

CAPE CADOGAN BOUTIQUE HOTEL

Wellness Menu



BONATEA SPECIOSA ORCHIDACEAE

Discover treatments designed to relax, renew, and rejuvenate your body and mind.

Developed by a specialised team using clinical and scientific research, the **TheraNaka™** range features indigenous Pinotage grape derivatives combined with powerful antioxidants and organic botanicals.

Each treatment begins with a personalised consultation by a trained **TheraVine™** expert, addressing your unique concerns.

The carefully designed phases nurture mind, body, and skin, while luxurious aromas and textures create a rich, multi-sensory experience for ultimate relaxation.

Targeted Express Treatments

HydraVine™ CHARDONNAY MASK **30min | R450**

A cloth mask, pre-moistened with a unique botanical lotion containing anti-oxidant Chardonnay grape and botanical-rich concentrates.

RESURFACING BODY PEEL **30min | R650**

Your body is cleansed of dead skin cells using a gentle fruit acid peel. Ideal to book before any body massage to prepare the skin for maximum absorption.

Luxury Facial Treatments

UltraVine™ ADVANCE CONTOURING RETINOL EYE TREATMENT (ADD ON) **30min | R450**

An advanced eye mask treatment combined with a super-charged serum that helps to smooth away lines and wrinkles, creating a fresh and radiant looking eye contour, while visibly reducing the signs of ageing.

BALANCING FACIAL **60min | R910**

A deep-cleansing facial to gently remove surface impurities using a customised purifying mask while specially selected aromatic botanicals restore balance to the skin.

HydraVine™ FACIAL **60min | R1 160**

A revolutionary cloth mask containing hyaluronic acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!

DELUXE ANTI-AGEING FACIAL **90min | R1 320**

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing, while a plasticising mask further enhances the actions of the active ingredients.

Relaxation and Muscle-Ease

AromaVine™ RELAXING PINOTAGE MASSAGE

Back 45min | R910
Full Body 60min | R1 340
Full Body 90min | R1 490

This light pressure massage is designed to calm your body and soothe your muscles. This gentle, light-pressure massage is exquisitely crafted to relax your body and melt away muscle tension, enveloping you in soothing tranquility.

MusculaVine™ MASSAGE

Back 45min | R970
Full Body 60min | R1 430
Full Body 90min | R1 700

Melt away muscular tension with a deeply intensive massage, enhanced by the soothing application of a revitalising, cooling gel to leave the body feeling refreshed and restored.

AFRICAN SHEA BODY BUTTER LUXURY MASSAGE

Full Body 60min | R1 300
Full Body 90min | R1 490

Tension effortlessly melts away as your body is enveloped in a lavish blend of herb-infused avocado and shea massage butter, leaving the senses soothed and the skin deeply nourished.

DESTRESS MASSAGE WITH CBD OIL

60min | R1 430
90min | R1 700

Unwind completely with the ultimate massage experience. Soothing techniques melt away tension. It's a deeply relaxing escape designed to leave you feeling renewed and restored.

Body Rituals

FACE AND BODY GLOW EXPERIENCE

120min | R1 850

After a soothing foot cleanse, your face and body are gently exfoliated to leave your skin smooth and refreshed. Then, unwind with a calming face and body massage using our signature **AromaVine™** Pinotage oils. Finally, you're wrapped in a rich, hydrating vine cream and treated to the warmth of a botanical-infused compress. Pure bliss from head to toe.



Couples Experiences

AromaVine™ SOY CANDLE MASSAGE

Full Body 60min | R3 000 Per Couple

Full Body 90min | R3 500 Per Couple

Packed with plant-based goodness and 100% natural waxes and butters, this massage is all about giving your skin the moisture it needs while leaving you feeling totally pampered.

SERENITY COUPLES ESCAPE 120min | R4 000 Per Couple

Indulge in a tranquil escape designed for two. Your retreat begins with a soothing full-body massage, followed by a balancing facial tailored to comfort and restore all skin types.

Treatment Boosters

Hand Massage	15min	R240
Foot Massage	15min	R240
Scalp Massage	15min	R240
Soak Off	45min	R400
Gel Overlay	45min	R800

Hand and Foot Treatments

MANICURE 60min | R480

Enjoy a spa manicure that gently exfoliates your hands. Then, relax with a hand massage. Your nails and cuticles will be cared for, followed by a nail polish colour of your choice for fresh, younger-looking hands.

PEDICURE 60min | R560

Indulge tired feet with gentle exfoliation, a rich nourishing massage, and meticulous nail and cuticle care. Finish with an optional nail colour for a polished look.

Spa Etiquette and Policies

APPOINTMENTS

Booking in advance is recommended.

PUNCTUALITY

Please ensure you arrive at your scheduled appointment time, or your treatment time will be reduced. We suggest ten minutes prior, in order to complete the consultation.

CANCELLATION POLICY

A 4-hour notice period is required.

MOBILE PHONES

Kindly ensure your device is switched to silent mode or off.

INDEMNITY

The spa, its therapists and **TheraNaka™/TheraVine™** will not be held responsible for any injuries, adverse reactions or complications before, during or after a treatment/s.

BOOKINGS

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