THE SPA
at
The Oyster Box

THE
RED CARNATION
HOTEL COLLECTION

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THE SPA
at
The Oyster Box

A world of wellbeing where all that matters is you

The Oyster Box, one of the best and most cherished hotels in the world, is right on the shores of Umhlanga's beachfront and The Spa is secluded in luscious tropical gardens filled with the chatter of monkeys, exotic birds and perfumed flowers.

We are dedicated to restoring beauty and balance through individual treatments and spa journeys, personalised for each of our guests by exceptionally skilled therapists. Our commitment to wellbeing focuses on holistic principles, combining ancient wisdom and modern expertise.

Our spa treatment menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, purified, pampered and relaxed.

SPA FACILITIES AND SERVICES

- **6 Treatment Rooms** – superbly equipped for dual and single treatments with hydrotherapy bath and rain showers. We have incorporated a room designed for the aged or physically challenged with wheelchair access and adjustable treatment bed.
- **Hammam and Sensation Shower** – this traditional Oriental heat experience has been carefully designed with heating and cooling therapies to cleanse the body and aid relaxation.
- **Perfect Finish Tourmaline Salon** – turn a manicure or pedicure into a special treat.
- **Tranquillity Lounge** – to relax in-between and after all spa treatments with herbal teas, books, or to meditate.
- **Health Bar** – with homemade healthy snacks and fresh fruit juices.
- **Spa Health Menu** – wholesome, delicious meals conducive to a healthy lifestyle.
- **Plunge Pool** – incorporating water jets at the optimal temperature for rebalancing your body's metabolism, use of the plunge pool is available for all spa guests inclusive of your treatment.
- **Rain Showers** – with separate male and female changing areas, secure lockers, fresh towels, slippers and gowns.
- **Fitness Centre** – with a full range of cardio and resistance training, including a power plate (for hotel residents only).

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SIGNATURE EXPERIENCES

Indian African ritual therapies have been used for hundreds of years, boosting health and healing. Our signature experiences utilise age old wisdom and natural ingredients, combined with the latest technologies.

Our Journey Through Africa – Uhambo (90 min) **R 2 750**
This soul-reviving ritual combines unique massage techniques and Himalayan salt crystals, African rungu and calabash. Eases away muscular aches and tension by improving circulation and stimulation.

A Change of Season Ritual – Inkathi Yonyaka (120 min) **R 3 350**
Begin with a full body exfoliation, followed by a Cleansing Clay Body Wrap that utilises tribal wisdom incorporated in the indigenous ingredients. Improve circulation, rejuvenate and re-mineralise your skin, activated by the warming humidity of the Hammam. Shower off and cool in the sensation mist shower. Follow with a 45 minute sensory African back massage featuring heated Himalayan salt crystals to ensure complete deep relaxation.

THE HAMMAM CEREMONIES

In centuries past the Hammam was known as the 'silent doctor' – a place of cleansing and healing for both body and soul. Indulge yourself in traditional Middle Eastern treatments while your imagination takes you on a mystical journey into the past that traces its roots back to the Roman Thermae. Wraps and bathing suits required. A Hammam session can be added to any spa treatment.

The Oriental Hammam Ceremony / Turkish Hammam (50 min) **R 1 650**
A deep cleansing ritual using black olive soap and a Turkish mitt to exfoliate the dead cells. Leaves skin looking radiant – you feel completely cleansed and invigorated.

The Oyster Box Hammam Ceremony / Durban Hammam (75 min) **R 2 300**
Absorb the humidity and soften your muscles prior to a 30 minute back massage. Heated lemons are used to penetrate to the core of sore and tired muscles. As the lemons soften, they burst and release fresh natural citric acids to exfoliate and condition. We cleanse using cane sugar and coconut oil to invigorate your skin, eliminating excess skin cells and leaving skin supple and full of nutrients.

Hammam Heat Session – Private session in the Hammam
The relaxing humidity of the Hammam and cooling Rain Forest mist shower are a treatment in themselves. Book for pre-massage relaxation or post gym de-stress.

Private Steam Session (30 min)	**R 710 per person**
Private Steam Session with self-application of Body Exfoliant OR Body Mask (45 min)	**R 820 per person**
Private Steam Session with self-application of Body Exfoliant and Body Mask (60 min)	**R 960 per person**

Please note: Treatment time includes consultation and welcoming foot ritual, besides the private steam sessions.

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SPECIALISED TOUCH THERAPIES

Chakra Balancing Candle Massage (60 min / 90 min) **R 1 870/ R 2 580**

An aromatic full body massage incorporating colour therapy. Soy based candles release aromatherapy scents, followed by soothing massage with the oil chosen from your candle.

The Bellabaci Massage (60 min excludes the face and stomach) **R 1 870**
(90 min includes face and stomach massage) **R 2 420**

A modern treatment based on the ancient cupping therapy that achieves amazing medical and therapeutic results, including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body.

Hot Stone Massage (60 min) **R 2 035**

This hot stone massage focuses on the back of the body and is a unique connection with nature, it's a deep healing and sacred moment that enhances our awareness and brings us closer to our true essence creating sensations of comfort and warmth. The direct heat of the stones relaxes muscles allowing manipulation of a greater intensity than with regular massage.

Absolute Beachfront Hot Lava Shell Massage (60 min) **R 2 255**

A complete massage journey using hands, arms and elbows, incorporating the self-heating technology of the Tiger shell to allow a deeper penetrating massage to the core of the muscle. The shells heat up and give off calcium ions when activated by natural ingredients. This renews and firms the skins, giving it a healthy glow.

Rose Quartz Massage (90 min) **R 2 530**

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance. This Rose Quartz full body massage will nourish your body, heart and soul. With the assistance of rose quartz crystals and a massage oil infused with quartz crystal, our therapists perfectly craft a massage for you to enjoy with your mind and soul.

Reflexology (30 min / 60 min) **R 1 150 / R 1 650**

The age old tradition of pressure point stimulation, Reflexology is the massage of the feet. The feet are divided into zones that represent the whole body. The massage of the nerve endings situated at the bottom of the feet triggers off a response in the body. Thorough stimulation of all reflex areas of the feet reduces stress and tension and creates a space in the recipient's body for healing to take place.

Reiki (60 min) **R 1 705**

A Japanese technique for stress reduction and relaxation that promotes healing. Administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. **This is a specialised treatment and therefore has limited availability.

Please note: Treatment time includes consultation and welcoming foot ritual.

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AFRICAN JOURNEYS

Rungu Massage (60 min) **R 1 760**

A unique full body massage administered with the help of a Rungu, a wooden throwing club or baton that carries special symbolism and significance in East African tribal cultures. This massage will deeply relax the muscles, stimulate blood flow, plus soothe soreness, stress and lower back pain.

INDIAN JOURNEYS

Indian Head Massage (60 min) **R 1 700**

We drizzle warm oil into the hair and concentrate on relieving tension in the upper shoulders, neck, décolleté and scalp / head areas. This treatment includes a basic face cleanse (cleansing) and a face massage.

Himalayan Salt Stone Massage (60 min) **R 1 700**

Himalayan salt stones containing trace elements and essential minerals, are ideal substances to enhance health and optimise body functioning. The treatment includes a back of body massage and foot massage.

TRADITIONAL TOUCH THERAPIES

Traditional Massage (60 min / 90 min) **R 1 705 / R 2 475**

World-famous Swedish massage techniques combined with lomi-lomi, this is a medium pressure muscle relaxing massage.

Aromatherapy Massage (60 min / 90 min) **R 1 705 / R 2 475**

A holistic treatment, aromatherapy essences are absorbed by the skin and inhaled through the nose creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell to ease body and mind.

Back, Neck, Scalp and Shoulder Massage (30 min / 60 min) **R 1 155 / R 1 650**

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back.

Please note: Treatment time includes consultation and welcoming foot ritual.

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SPA BODY

Cleansing Clay Body Wrap (60 min) **R 1 705**

A full body herbal salt exfoliation is followed by a penetrating wrap featuring a blend of essential oils and clay, which purifies and re-mineralises the skin. Included with this wrap, you will also receive a relaxing foot or scalp massage.

Herbal Salt Body Exfoliation (30 min) **R 1 045**

Invigorate your skin with a full body exfoliation eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb nutrients.

Back Renewal Treatment (60 min) **R 1 760**

An ideal treatment for the much neglected back area. Prior to a moisture replenishing back massage, impurities are removed by deep cleansing, exfoliation and extractions. This is a facial for the back.

Please note: Treatment time includes consultation and welcoming foot ritual.

BATHING CEREMONIES

Rose Bathing Ceremony (30 min) **R 960**

Luxuriate in a candlelit bath, strewn with flowers and our pure blend of aromatherapy bath oil.

Cleopatra's Milk Bathing Ceremony (30 min) **R 960**

A treatment created by Cleopatra herself. This luxurious nourishing milk bath, combined with essential oils, helps to soften and hydrate the skin, leaving it radiant.

Please note: The bathing ceremonies excludes the welcoming foot ritual unless accompanied by another treatment.

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PERFECT FINISH

OPI ProSpa Manicure / Pedicure Services

OPI Signature Pedicure	(60 min)	**R 930**
OPI Signature Manicure	(60 min)	**R 880**
OPI Signature Gent's Manlicure or Signature Gent's Sole Therapy	(60 min)	**R 850**
OPI Gel Manicure or OPI Gel Pedicure	(75 min)	**R 1 040**
OPI re-varnish	(20 min)	**R 330**
Gel soak-off	(20 min)	**R 330**

Face and Eyes

Facial Threading/Wax (lip and chin)	(30 min)	**R 255**
Facial Threading/Wax (lip or chin)	(15 min)	**R 195**
Facial Threading/Wax (lip, chin and eyebrow)	(30 min)	**R 425**
Full Face Threading/Wax	(30 min)	**R 600**
Eyebrow Shaping/Threading/Wax	(20 min)	**R 240**
Eyebrow Tint	(30 min)	**R 240**
Eyelash Tint	(20 min)	**R 240**
Eyelash and Eyebrow Tint	(20 min)	**R 420**

Waxing

Half Leg Wax	(30 min)	**R 460**
Full Leg Wax	(60 min)	**R 680**
Three Quarter Leg Wax	(45 min)	**R 670**
Bikini Wax (sides)	(20 min)	**R 480**
Brazilian Wax (g-string)	(30 min)	**R 645**
Hollywood Wax (full)	(45 min)	**R 790**
Full Back Wax	(60 min)	**R 935**
Full Arm Wax	(30 min)	**R 495**
Under Arm Wax	(15 min)	**R 295**

Sugaring

Half Leg Sugaring	(30 min)	**R 500**
Three Quarter Leg	(45 min)	**R 690**
Brazilian Sugaring (g-string)	(30 min)	**R 670**
Full Back Sugaring	(60 min)	**R 1 000**
Under Arm Sugaring	(15 min)	**R 340**
Facial Sugaring (lip or chin)	(15 min)	**R 205**
Facial Sugaring (lip, chin and eyebrows)	(30 min)	**R 450**
Full Leg Sugaring	(60 min)	**R 725**
Bikini Sugaring (sides)	(20 min)	**R 500**
Hollywood Sugaring (full)	(45 min)	**R 825**
Full Arm Sugaring	(30 min)	**R 525**
Full Face Sugaring	(30 min)	**R 660**
Facial Sugaring (lip and chin)	(30 min)	**R 275**
Eyebrow Sugaring	(20 min)	**R 260**

Please note: Perfect Finish Treatments (Manicure / Pedicure, Face and Eyes, Waxing and Sugaring treatments) Can only be booked from Monday to Thursday, unless accompanied by another treatment.

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TATA HARPER®

NEXT GENERATION BEAUTY

Uncompromising beauty and absolute purity are the hallmarks of the Tata Harper skincare range. A pioneer in natural luxury skincare, founder Tata couldn't find 100% natural products that were up to her impeccable standards of efficiency, quality, and purity. So she started to make them - for herself, and for women like her who refuse to compromise their health for beauty.

Tata Harper packs the most ingredients at the highest levels of concentration to deliver maximum results - without a single drop of artificial chemicals. At her organic farm in the Champlain Valley of Vermont, Tata and her team of green beauty engineers practice science in the context of nature. Using more than 400 ingredients sourced from 75 countries, they develop nature-derived formulas with the highest-powered ingredients and latest technology.

All Tata Harper formulas are engineered, batched, and filled on our farm to create the freshest skincare possible. They are 100% free from GMOs, toxins, fillers, artificial colours and fragrances, and synthetic chemicals.

The brand's crown of flowers is its stamp of approval that its products are of the highest quality and freshness possible. The entire line is certified by Ecocert, the most rigorous organic certification body in the world. Additionally, products are certified as Peta Cruelty-Free and Vegan, and are endorsed by the Leaping Bunny Association, and the American Vegetarian Association.

Tata Harper products are made for those who expect the best and want the most results from their skincare.

TATA HARPER FACE RITUALS

Ultimate Hydration Facial (60 min) **R 2 170**

This treatment is effective at restoring the skin's natural hydration while protecting it from environmental aggressors. An oxygenic face massage and warm honey mask leave your skin plumped and nourished.

Benefits of this facial include: hydration, nourishment, recovery, refreshment.

The Oyster Box Skin Solution (60 min) **R 2 170**

This fully customisable treatment uses a thorough complexion analysis to determine the needs of the skin. A custom regimen paired with individualized techniques leaves skin balanced and glowing.

Benefits of this facial include: the therapist will take under consideration your skin's specific needs, balanced and renewed skin; includes extraction if needed.

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Superkind Restoring Facial (60 min) **R 2 170**

Designed for reactive, sensitive and damaged skin. This calming, restorative facial delivers a nutrient-rich elixir that fortifies the skin's barrier. The Gua Sha Massage has a soothing effect to stabilize particularly delicate and fragile skin.

Benefits of this facial include: meticulously curated ingredients for stress-free formulas. Replenish, fortify and optimise the skin's barrier. Rebalances the microbiome and acid mantle. Filters and defends against irritants and aggressors. Comforts and soothes irritated and stressed skin.

Illuminating Face Peel (75 min) **R 2 420**

Your skin will be instantly brighter, refined and glowing with the use of natural acid peel in this facial treatment. The peel's effective formulas treat hyperpigmentation, even out skin texture and illuminate skin tone.

Benefits of this facial include: even skin tone, smooth skin texture, bright and glowing complexion, helps to lighten the hyperpigmentation.

Sculpting Anti-Aging Facial (75 min) **R 2 420**

Beginning with the gentle placement of singing bowl this treatment restores balance by advancing stagnant energy. A combination of remodelage and cupping face massage reinforces the skin's natural defence system, maintains a long-lasting hydration level and improves elasticity. Its spectacular lifting effect acts from within the deeper layers of the skin.

Benefits of this facial include: balancing your body and mind, lifting, toning, brightening and focuses on different massage techniques.

Please note: Treatment time includes consultation and welcoming foot ritual.

Signature Sanctuary Facial (90 min) **R 2 580**

Designed to calm and relax your mind and body to indulge and inspire your senses. Starting with Tuning Fork ritual and face mapping therapy this treatment encourages positive and calming emotions to soothe your busy mind. A kinetique face massage and warming experience including a head, hand and feet massage will transport you to a sensorial journey.

Benefits of this facial include: relaxing your body completely, complimented with soothing scalp, feet and hand massage, focusing on stretching yogic face massage.

TATA HARPER GENTLEMAN'S RITUAL

Gentleman's Facial (75 min) **R 2 170**

This treatment addresses the specific needs of men's skin. The regimen focuses on reducing congestion and shaving irritation, leaving skin refined and nourished.

Benefits of this facial include: helps to prevent and heal the ingrown hair, clear and smooth complexion, refreshed skin.

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TATA HARPER BODY RITUALS

Serenity Ritual (60 min) **R 1 760**

This ritual is focused on polishing the body. An exfoliating scrub and nourishing body oil application leave your skin smooth and refreshed.

Benefits: smooth and hydrated skin, brightens and revitalizes the whole body.

Honey Cocoon Body Ritual (105 min) **R 2 310**

This indulgent and uplifting treatment includes a body envelopment, full body scrub to soften and revitalize the skin, and a body wrap rich in honey and pomegranate enzymes to nourish the skin. A relaxing body massage completes this unique pampering experience.

Benefits: smooth and nourished skin, helps with muscle pain and tension.

Resurfacing Body Treatment (90 min) **R 3 025**

The treatment begins with whole body dry-brushing which loosens dead skin cells, while Resurfacing Serum smooths and hydrates for brighter, more even-looking skin. A body massage performed with thermal Gua Sha Stones helps to ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look.

Maternity Treatment (90 min) **R 2 610**

This super-gentle treatment provides ultimate relaxation when moms-to-be need it most. The treatment opens with a grounding foot massage and nourishing belly treatment to encourage complete serenity. Then a facial, a superkind double cleanse and gentle radiance mask with Gua Sha massage brightens and lifts the face. Fortifying and soothing formulas paired with a tension-relieving neck and scalp massage close out the treatment to leave moms-to-be glowing and restored.

TATA HARPER MASSAGE RITUALS

Organic Body Massage (60 min / 90 min) **R 2 060 / R 2 530**

Experience total relaxation during this soothing massage, reducing bodily tension from the inside out. Using a customised blend of herbs and botanicals straight from Tata Harper's Vermont farm, this massage focuses on problematic areas for ultimate stress relief.

Benefits: helps to release muscle pain and tension, refreshed and relaxed body.

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ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

Your skin, your body and your wellness lie at the heart of ELEMIS. Hands-on, our ELEMIS therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin.

Personally prescribed. Sublimely sensory. The experience is exceptional, the results are real.

The ELEMIS Spa philosophy is designed to respect the body's complex physiology, ELEMIS spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

ELEMIS SPA BODY

ELEMIS Freestyle Deep Tissue Massage (30 min / 60 min / 90 min) **R 1 210 / R 2 035 / R 2 750**
This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Skin is prepped to release toxins and the flowing massage works deeper and deep into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

ELEMIS Peaceful Pregnancy Massage (75 min) **R 2 145**
An intuitive and relaxing massage that hydrates the skin that is expanding to accommodate a growing baby, mothers-to-be are restored to optimum wellness.

ELEMIS Deeper Than Deep Hot Stone Massage (90 min) **R 3 025**
Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS Exotic Salt Scrub and Wrap - Lime and Ginger or Frangipani (60 min) **R 2 220**
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. After the scrub we drizzle the warm oil and wrap the body to absorb the products. This includes a basic face cleanse and exfoliation.

Please note: Treatment time includes consultation and welcoming foot ritual.

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ELEMIS FACIAL TREATMENTS

Our skin care therapists are highly qualified and trained to provide the ultimate skincare treatments. All our treatments begin with a thorough consultation to assess your individual concerns so as to give the most appropriate treatment, ensuring that your experience is all you would expect and more! Each 60 / 90 minute superior treatment is enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

ELEMIS ADVANCED FACIALS

ELEMIS Pro-Glow Smooth (60 min) **R 2 145**

THE HIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

ELEMIS Pro-Glow Renewal Facial (60 min) **R 2 145**

FOR GORGEOUS GLOWING SKIN

ELEMIS signature deep cleansing skin wellness facial, showcasing prebiotics and antioxidant-rich goodness to deliver a healthy looking, lit from within glow. In one treatment, skin looks visibly refreshed and rebalanced.

ELEMIS Pro-Glow Resurface Facial (60 min) **R 2 145**

RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purity and brighten as skins texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimizes the look of uneven tone, texture, fine lines and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

ELEMIS Pro-Glow Brilliance Facial (60 min) **R 2 145**

YOUR RECIPE FOR RADIANCE

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of superfoods and antioxidant-rich facial oils plump the skin with moisture, whilist helping to nourish and protect. Immediately revealing an outdoor fresh glow, skin is left feeling fresh, radiant and healthy.

ELEMIS Pro-Glow Genius Facial (90 min) **R 2 480**

YOUR LINE FIGHTING SUPERHERO FACIAL

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for your younger looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer looking. An unsurpassed, line fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

Please note: Treatment time includes consultation and welcoming foot ritual.

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ELEMIS MEN

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

ELEMIS High Performance Skin Energiser (60 min) **R 2 145**

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

Please note: Treatment time includes consultation and welcoming foot ritual.

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Combining a unique synergy of three targeted stimuli – Technology, Touch and Actives – ELEMIS BIOTEC delivers immediate, visible and longer-lasting results. One machine delivers seven super-charged facials, powered by five treatment technologies, each targeting a client's specific skin needs for uncompromising results and client experience.

ELEMIS BIOTEC CAN BE BOOKED AS EITHER A 60 OR 90 MINUTE FACIAL TREATMENT

BIOTEC FACIAL	DESCRIPTION	TECHNOLOGY
BIOTEC Radiance Renew	This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.	**Ultrasonic and galvanic**
BIOTEC Line Eraser	Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines. *independent clinical trials.	**Microcurrent, light therapy and oxygen infusion**
BIOTEC Skin Resurfacer	This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. *independent clinical trials.	**Ultrasonic, steam and light therapy**
BIOTEC Firm-a-Lift	Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.	**Microcurrent and galvanic**
BIOTEC Blemish Control	A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.	**Ultrasonic, steam light therapy and galvanic**
BIOTEC Sensitive Skin Soother	This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.	**Oxygen infusion and light therapy**

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BIOTEC FACIAL	DESCRIPTION	TECHNOLOGY
BIOTEC Super-Charger for Men	The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.	**Ultrasonic, steam galvanic and oxygen infusion**

Recommendation: 1 treatment every 3 weeks, or for best results a course of 6 or 10 treatments is recommended.

ELEMIS BIOTEC PRICES:

BIOTEC facial treatment (60 min)	**R 2 360**
BIOTEC facial treatment (90 min)	**R 2 750**

Please note: Treatment time includes consultation and welcoming foot ritual.

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HALF AND FULL DAY SPA PACKAGES

We design packages that relieve stress, detoxify, cleanse and purify or simply refresh and rejuvenate, with finishing touches added to return you to the outside world feeling and looking your best. Please note that the below packages cannot be changed nor treatments substituted. Should any of our current packages not suit your needs, please do not hesitate to discuss your requirements and a personalised package will be created especially for you.

Cleansing Hot Lava Steam Journey (150 min) **R 4 235**

Start your journey with a private steam session in our Hammam followed by a cleansing clay body wrap; herbal exfoliation is followed by a penetrating wrap featuring a blend of essential oils and purifying ingredients, providing total cleansing and re- mineralising the skin. A complete massage journey, the Hot Lava Shell massage uses hands, arms and elbows, and the heat from the lava shell allows a deeper penetrating massage to the belly of the muscle.

Private Hammam Steam Session • Full Body Exfoliation with a cleansing Clay Body Wrap • Hot Lava Shell Massage

Spa Wellness Day Package (315 min) *treatment time only, does not include the lunch time allocation* **R 7 425**

Your spa day starts with a private steam session in our Hammam followed by a full body exfoliation, eliminating excess surface skin cells. An aromatic full body massage incorporating colour therapy while the soy based candles release aromatherapy scents. This is followed by your choice of our 90 min specialised skin care facial to suit your needs (excluding ELEMIS BIOTEC). End off with a manicure and pedicure to perfect this day of pure bliss.

Private Hammam Steam Session • Full Body Exfoliation • Chakra Balancing Candle Massage (60min) • Specialized Skin care Facial (90min) • Manicure and Pedicure • Spa Lunch

Spa Wellness Half Day Package (210 min) *treatment time only, does not include the lunch time allocation* **R 6 050**

Your day starts with a private steam session in our Hammam followed by a choice of one of our traditional touch therapies / massage journeys to suit your needs. A skin care facial as per your requirements is completed by a choice of Spa manicure or Spa pedicure or a 30 min Foot massage.

Private Hammam Steam Session • Traditional Massage (60 min) • Skin Care Facial (60 min) (excluding ELEMIS BIOTEC) Spa Manicure OR • Spa Pedicure (60 min) OR • Foot Massage (30 min) • Spa Lunch

Just For Men (180 min) **R 4 125**

For total relaxation and grooming, this package is tailored for the modern day man with an ELEMIS Men's power-packed facial combined with the dynamic and immediate relief of the deep tissue muscle massage. End off with either a Manli Cure or a Sole Therapy (inclusive of callus peel). Total Time Out!

ELEMIS Men's Facial (excluding ELEMIS BIOTEC) • ELEMIS Freestyle Deep Tissue Massage (60 min) • Manli Cure OR Sole Therapy

'SPA'rties - Have a Spa Party! (120 min) **R 2 750**

Choose any two treatments from the list below; include a Hammam Steam Session and use of the Plunge Pool.

Himalayan Salt Stone Massage (45 min) • Chakra Balancing Candle Massage (45 min) • Glow Getter Facial (45 min) • Cleansing Body Wrap (45 min) - inclusive of body brushing

Please note: The Spartie treatment needs to be a minimum of 2 people and maximum of 8 people. Advanced booking is required.

Please note: Treatment time includes consultation and welcoming foot ritual.

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ELEMIS PACKAGE TREATMENT

ELEMIS Secret Indulgence (225 min) *treatment time only, does not include the lunch time allocation* **R 7 150**

Absorb the humidity and soften your muscles prior to your exotic ELEMIS salt scrub and wrap which will leave your skin soft and vibrant. Continue your day of indulgence with the ELEMIS Deeper than Deep Hot Stone Massage. Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. Finishing off with an ELEMIS speciality 60 min facial of your choice or therapist recommendation, excluding BIOTEC.

Hammam private steam session (30 min) • ELEMIS exotic full body exfoliation and wrap (60 min) • ELEMIS Deeper than Deep Hot Stone Massage (90 min) • ELEMIS Speciality Facial (excluding the BIOTEC) (60 min) • Spa Lunch

TATA HARPER PACKAGE TREATMENT

Tata Harper Bespoke Experience (185 min) **R 4 950**

Beginning with the gentle placement of a singing bowl on the body, soft vibrations and sounds resonate from the bowl's performance as the therapist begins to play. A full body exfoliation prepares the skin for a traditional body massage designed to energize and revitalize the body's natural rhythm. The experience includes an advanced skincare facial combining Tata Harper's signature face massage techniques into one treatment.

Benefits: does everything that a good vacation retreat should offer, the body will be buffed and nourished, face will be treated with different massages and mask treatments for ultimate hydration and health.

COUPLE'S SPA PACKAGES

The Oyster Box Togetherness Experience (Izithandani Experience) (210 min) *treatment time only, does not include the lunch time allocation* **R 6 875 per person**

This 'Togetherness Package' is designed for you to share a romantic space and quality time in the Hammam. Starting with a cleansing ritual that includes a full body exfoliation followed by a therapeutic clay wrap as aromatic steam fills the room. Your journey continues with the signature Uhambo African and a specialised skin care facial.

- Private Hammam Steam Session
- Full Body Exfoliation with Clay Wrap
- Uhambo Massage
- Specialised Skin Care Facial (60 min) **excluding ELEMIS BIOTEC**
- Spa Lunch

Couples Occasion Package (225 min) *treatment time only, does not include the lunch time allocation* **R 5 500 per person**

Enjoy the delights of being together as two therapists treat you both to this decadent experience.

- Traditional Massage (60 min)
- OPI Pamper Manicure or Pamper Pedicure or OPI Gel Manicure or Gel Pedicure (75 min)
- Specialised Skin Care Facial (90 min) **excluding ELEMIS BIOTEC**
- Spa Lunch

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MATERNITY SPA PACKAGE

ELEMIS Babymooner (195 min) *treatment time only, does not include the lunch time allocation* **R 5 500**

A honeymoon of relaxation to spoil expectant mothers

- ELEMIS Peaceful Pregnancy Massage (75 min)
- OPI ProSpa Signature Manicure OR OPI ProSpa Signature Pedicure (60 min)
- Spa Lunch
- ELEMIS Specialised Skin Care Facial (60 min) **excluding ELEMIS BIOTEC**

Tata Harper Maternity Treat (150 min) *treatment time only, does not include the lunch time allocation* **R 3 740**

This super-gentle treatment provides ultimate relaxation when moms-to-be need it most.

- Foot Treatment and Nourishing Belly Treatment
- Superkind Facial (includes the Gua Sha face massage and a neck & scalp Massage)
- Spa Lunch
- OPI ProSpa Signature Manicure OR OPI ProSpa Signature Pedicure (60 min)

Please note: Treatment time includes consultation and welcoming foot ritual.

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THE JOY OF GIVING (AND RECEIVING)

The perfect gift for a loved one or a colleague, our gift vouchers come beautifully packaged and are available at short notice. Gift vouchers are available in monetary values.

Should you not be able to visit The Spa to purchase a voucher, Gift Experience vouchers are available on the hotel website: www.oysterbox.com

Optional extra:
One or two night stay in a Standard or Luxury Suite at The Oyster Box. Should you wish to extend your indulgent relaxation, our reservations team will be able to assist. Hotel Reservations: (T) +27 (0)31 514 5000 • (E) reservations@oysterbox.co.za

Setting the Stage for Making Magical Memories

Throughout our lives there are moments which act as precious bookmarks – birthdays, graduations, engagements, weddings, anniversaries and other times of significance which collectively define who we are and what matters most to us. The Oyster Box has for decades been a centre for celebration of these special times. Whether an intimate gathering or a lavish affair, if it is important in one's life it should happen at The Oyster Box. With four magnificent function rooms, each with its own distinctive decorative style, the hotel has the ability to cater for your individual preferences and requirements. For smaller, more intimate celebrations, we are happy to create private high teas, cocktail receptions, and private dining experiences in the hotel's exceptional dining venues including The Grill Room and the Chef's Table in the Kitchen. Incorporate the offerings of our Spa to complete an unforgettable moment in time.

SPA ETIQUETTE

Spa Arrival
Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your treatment. Should you wish to make use of the Spa facilities, please bring a swimsuit to enjoy our hydrotherapy area and arrive 45 minutes prior to your appointment time.

Spa Environment
Your spa environment is one of tranquility and relaxation. Please respect all Spa guests' right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult and are not permitted to use the plunge pool and open Hammam facilities. Please turn off cellular phones on arrival at the Spa.

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Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you have when making your appointment. We do not recommend the consumption of alcohol before or directly after Spa treatments. Please consult your doctor before using the Spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication. For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this time. We recommend that you drink lots of water after your Spa treatments to help accelerate the elimination of toxins.

Spa Attire

We will provide you with Spa attire including disposable Spa underwear or you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Valuables

We provide a secure place to store your personal items inside the Spa locker rooms however do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 24 hours from the scheduled appointment time.

Refunds and Returns

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments. For hygiene reasons, products purchased may not be returned or exchanged.

Hours of Service

Spa:	Weekdays & Saturdays 08h00 to 19h00
	Sundays & Public Holidays 08h00 to 18h00
Fitness:	24 hour access to hotel residents only
Outdoor Pools and Beach:	Sunrise to sunset for hotel residents only
Reservations & Enquiries:	Dial extension #5072 / 5074 / 5071 (hotel resident guests) or dial 031-514 5072 / 74 / 71 or
	The Spa email: thespa@oysterbox.co.za

The Spa treatment menu is valid from 15th Dec 2024 - 31st Jan 2025 • All prices are quoted in South African Rand (ZAR)

• All prices are quoted per person, per treatment unless specified otherwise. The Oyster Box Spa reserves the right to change these prices at any time.

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