

CAYENNE
Spa

TREATMENT MENU

SPA ETIQUETTE

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

Full Body Signature Massage

R1 180 | R1 645

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 165 | R1 575

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 165 | R1 575

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 250

60 minutes

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

Back, Neck & Shoulder Massage

R895

45 minutes

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

Relaxing Foot Massage

R715

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

Scalp Massage

30 minutes

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

R715

Full Body Exfoliation

30 minutes

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

R680

Full Body Exfoliation & Wrap

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.

R1 310

TREATMENT ENHANCEMENTS

*Treatment enhancements can only be added to booked treatments.

Hot Stones

R200

Bellabaci Cups

R200

Back Scrub

R264

QMS FACIALS

QMS Collagen Reset

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.

R1 560

QMS Collagen Revive

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.

R1 815

QMS Collagen Renewal

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.

R1 890

QMS Collagen Contour

90 minutes

Experience the pinnacle of anti-gravity and plumping treatments. Our approach strengthens and regenerates the skin while focusing on the areas that a 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.

R2 355

Express Collagen Facial

30 minutes

R755

CAYENNE SPA PACKAGES

Muscle Support Full Body Journey 120 minutes

R2 200

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 120 minutes

R2 200

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 4 hours

R4 095

Take some time for yourself to relax and unwind.

- Full-Body Massage
- Deep Pore Cleansing Facial
- Manicure
- Pedicure

*Includes a light lunch in COPA restaurant

CAYENNE SPA PACKAGES

Couples Spa Journey 2 hours

R4 805 per couple

Experience a moment of complete tranquility with your loved one.

- Full Body Massage
- Express Deep Cleansing Facial
- Scalp OR Foot Massage

Bubbles & Pamper 2 hours

R4 740 per couple

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

Deluxe Pedicure 60 minutes	R690
Deluxe Manicure 60 minutes	R615
Gel Pedicure 75 minutes	R770
Gel Manicure 75 minutes	R700
Nailcare & Gel Application 45 minutes	R535
Express Pedicure 30 minutes	R485
● Cuticle Work ● File ● Buff ● Paint	
Express Manicure 30 minutes	R425
● Cuticle Work ● File ● Buff ● Paint	

TREATMENT ENHANCEMENTS

*Treatment enhancements can only be added to booked treatments.

Add Gel Removal	R190
Add Acrylic Removal	R215
Add Foot Peel	R255

GROOMING

Waxing

Underarm	R270
Half Arm	R295
Full Arm	R340
Half Leg	R375
Full Leg	R455
Bikini	R340
Brazilian	R430
Hollywood	R520
Stomach	R375
Chest	R375
Back	R430
Brow	R215
Lip	R215
Chin	R215

Tinting

Brow	R215
Lash	R215
Brow & Lash	R300



A Moment, just for You.

In the heart of the city, Cayenne Spa offers a peaceful retreat from the outside world. Here, gentle rituals and restorative treatments work in harmony to relax the body and calm the mind. Take this time to pause, breathe, and reconnect. Leaving with a sense of balance, lightness, and quiet rejuvenation.

PEPPERCLUB HOTEL

Corner Loop and Pepper Street | Cape Town
www.pepperclub.co.za



@CayenneSpa



@cayenne_spa_



Scan to book
or enquire

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