



TINTSWALO
ATLANTIC

WELLNESS TREATMENT MENU

TINTSWALO TAILORED EXPERIENCE

Each experience is designed around the unique setting of Tintswalo Atlantic. Our treatments reflect the intimacy of our boutique hotel — private, personalised, and always in harmony with the ocean. Delivered in the comfort of your suite, accompanied by the gentle soundtrack of the sea, each ritual ranges from 45 minutes to two hours and is created to restore balance and vitality. Simply select the one that resonates with you, and allow us to take care of the rest.

THE BRANDS

We honour local heritage while embracing global excellence, curating only the finest products for uncompromising quality.

BABOR (Germany, est. 1956)

Precision skincare developed through decades of research, delivering visible results with formulations that are both luxurious and pampering.

Team Dr Joseph (Italy, est. 1986)

Advanced natural skincare combining Alpine botanicals with sustainable science. 100% natural, vegan, and cold-pressed to remove irritants — gentle enough for sensitive and allergy-prone skin, and safe during pregnancy. Our chosen massage medium for treatments that are both effective and nurturing.

Bio Sculpture (South Africa)

An ethical nail-care brand offering vegan-certified, non-toxic formulations that combine beauty with integrity.

BESPOKE EXPERIENCES

Select your preferred duration, then choose the treatment that resonates with you.

- Tidal Well-Being – **45 Minutes | R1 350**
- Seascape Well-Being – **60 Minutes | R1 800**
- Ocean Deep Well-Being – **90 Minutes | R2 700**
- Atlantic Escape – **120 Minutes | R3 600**
- Crown of the Ocean – **120 Minutes | R4 900/person | R9 500/couple**

TIDAL WELL-BEING 45 MINUTES | R1 350 *(Select Your Preferred Treatment)*

Back, Neck & Shoulder Massage: Personalised tension release for focused relaxation.

Revitalising Coffee Back Exfoliation & Massage: An invigorating ritual that refines texture, boosts circulation, and leaves the skin silky, toned, and renewed.

Hydra Renewal Facial: An intensive moisture treatment featuring botanical actives for lasting radiance.

SEASCAPE WELL-BEING 60 MINUTES | R1 800 *(Select Your Preferred Treatment)*

Full Body Massage: A restorative ritual combining personalised pressure, nourishing natural oils, and intuitive rhythm to release deep tension and restore balance.

Coffee Toning Full Body Exfoliation & Hydration: An invigorating full-body polish followed by nourishing hydration to leave the skin silky, smooth, and beautifully firm.

Rejuvenating Radiance Facial: A moisture-rich facial combining advanced botanical actives with a soothing sequence of face, décolleté, shoulder, scalp, and foot massage to revitalise the skin and promote deep relaxation.

OCEAN DEEP WELL-BEING 90 MINUTES | R2 700 *(Select Your Preferred Treatment)*

Warm Alpine Herb Poultice Massage: A slow, restorative ritual using soothing warmth and rhythmic movements infused with aromatic alpine herbs to melt away tension, ease tired muscles, and encourage total body comfort.

Coffee Toning Full Body Exfoliation & Wrap: A deeply indulgent ritual that smooths and refines the skin before enveloping it in a hydrating wrap, leaving the body nourished, supple, and beautifully soft.

Radiance Indulgence Facial: An extended, moisture-rich ritual that combines advanced botanical actives with expert facial techniques and soothing massage for the face, décolleté, shoulder, scalp, and feet, leaving the skin luminous and the body deeply comforted.

ATLANTIC ESCAPE 120 MINUTES | R3 600 *(Select Your Preferred Treatment)*

The Ultimate Relaxation Ritual: An immersive full-body massage followed by a deeply hydrating facial, designed to calm the mind, ease tension, and renew the body from head to toe.

Coffee Toning Full Body Exfoliation, Wrap & Massage: A luxurious, restorative ritual that smooths and refines the skin before enveloping it in a nourishing wrap, followed by a flowing massage to leave the body supple, radiant, and deeply relaxed.

Coffee Toning Full Body Exfoliation, Massage & Facial: An indulgent three-step renewal combining a smoothing coffee exfoliation, a tension-melting massage, and a deeply hydrating facial to leave skin radiant and the body completely restored.

Collagen Biomatrix Facial & Back Massage: An advanced firming and rejuvenating experience combining targeted facial techniques with soothing back, scalp, and foot massage to restore balance and promote total serenity.

CROWN OF THE OCEAN 120 MINUTES | R4 900/PERSON | R9 500/COUPLE

The SeaCreation Experience: Begin your journey with a *Team Dr Joseph Coffee Toning Back Exfoliation* — a warm, aromatic ritual that awakens the senses and smooths the skin. Then, surrender to *BABOR's most luxurious facial*, where rare ocean actives restore vitality and luminosity from the deepest layers.

Each movement is slow and intentional: a soothing pressure-point facial massage melts away tension, while gentle scalp, shoulder, and foot massages carry you into deep serenity.

Your exclusive *SeaCreation* box is opened especially for you — the same ocean treasures used in your treatment become yours to take home, allowing the radiance and calm to linger long after you leave.

GROOMING

Manicure or Pedicure – 75 Minutes | R850: A relaxing and luxurious treatment including cuticle care, shaping, and massage.

Add EVO Gel | R450

Bio Sculpture EVO Gel Application – 75 Minutes | R850: A restorative nail treatment using Bio Sculpture EVO Gel for lasting strength and shine.

Restorative Nail Treatment – 45 Minutes | R550: A conditioning vitamin treatment focused on nail health and natural radiance.

Gel Soak-Off:

20 Minutes | R250 – Gentle removal before reapplication, finished with a conditioning vitamin treatment.

30 Minutes | R450 – Complete soak-off with a nourishing vitamin nail treatment.

EYE ENHANCEMENTS

Eyebrow tint – 20 Minutes | R250

Eyelash tint – 30 Minutes | R350

BATH TIME WITH DR BABOR | R550

Transform your Tintswalo bath into a moment of quiet luxury.

Purchase a *BABOR Hydrating & Plumping Mask* from reception and indulge in a self-care ritual that restores both skin and spirit. As the warm water embraces you, the mask delivers an instant glow, deeply hydrating, smoothing, and renewing.

A simple gesture that turns bath time into a beautiful act of well-being.

FACILITIES

- All of our treatment journeys are available as couple's experiences, with couple's treatments set up in our guest suites only. Each is designed for your comfort and accompanied by the soothing sound of the ocean as your backdrop.
- The Beauty Boutique Room offers a small, intimate setting with thoughtful comforts such as an electric blanket and hot cabby. Designed for one treatment at a time, it accommodates a single booking and does not include a shower facility, and therefore offers a more limited treatment selection. Located alongside the guest lounge, the room forms part of the hotel's shared spaces and provides a relaxed, connected atmosphere. After your treatment, guests are invited to enjoy a complimentary beverage while taking in the beautiful views.
- As Tintswalo Atlantic is a remote hotel with a small, dedicated team of therapists, treatment availability may vary from day to day.
- Please note that we do not have a traditional spa setup; all treatments are offered in either the guest suites or the Beauty Boutique Room.

OPERATING HOURS

Daily 09:30 – 17:30 daily

RESERVATIONS & CANCELLATIONS

A minimum of 24 hours' notice is required for any changes or cancellations. Kindly note that no-shows will be charged in full. Our cancellation policy is kindly yet strictly upheld, as our therapists travel in especially for confirmed appointments.

CONTACT

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