@Cayenne Spa



@cayenne\_spa\_



CAYENNE  
*Spa*

**021 812 8812 | [cayennespa@pepperclub.co.za](mailto:cayennespa@pepperclub.co.za) | WhatsApp 076 606 7848**

*\*Prices and cancellation terms are subject to change without prior notice.*