



# 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 is to be worn for all treatments. Swimwear is required in the sauna room area. You will be provided with a robe, a pair of slippers, and a secure space to store your belongings upon arrival.

## Consultation

We request that all guests complete a mandatory consultation card 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 cancelling 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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## Signature Massage

60 minutes | 90 minutes

R995 | R1 380

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.

## Swedish Body Massage

60 minutes | 90 minutes

R980 | R1 330

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

## Hot Stone Massage

60 minutes | 90 minutes

R980 | R1 330

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

60 minutes

R1 050

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

## Back, Neck & Shoulder Massage

45 minutes

R750

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

## Relaxing Foot Massage

30 minutes

R600

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**  
30 minutes

R600

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

**Full Body Exfoliation**  
30 minutes

R575

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

**Full Body Exfoliation & Wrap**  
60 minutes

R1 100

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**

R165

**Back Scrub**

R220

**Bellabaci Cups**

R165

**Private Tranquil Bath Soak**  
60 minutes

R1 490

## QMS FACIAL ENHANCEMENTS

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

**Advanced Face Mask**

R250

# QMS FACIALS

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## **Sensitive Skin Re-Balance**

**R1 015**

60 minutes

Clears impurities, calms inflammation, and regenerates the basic function of the skin. Delivers effective results in improving the complexion without causing further irritation.

## **Deep Pore Cleansing Facial**

**R1 070**

60 minutes

This facial is ideal for younger skin. Provides intense cleaning and refining treatment to the skin through the combination of deep pore purification with highly effective fruit acids and enzymes to create the ideal base for a soothing and moisturizing foaming mask. It leaves the skin healthy, balanced, and hydrated.

## **SK-Alpha**

**R1 100**

60 minutes

Detoxifies the skin and focuses on stimulating the microcirculation using a unique thermal active revitalizing mask. This results in an instant boost to the complexion and the skin is left visibly smoother and radiant.

## **Urban Repair**

**R1 220**

60 minutes

Targets the damaging effects of daily pollutants in the skin and helps to repair the cellular structure to restore the skin's natural wellness. This facial combines a deep pre-decongestion with advanced treatment to support the detox process, accelerate epidermal regeneration, and boost the metabolism.

## **Collagen Renewal**

**R1 400**

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, reduced fine lines, and improved texture.

## **Neo Tissuedermie**

**R1 850**

90 minutes

Strengthens and regenerates the skin with a focus on the areas that are prone to loss of elasticity as skin ages. Delivers a lifting and tightening massage in combination with a collagen-boosting treatment to help improve the tonicity of the jawline, cheeks, and eyebrows.

# CAYENNE SPA PACKAGES

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## Muscle Support Full Body Journey

R1 850

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

R1 850

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.

## Revive Body Ritual

R1 400

90 minutes

This treatment is designed to improve blood circulation as well as lymphatic drainage. This treatment includes an invigorating full-body exfoliation and wrap finishing with a reviving foot and leg massage incorporating the Bellabaci cups.

## Cayenne Half Day Package

R3 300

4 hours

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

## Couples Spa Journey

R3 850 per couple

2 hours

Experience a moment of complete tranquility with your loved one.

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

## Couples Private Time Out

R3 990 per couple

2 hours

- Private Couple Tranquility in the bath
- Couples Massage

## HANDS & FEET

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Deluxe Pedicure   60 minutes	R580
Deluxe Manicure   60 minutes	R520
Gel Pedicure   75 minutes	R650
Gel Manicure   75 minutes	R590
Nailcare & Gel Application   45 minutes	R450
Express Pedicure   30 minutes	R410
<ul style="list-style-type: none"><li>· Cuticle Work</li><li>· File</li><li>· Buff</li><li>· Paint</li></ul>	
Express Manicure   30 minutes	R360
<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	R250
Acrylic or Tips Removal & Nailcare   45 minutes	R280

## TREATMENT ENHANCEMENTS

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

Add Gel Removal	R150
Add Acrylic Removal	R200
Add Foot Peel	R200

# GROOMING

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## Waxing

Underarm	R200
Half Arm	R220
Full Arm	R250
Half Leg	R280
Full Leg	R330
Bikini	R250
Brazilian	R320
Hollywood	R380
Stomach	R280
Chest	R280
Back	R320
Brow	R180
Lip	R180
Chin	R180

## Tinting

Brow	R170
Lash	R170
Brow & Lash	R250



CAYENNE  
*Spa*

**PEPPERCLUB HOTEL**

Corner Loop and Pepper Street | Cape Town

[www.pepperclub.co.za](http://www.pepperclub.co.za) | 021 812 8812

**[cayennespa@pepperclub.co.za](mailto:cayennespa@pepperclub.co.za)**

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