



Welcome to Treatments at Tintswalo Atlantic



mist at TINTSWALO

BEAUTY SCIENCE

MIST at Tintswalo provides truly unforgettable facial and beauty care treatments. We use only the best products and application techniques. Our highly skilled therapists are committed to ensuring that your treatments are tailored to your needs and that your experience leaves you fully relaxed, reinvigorated, and feeling radiant. The journey is pure bliss.

HOLIDAY HANDS AND FEET

Our anti-ageing and nourishing pampering hand and foot treatments include a hydrating soak, an Alpha Hydroxy acid exfoliant, a rich mineral clay mask and a relaxing massage with nail care. A MEDIHEEL callus-removing tonic removes hard dead skin and restores heel fissures.

Nail Strengthening Treatment Manicure or Pedicure (45min)	R590
Lacquer World Class Hand or Foot Therapy (75min)	R750
Option: Replace nail polish with a gel application (90min)	R250
Gel polish with nail care (60min)	R550
Nail varnish within nail care (30min)	R450
Soak-off + file, buff and treatment base (30min)	R450
Soak off before re-application (15min)	R190

BEAUTIFUL EYES

Eyebrow shape/Eyebrow tint/Eyelash tint	R190
Eyebrow shape and Tint	R350

BABOR Youthful eyes	R1 200
Includes the BABOR facial cleansing ritual and eye treatment, a brow and lash tint followed by a pressure point eye massage to stimulate blood flow and drain sinuses.	

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Our BABOR facials are our signature treatments and include décolleté, shoulder, scalp, hand and foot massages. A result-driven treatment and wonderfully relaxing, the best of both worlds. For a complete sensory experience, book our boutique treatment room, where extra pampering and sensory touches envelop you in a cocoon of comfort and relaxation.

BABOR Hydra Boost Facial (30min)

R950

In this 30-minute treatment, the skin is cleansed, exfoliated, and prepared to absorb a high dosage of BABOR Hyaluronic Acid formula, leaving the skin hydrated, glowing and radiant. An excellent addition to any massage or body treatment.

BABOR Skinovage Facial (60min)

R1 800

During this 60-minute tailored treatment, BABOR's luxurious products, specifically chosen for your skin needs, are paired with individualised massage techniques. BABOR products pleasantly stimulate the senses leaving skin balanced and a feeling of complete relaxation.

Indulge in our 90-minute facials, which include décolleté, shoulder, scalp, hand and foot massages and our unique Mist facial pressure point massage sequence, designed to calm and relax your mind and body from head to toe.

DR BABOR Specialist Facial (90min)

R2 400

During this 90-minute treatment, your skin's specific needs are identified and treated. A DR BABOR specialised mask and a tailored cocktail of active luxurious products are used to balance and renew your skin for a radiant, healthy complexion.

*This can also be tailored to a soothing, calming facial to treat sunburn.

DR BABOR Collagen Biomatrix (90min)

R2 800

Our most luxurious facial addresses two key skin concerns, the loss of elasticity and wrinkles, for a spectacular lifting and moisturising effect. This glow-getting facial boasts the application of BABOR'S iconic collagen and hyaluronic treatment mask for a more youthful you after just one treatment.

*Ideal before a special event or wedding.

Massages

AFRICOLOGY AT TINTSWALO

Back, Neck, Head and Shoulder Massage (30min / 45min)

R600 / R900

This massage concentrates on the head, shoulders, upper and lower back to release muscle tension.

Africology Full Body Massage (60min / 90min)

R1 200 / R1 700

A pampering, relaxing massage to soothe away your cares. Light to medium pressure.

Deep Tissue Massage (60min / 90min)

R1 400 / R1 900

Our solution to tense and tired muscles. Medium to deep pressure.

Prenatal Massage (60min)

R1 400

Stimulating the soft tissues of the body to relieve swelling and discomfort. Very gentle pressure.

Hot Stone Massage (60min / 90min)

R1 400 / R1 900

Relax tense muscles and experience your body releasing all tension with heat therapy incorporated into the massage sequence.

Choose your massage oil from the list below to tailor each treatment to your sensory tastes:

- Africology Muscle Relaxing Oil is a blend of sweet almond, jojoba, marula, rooibos, sage and chamomile extracts to ease tension in sore or stiff muscles.
- Africology Energising Body Oil is a blend of neroli, black pepper, ginger and rosemary extracts to uplift the senses and restore energy.
- Africology Body Butter is formulated with cocoa, shea butter, marula and rooibos to hydrate and nourish dry skin.

Packages

MIST AND TINTSWALO

Beauty In An Hour's Package (60min)

R1 400

A synergy of simultaneous Manicure and Pedicure experience.

Mist Hour Delight (60min)

R1 500

Relax, unwind and let go with a 30-minute back, neck, and shoulder massage, followed by hydrating and glowing BABOR 30-minute Hydro boost facial. This powerful hour combo is excellent just before your romantic dinner.

The Ultimate Pamper And Grooming Package (90min)

R2 950

The ultimate pamper and grooming package. Treat yourself with a 90-minute BABOR SPECIALIST FACIAL and a Lacquer Manicure or Pedicure. Awake to beautifully groomed brows, a radiant visage, and a relaxed and revitalized you.

Atlantic Ocean Pamper Me Package (120min)

R2 800

Two hours of absolute bliss. A 60-minute relaxing BABOR facial takes care of your skin needs, followed by an Africology full body massage releasing all tension, leaving you to float out with a glow.

Couple's Atlantic Ocean Pamper Us Package (120min)

R2 800 p.p.

Two hours of absolute bliss for two people. A 60-minute relaxing BABOR facial takes care of your skin needs, followed by a 60-minute massage releasing all tension, leaving you to float out with a glow.

Treatments

ETIQUETTE & POLICY

- Please advise your therapist of any health conditions, allergies, injuries, or special needs which may affect your treatment.
- If your treatment is in the privacy of your suite, the therapist will arrive 15 minutes before your scheduled treatment time to set up. If your treatment is in our beauty boutique room or an area of the lodge other than in your suite, you will be called in person just before the commencement time of your treatment and accompanied to the treatment space.

ONLINE VOUCHERS

The perfect spoil for someone special.
Please email us to purchase an online voucher.

GRATUITY POLICY

Gratuities are not included in any treatment experience and are solely at your own discretion.

LATE ARRIVAL

As a courtesy to other guests, should you arrive late, we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

SCHEDULING AN APPOINTMENT

Please contact the Atlantic Reception to make an appointment, or send us a booking email ahead of time to ensure your preferred time is secure.

CANCELLATION POLICY

Scheduled treatments are reserved especially for you.

- We require 24-hour advance notice to change or cancel any service at no charge. If your appointment is not cancelled within this notification period, your appointment will be considered confirmed, and 50% of the treatment value will be charged to your room.
- Any treatment cancelled or changed less than 2-hours in advance will incur 100% of the treatment value charged to your room.

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