

BODY TREATMENTS

Body Polish - By Mio

A gentle exfoliation and moisturising treatment.

Leaves the skin soft and hydrated

30min R 350

Anti-stress Back Treatment - By Mio

Designed to ease tension and soothe the skin

45min R 550

Cleopatra Milk Wrap - By Babor

We make you feel like she did! Queen for the day, this treatment, cleanses, exfoliates and moisturisers the entire body, leaving your skin replenished, nourished satin smooth and caressed.

60 min R 640

Frangipani Body Treatment - By Elemis

The perfect treatment overlooking the Indian Ocean! An aromatic full body scrub followed by a facial cleanse leaving you feeling relaxed, renewed and pampered

60 mins R 700

Thermal Cocooning Treatment - By Babor

A detox mud from the Eifel region promotes good circulation, relaxes the muscles leaving the skin feeling warm, nourished, moisturised and comfortable.

60 min R 700

Balanced Body Treatment - By Babor

Follow a journey of luxury with a body polish, massage and mask, balancing all energies and creating a feeling of wellbeing.

90 min R 880

SPA COLLECTIONS

Pebble

Babor Express Facial

Back Massage

1 Hour R 880

Orchid

Sea Whisperer Massage

Purifying Oxygen Facial

2 Hours R 1500

Tranquillity

Serene Soul Massage

Cleopatra Milk Wrap

Pedicure

3 Hours R 1900

Indian Ocean Dream

Sea Whisperer Massage

Specialised Facial

Cleopatra Milk Wrap

Manicure and Polish

Pedicure and Polish

7 Hours R 2840

Open 7 days a week

10h00 - 19h00

9th Floor, The Towers

(031) 314 7900

suncoasthotels.spa1@tsogosun.com

www.tsogosun.com



SPA
SUNCOAST TOWERS

"Life at the top can be so good"

MASSAGE OFFERINGS

The Sea Whisperer

Relax to the flowing sequence of our Signature Massage, a fusion of massage styles from around the world to lull you into a blissfully relaxed state

60 min R 740 75 min R 800 90 min R 930

Serene Souls Massage

This intuitive massage can be designed with you in mind, your practitioner will concentrate on your specific needs, should it be extra attention to the back, deep tissue or de-stress. Please discuss with your practitioner.

60 min R 700 75 min R 780 90 min R 850

Rhythms of the Back

A Favourite for 'busy' people! This relaxing experience is a massage for the entire back of the body and directs most attention to the back and neck, finishing with the head and feet

45 min R 650

Mama's Touch - by Mama Mio

A pregnancy massage designed to target mum's specific needs while nourishing your skin with Omega enriched oils

60 min R 790

Back Massage	30min	R 430
Indian Head Massage	30min	R 370
Reflexology	30min	R 350
Revive Leg Massage	30min	R 370
Foot Massage	30min	R 220

HAND & FOOT CARE

Manicure & Polish	60 min	R 300
Spa Manicure	75 min	R 350
Pedicure & Polish	60 min	R 320
Spa Pedicure	75 min	R 450
Gel Colour - Add on	30 min	R 140
Gel Re-varnish	30 min	R 240

FACIALS

Ocean Dew - By Elemis

Refresh, revive & re-balance tired skin with an express treatment adapted for every skin type

30 min R 540

Vitality Treatment - By Elemis

A nourishing and detoxifying facial, rich in super foods and minerals to re-energise and revitalise the skin.

The perfect nutritional boost for stressed, dehydrated and dull skin.

60 min R 790

Age Defying Facial - By Elemis

A marine collagen enriched facial sure to leave your skin feeling plump, hydrated and tightened

60 min R 840

Peptide Facial – By Elemis

Leaves your skin feeling silky smooth.
Illuminates your skin and restores radiance

60 min R 890

Glow Boost Facial - By Babor

Awaken your skin with a Radiant Boost to revitalize your skin - for all skin type

30 min R 450

Skin Renewal - By Babor

A peeling treatment using fruit acids creating visible results of a brighter, healthier and rejuvenated skin

60 min R 700

Balancing Facial - By Babor

Balance your skin, by bringing combination areas into complete harmony leaving you feeling refreshed with an even skin tone while reducing blemishes, giving pores a refined appearance

60 min R 800

Revitalising Facial - By Babor

Regenerate and soften your complexion with a rich and opulent treatment to improve the skins density to aid a more youthful appearance.

60 min R 920

Reversive Treatment - By Babor

Time reverse skincare. An anti-aging facial which restores youthfulness and luminosity in the skin. It leaves the skin firmer and smoother with a beautifully even appearance

90min R 1840

MEN'S GROOMING

Hand Grooming

30 min R 210

Hand Grooming with Moisturising Treatment

45 min R 240

Foot Grooming

30 min R 270

Foot Grooming with Moisturising Treatment

45 min R 330

Babor Express facial

Awaken your skin with a Radiant Boost to revitalize your skin - for all skin type

30 min R 450

Babor Men's Re-energising Treatment

Daily shaving takes its toll, and often injures the skin, this treatment thoroughly moisturizes, desensitizes and restores the skins elasticity

60 min R 750

Elemis Express Facial

Cleanse, Exfoliate and Moisturise. Leaves the skin revitalised

30 min R 540

Rejuvenating Treatment - By Elemis

A high performance, deep cleansing treatment targeted at purifying and replenishing aging skin.

60min R 830

SPA BATH THERAPY

Cleopatra- Relaxing and Moisturising	R 270
Liquid Yoga- Relaxing and Re-energizing	R 270