

## BODY TREATMENTS

### BODY POLISH

A gentle exfoliation and moisturising treatment, leave the skin soft and hydrated

- ♦ 30 MIN | R450.00

### POPPY CREAM SCRUB AND SMOOTHING WRAP - By Babor

Using natural poppy seeds to exfoliate the skin's surface, this exfoliant prepares the body for a nourishing wrap. This treatment promotes skin elasticity, suppleness and supports skin regeneration.

- ♦ 60 MIN | R990.00

### RE-ENERGISING BODY WRAP - By Babor

A full body experience using sea salt to remove dead skin cells and smooth skin. Followed by a nourishing cream wrap leaving your skin velvety soft to touch.

- ♦ 60 MIN | R1095.00

### FULL BODY OCEAN EXPERIENCE - By Babor

A full body Sea Salt and oil exfoliation that removes dead skin cells preparing the body for a detoxifying algae cream wrap. While the wrap takes effect, experience a hydration infusion facial that restores the health of the skin. This treatment ends with a full body massage.

- ♦ 120 MIN | R1805.00

## SPA BATH THERAPY

### MINERAL OCEAN BATH

Indulge in an algae infused bath soak that soften skin and at the same time allow the Sea Salt to exfoliate and remove dead skin cells. A treatment that can be added to any treatment or offered as an independent treatment

- ♦ 30 MIN | R480.00 PER PERSON

## SPA COLLECTIONS

### PEBBLE

BABOR Hydration Infusion  
Back Massage

1 HOUR | R1100.00

### TRANQUILITY

Serene Soul Massage  
Poppy Cream Scrub and Smoothing  
Wrap - By Babor  
Pedicure & polish

3 HOURS | R2240.00

### ORCHID

Sea Whisperer Massage  
Moisture Balancing - By Babor

2 HOURS | R1770.00

### INDIAN OCEAN DREAM

Sea Whisperer Massage  
Moisture Balancing - By Babor  
Poppy Cream Scrub and Smoothing  
Wrap - By Babor  
Manicure and Polish  
Pedicure and Polish

6 HOURS | R3810.00

## TERMS AND CONDITIONS

- ♦ The treatments you select are reserved especially for you.
- ♦ Guests will be charge a 50% cancellation fee for treatments cancelled less than 6 hours in advance
- ♦ Spa vouchers are available for purchase at the Spa.
- ♦ Spa vouchers are valid for 3 years.
- ♦ Prices are subject to change without notice.
- ♦ Late arrivals will have their treatment times reduced accordingly.
- ♦ Mobile phones are to be switched off on arrival.
- ♦ Tsogo Sun Ts and Cs apply.

# RESET. RESTORE. RENEW.

SUNCOAST  
SPA

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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 | R850.00
- ♦ 75 MIN | R950.00
- ♦ 90 MIN | R1050.00

**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 or de-stress. Please discuss with your practitioner

- ♦ 60 MIN | R800.00
- ♦ 75 MIN | R900.00
- ♦ 90 MIN | R1000.00

**DEEP TISSUE MASSAGE**  
This ultimate stress-relieving treatment will melt away pent-up stress, achy muscles and tension. Your practitioner uses firm pressure and slow strokes to reach deeper layers of the muscle, customizing your treatment to focus on areas of concern. You'll leave feeling refreshed and rejuvenated.

- ♦ 60 MIN | R830.00
- ♦ 75 MIN | R930.00
- ♦ 90 MIN | R1030.00

**HOT STONE MASSAGE**  
Enjoy this luxurious full body massage. The therapeutic heat of the stones are slowly released into the belly of the muscle for a completely new body experience, while aromatic warmed oils are massaged deeply into the body for maximum relaxation.

- ♦ 60 MIN | R950.00
- ♦ 75 MIN | R1100.00
- ♦ 90 MIN | R1250.00

**DANCING FINGERS**  
Two therapists, massage in tandem and harmony. This massage will transport you to Indian Islands of peace and tranquility

- ♦ 45 MIN | R1150.00

**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 | R790.00

**MUMMY & ME MASSAGE**  
A pregnancy massage designed to target mum's specific needs while nourishing your skin with Omega enriched oils

- ♦ 60 MIN | R900.00

**BACK MASSAGE** 30 MIN | R480.00

**INDIAN HEAD MASSAGE** 30 MIN | R450.00

**REFLEXOLOGY** 30 MIN | R450.00

**REVIVE LEG MASSAGE** 30 MIN | R450.00



HAND & FOOT CARE

MANICURE & POLISH 60 MIN | R400.00

SPA MANICURE 75 MIN | R450.00

PEDICURE & POLISH 60 MIN | R450.00

SPA PEDICURE 75 MIN | R550.00

GEL SOAK OFF 30 MIN | R150.00

GEL RE-VARNISH 30 MIN | R270.00

POLISH RE-VARNISH 30MIN | R200.00

HAND GROOMING 30 MIN | R300.00

HAND GROOMING WITH MOISTURISING TREATMENT 45 MIN | R400.00

FOOT GROOMING 30 MIN | R350.00

FOOT GROOMING WITH MOISTURISING TREATMENT 45 MIN | R450.00

WAXING & TINTING

PLEASE ENQUIRE AT RECEPTION

FACIALS

**HYDRATION INFUSION** - By Babor  
A fast and intensive hydration boost to saturate the skin with moisture, alleviating fine lines and wrinkles associated with dehydration. Suitable for all skin types.

- ♦ 30 MIN | R560.00

**SKIN BRIGHTENING** - By Babor  
A clinical grade skincare treatment to assist with all skin conditions by adding precise science driven formulations of active ingredients such as AHA's to intensively resurface the skin from the inside out without causing inflammation.

- ♦ 60 MIN | R1250.00

**MOISTURE BALANCING** - By Babor  
A SKINOVAGE treatment based on restoring skin health. This balancing treatment regulates the oil production in the skin and assists in providing a matt complexion. For combination skin. 60 MIN | R920.00

**SKIN RECHARGE** - By Babor  
A luxury energising treatment focusing on vitalising the skin and improve skin cell metabolism, assisting with regulating cell function within the dermis. For tired dull and sluggish skin.

- ♦ 60 MIN | R1100.00

ENVIRON TREATMENT

**ESSENTIAL YOUTH RESET**  
By Environ  
Helps soften the appearance of fine lines, sun-damage & sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

- ♦ 60 MIN | R850.00

**ESSENTIAL MOISTURE BOOST**  
By Environ  
Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturized. glowing-looking skin.

- ♦ 60 MIN | R850.00

**ESSENTIAL COMFORT CALM**  
By Environ  
Ideal for sensitive, irritated skin. A powerful combination Of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

- ♦ 60 MIN | R850.00

**ESSENTIAL RADIANCE REVEAL**  
By Environ  
A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

- ♦ 60 MIN | R850.00

**ESSENTIAL VITAMIN TOUCH (NON DF)** By Environ  
A luxurious, relaxing treatment that delivers essential vitamins to restore the skin's health, radiance and resilience. The magic of this treatment lies in the combination of a specially selected powerhouse formulations and the caring. Therapeutic hands of the skin care professional. Recommended for anyone contra-indicated to electro-sonic current.

- ♦ 60 MIN | R540.00

**YOUTH RENEWAL COOL PEEL**  
By Environ  
This cool peel treatment assists with reducing the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion. Discover the power of an intelligent skin peel that will leave the skin looking refreshed and vibrantly youthful.

- ♦ 60 MIN | R760.00

**BRIGHT RECOVERY COOL PEEL**  
By Environ  
This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive Sun exposure.

- ♦ 60 MIN | R840.00