



FAIRMONT SPA

FAIRMONT SPA AT CAPE GRACE

Nourished by nature. Enabling genuine connection to self, others and nature through the essence of the Cape.

Uniquely situated in the heart of the city, our serene Fairmont Spa and Fairmont Fit exude an intimate atmosphere akin to a private retreat. Embrace the natural beauty of South Africa's coastal treasures, majestic mountain ranges and grand floral kingdom at our spa, where the soothing whispers of the sea and the enchanting aroma of fynbos create an unforgettable sanctuary of tranquillity.

Through the elemental power of nature, our guests can experience a greater level of connection to themselves—to their bodies, minds and spirits—amid the calming energy of our spa sanctuaries and under the watchful eyes and skilled hands of our spa professionals. Here, we curate personalized experiences for guests and locals alike, led by skilled coaches and insightful practitioners.

Whether enveloping or invigorating treatments, bespoke beauty regimens, or private fitness coaching, our focus is on achieving enduring results and nurturing an ongoing collaboration towards your goals.

Our spa is a sanctuary where the healing power of nature converges with the art of relaxation. A harmonious haven of serenity, where you can escape the rush of the modern world and immerse yourself in the timeless beauty of the South African landscape.



thoughtfully curated
**TREATMENTS &
PACKAGES**

SPA ETIQUETTE

CANCELLATION POLICY

Please provide The Spa with a minimum of 4 hours notice when rescheduling your appointment(s). If a 4 hour cancellation is not provided, 50% of the total treatment value will be charged.

ARRIVAL

To ensure you receive your full treatment time, please arrive 15 minutes prior to your treatment to change into the robe and slippers provided and to fill in our consultation form.

All appointments will end at their scheduled time so that the next guest is not delayed or inconvenienced in any way.

ATTIRE

We respectfully request that underwear is worn for all treatments. Our therapists are trained to observe client modesty at all times. You will be provided with a robe, a pair of slippers and a secure space to store your belongings upon arrival.

CONSULTATION

We ask all guests to complete a mandatory consultation form on arrival so that our therapists can prepare your experience and offer expertise tailored to your needs. Please advise us when booking, of any relevant health conditions.

PREGNANCY

Please note that we do not perform any reflexology or massage treatments during the 1st trimester of pregnancy.

MOBILE PHONES

We ask that noise levels are kept to a minimum and for the comfort of others, please refrain from using your mobile phone. Your co-operation in providing a tranquil environment is greatly appreciated.

HOMECARE

To continue your spa experience at home, all products used during your treatments can be purchased at the spa reception, where your therapist would be delighted to advise you on the most suitable products for your needs.

FACILITY USAGE

Use of sauna, steam room, salt room and showers. R1200 per hour per person for all facility access.

HOURS OF SERVICE

Fairmont Spa open daily.

To book a treatment contact our Fairmont Spa at capegrace.spa@fairmont.com or +27 21 410 7058.



SIGNATURE TREATMENTS

Drawing inspiration from South Africa's vibrant landscape, where vibrant blooms burst forth in a kaleidoscope of colors, our signature treatments harness the aromatic wonders of nature. Every hue, shape, sound, and scent tells a story of adaptation, with birdsongs carried by the breeze, greeting explorers and bearing testimony to South Africa's own living pharmacy. These treatments promote a sense of calm and rejuvenation.

Curated and uniquely designed to refresh, rejuvenate, and relax. We offer tailored, expertly guided experiences designed to seamlessly extend a sense of serenity to every visitor.

TRANQUILITY – SIGNATURE MASSAGE

90 min | R2 400

Sink into ultimate relaxation with our bespoke full body massage, enhanced by your choice of nourishing massage balm. Enjoy personalized cupping therapy paired with a soothing warm mud and scrub treatment for your back, melting away any aches and pains. Complete your journey with a luxurious facial massage, featuring face cupping, to leave you feeling utterly serene and rejuvenated.

PURITY – SIGNATURE SKINCARE

60 min | R990

Experience a deeply cleansing facial treatment tailored to your unique skin needs, enriched with hydrating and nourishing actives. Elevate your relaxation with a Gua Sha facial massage and soothing facial steam, designed to improve circulation and reduce inflammation.

SERENITY – SIGNATURE PACKAGE

180 min | R3 400

Combine all the healing treatment elements drawn from a local sense of place to enjoy a full “Top-to-Toe” rejuvenation experience. Your treatment includes a personalized full body massage, an Aloe moisturizing facial with Oxygen therapy, and a soothing hand and foot treatment to conclude your journey.

- Aromatherapy Full Body Massage
 - Aloe Moisturising Facial Treatment with Oxygen Therapy
 - Deluxe Hand & Foot Treatment
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CLARITY – SIGNATURE PACKAGE FOR TWO

120 min | R4 900

Escape the stresses of the world and reconnect with your loved one through this luxurious experience for two. Enjoy a revitalizing body exfoliation, a customized full body massage, and time to relax in our double treatment room, complete with a complimentary beverage, private steam room, and balcony.



MASSAGES

Originating with ancient practitioners in cultures all around the world, and perfected over the centuries, massage has become an essential modality of today's well-being – to promote relaxation, improve circulation, aid in muscle recovery and boost immunity. It is also the key to getting the most out of Cape Town, from preparing for a day on the trails to taking in the glamour of the neighbourhood to simply unwinding with a loved one. Our experiences target specific moods and muscles, leading to results that linger long after you've left our spa.

SWEDISH MASSAGE

Combines various hands-on techniques including gliding, kneading and cross-fibre friction to break up muscle knots and increase circulation. It also stimulates the skin and nervous system while at the same time relaxing the nerves themselves and it can assist in reducing emotional and physical stress.

SWEDISH BACK, NECK AND SHOULDER MASSAGE

30 min | R740
45 min | R1 060

SWEDISH FULL BODY MASSAGE

60 min | R1 380
90 min | R1 870

DEEP TISSUE MASSAGE

Deep tissue is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish Massage, but the pressure is generally more intense.

DEEP TISSUE BACK, NECK AND SHOULDER MASSAGE

30 min | R940
45 min | R1 180

DEEP TISSUE FULL BODY MASSAGE

60 min | R1 680
90 min | R2 260

AROMATHERAPY

Aromatherapy treatment

60 min | R1 680
90 min | R2 260

FOOT AND CALF MASSAGE

30 min | R720
50 min | R1 080

HOT STONE MASSAGE

Combining hot stone protocols with a full body massage provides an effective healing experience. The hot stones also expand blood vessels which encourages blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

HOT STONE BACK, NECK AND SHOULDER MASSAGE

30 min | R940
45 min | R1 180

HOT STONE FULL BODY MASSAGE

60 min | R1 680
90 min | R2 260

REFLEXOLOGY

Based on the principle that certain parts of the body reflect on the soles of the feet and when pressure is applied, these points stimulate the body's own natural healing process. The body starts progressively clearing blockages, re-establishing energy flows and balancing itself, resulting in better health.

50 min | R1 080

MASSAGE ADD ON

It consists of a back exfoliation and mud application to relieve muscular tension. It remains on your back while your legs are being massaged, for full benefit.

Mud and Scrub

15min | R470

Cupping Add-on

15min | R350



SKINCARE

We embraced the restorative power of nature to elevate your skincare experience. Our treatments draw inspiration from the earth's bounty, incorporating natural ingredients like botanical extracts and mineral-rich clays to rejuvenate and nourish your skin. Immerse yourself in the soothing embrace of nature while our skilled therapists pamper you, leaving you with a radiant, revitalized complexion that reflects the beauty of the natural world.

QMS MEDICOSMETICS

The ultimate in anti-ageing and skin regeneration with each product developed from a medical understanding of skin functioning. All facials can be customised according to your specific skincare needs. Please speak to your spa specialist.

COLLAGEN RESET

Discover an application that rejuvenates, nurtures, and revitalizes dehydrated skin, restoring radiance and addressing the first signs of aging. It harmonizes your complexion, replenishes moisture, and infuses it with essential nutrients.

SKIN CONDITION: Dehydrated skin, lack of radiance, first signs of skin aging.

60 min | R1 600

COLLAGEN REVIVE

Application releases facial muscle tension, which is a cause of fine lines and wrinkles. By specifically relaxing facial muscles with our lifting massage, we promote blood circulation in the facial skin. The result is visibly more vitalized and silky-smooth skin.

SKIN CONDITION: Dull complexion, prone to blemishes, weakened skin, first signs of skin aging, dehydrated skin.

90 min | R2 250

COLLAGEN CONTOUR

Unique facial treatment that regenerates and revitalizes your skin, while demonstrably increasing moisture levels with our pampering masks and the use of collagen. The result is visibly firmer skin with more volume, fewer wrinkles, and an overall improved texture. Includes oxygen machine application.

SKIN CONDITION: Collagen loss, sagging skin, lines and wrinkles, loss of elastin.

90 min | R2 600

ADD ON OXYGEN TREATMENT

Oxygen Energy Applicator uses 95% oxygen to channel active ingredients into the skin.

15 min | R450

ADD ON DERMAPLANING

A skin care procedure that exfoliates the skin and removes facial hair “peach fuzz”.

30 min | R550

DERMAPEN 4 MICRONEEDLING

Microneedling channels the inherent healing powers of the skin by creating the ideal environment to increase the production of collagen. This in turn leads to lasting results in the treatment of the signs of aging, pigmentation, eliminating scars and boosting skin rejuvenation at a cellular level.

MICRONEEDLING FACIAL

A minimally invasive skin rejuvenating treatment, expertly guided to stimulate collagen induction therapy in the skin to improve overall skin texture and treat fine lines. We recommend 4-6 treatments for best results.

75 min | R1 900

MICRONEEDLING FACIAL INCL. DÉCOLLETÉ

Enjoy the same benefits of our collagen induction therapy extended to the Décolleté area for ultimate results.

90 min | R2 200

ADVANCED MICRONEEDLING WITH PEEL

Our insightful practitioners combine the regenerative benefits of microneedling, with the impactful results from medical grade serums and resurfacing peels to enhance results even further.

90 min | R2 700

ESSE SKINCARE

Esse Skincare is a proudly South African range that is chemical free, driven by plant extracts, probiotics and science to achieve targeted results. Restore balance and rewild your skin.

ESSE EXPRESS

Indulge in our express treatment, meticulously tailored to deliver exceptional results in only 30 minutes. Elevate your experience even further by opting to enhance results with our premium ampoules, available at an additional cost.

30 min | R630

ESSE EXPERIENCE

A bespoke facial that harnesses the power of advanced pre and probiotics to improve the microbial balance of the skin, including carefully crafted customisations to address your specific skin concerns.

60 min | R1 190

LIVE PROBIOTIC ESSE EXPERIENCE

The ultimate treatment to elevate your skin to a whole new level with live probiotics and specialized massage techniques. This experience is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin.

90 min | R1 540

EYE RELEASE TREATMENT – ADD ON

R250



BODY TREATMENTS

Step into a sanctuary where the essence of nature surrounds you, nourishing your body, mind, and spirit. Our body treatments are crafted to harness the healing power of the natural world, using the finest organic ingredients. Each treatment is designed to provide a holistic and rejuvenating experience, connecting you with the earth's nurturing energy.

FULL BODY EXFOLIATION

Enriched minerals have a powerful anti-oxidant, anti-viral and detoxifying effect on the skin cells.

EXFOLIATION ONLY

30 min | R540

ADD BODY BUTTER APPLICATION

15 min | R220

BODY WRAPS

Ideal for those feeling jet-lagged or stressed. Our signature Salt Crystals increase lymph flow and leave your skin feeling smooth and refined. Drift away with a scalp massage while the body wrap is at work.

MUSCLE RELAX WRAP

60 min | R1 200

A body clay wrap recommended for aching muscles and joints as it aids the recovery of sore and stiff muscles.

DETOX BODY WRAP

60 min | R1 200

A body wrap focussing on areas that are difficult to re-shape even after weight loss. It reduces stubborn fatty deposits, improves circulation and detoxifies, thereby improving skin texture and tone.



MANICURES & PEDICURES

Let the stresses of daily life melt away as you are enveloped in tranquility, surrounded by soothing tones and gentle ambiance. Our skilled therapists will nourish your hands and feet with luxurious natural products, leaving your skin radiant. Choose from a range of nail colors to enhance your natural beauty.

MANICURES

EXPRESS MANICURE

30 min | R430

Along with defined cuticle care and nail shaping, we end off this treatment with your favourite nail colour.

MANICURE

60 min | R640

A delicious manicure that includes a refreshing hand and arm exfoliation and massage. Cuticles are neatly trimmed and nails shaped to perfection. Choose your desired nail colour from our professional range.

MANICURE INCLUDING A HAND MASK

75 min | R690

PEDICURES

EXPRESS PEDICURE

30 min | R430

Along with defined cuticle care and nail shaping we end off this treatment with your favourite nail colour.

PEDICURE

60 min | R670

A delicious pedicure that includes a refreshing foot soak, foot scrub and massage. Cuticles are neatly trimmed and nails shaped to perfection. Choose your desired nail colour from our professional range.

SKIN-PEEL PEDICURE

60 min | R780

A targeted treatment designed to remove calluses and rough skin on the feet.

PEDICURE INCLUDING A FOOT MASK

75 min | R730

GEL NAILS

Shellac™ Brand 14+ Day Nail Colour system works together like no other to deliver two weeks of high-performance wear with no nail damage, and soaks off completely in only 15 minutes.

GEL SOAK OFF

15 min | R150

GEL MANICURE

75 min | R730

GEL PEDICURE

75 min | R780



GROOMING

Our hot waxes are perfect for short, stubborn hair on any part of the face and body. The hot waxes encompass the finest selection of natural and soothing ingredients that nurture the skin leaving it feeling soft, smooth and completely hair-free. Used at an extra low temperature, wax can be re-applied 5 to 6 times on just waxed skin, without discomfort or irritation.

BODY WAXING

Half leg wax	20 min R400
Full leg wax	30 min R550
Under arm wax	10 min R290
Arm wax	20 min R330
Bikini wax	20 min R360
Brazilian wax	45 min R450
Hollywood wax	45 min R550
Back wax	45 min R450
Chest wax	45 min R550

FACIAL WAXING

Brow wax	15 min R200
Lip wax	15 min R200
Chin wax	15 min R220

TINTING

Eyebrow tint	15 min R180
Eyelash tint	15 min R200
Brow lamination and tint	60 min R750
Lash lift and tint	60 min R650



YOUNG VISITORS

This menu has been devised to make our younger guests feel good about themselves. It helps to kick start their skin care routine and gives them a good grounding in wellness, whilst relaxing and having fun.

TEENS & TWEENS

(12 TO 18 YEARS)

BACK MASSAGE

A relaxing introduction to massage, relieving stress and tension in the back area.

30 min | R660

ACTIVE PURENESS FACIAL

Deep cleansing treatment to render the skin fresh and compact. It is a treatment ideal for both oily and depleted impure skins as well as delicate skins.

45 min | R850

“BACK ON TRACK” BACK FACIAL

Formulated specifically for the back to clarify and soften the skin while providing a deep,moisturising treatment which will leave your skin with a healthy glow. Includes a 20 minute massage.

60 min | R950

THE LITTLE SPA MENU

(11 YEARS AND UNDER)

Even little humans need to take a break from the everyday stresses of just being a kid. We strive to bring the day spa experience to young guests and give them the time they deserve.

PAMPER FACIAL

Enjoy this relaxing facial while focusing on your delicate skin. Complete with a face mask this special treatment is sure to please any young spa guest.

30 min | R600

NAILED IT MANICURE

Start with a fruity hand scrub followed by a relaxing hand massage with our nourishing body butter. End with a polish of your choice and sparkly nail art.

30 min | R450

SWEET FEET PEDICURE

Relax your feet in the fizzy foot soak followed by a foot massage. Finish off with your favourite colour and sparkly nail art.

30 min | R450



PACKAGES

Where the healing power of nature converges with the art of relaxation.
A harmonious haven of serenity, where you can escape the rush of the
modern world.



HALF DAY

2.5 hours | R3 200

Your treatment will consist of:

- 60 minute facial of your choice
 - 50 minute back of body massage including a mud and scrub on the back
 - An express manicure or express pedicure.
 - Complimentary use of the Spa facilities
-

FULL DAY

5 hours including lunch | R4 900

Your treatment will consist of:

- 60 minute Customised Massage
- 60 minute Pedicure
- 60 minute Manicure
- After these treatments, light lunch will be served
- End off with a 60 minute facial of your choice
- Complimentary use of the Spa facilities

