



CAYENNE *Spa*

TREATMENT MENU

SPA ETIQUETTE

As the Cayenne Spa is a place of relaxation, we kindly ask that noise be kept to a minimum and that your mobile phone is switched off or on silent. Children under the age of 16 years are to be accompanied by an adult. Management and staff are not held liable for any loss or damage of personal property.

Arrival

To ensure you receive your full treatment time, please arrive 15 minutes prior to your treatment to change into your robe and slippers provided and to fill in a consultation form. Late arrivals will result in your treatment time being reduced accordingly.

Attire

We respectfully request that underwear is worn for all treatments. Swimwear is requested at all times in the sauna room area. You will be provided with a robe, a pair of slippers and a secure space to store your belongings upon arrival.

Consultation

We request that all guests complete a mandatory consultation card before their treatment. Any health concerns or procedures are to be discussed with your therapist prior to your treatment.

Pregnancy

Please note, we do not offer body treatments within the first trimester of pregnancy. Please consult your doctor before undergoing any spa treatment.

Cancellation Policy

We require 24 hours minimum when canceling or rescheduling an appointment. If a 24-hour cancellation is not provided, 100% of the total treatment value will be charged.

*No refunds on retail product purchases. Ts&Cs apply.

*All spa facilities are unisex. We provide complimentary use of our facilities to all guests upon booking a treatment at the spa. Children under the age of 16 are not allowed access to the gym or sauna and must be accompanied by an adult at the pool area.



CAYENNE SPA FACIALS

Sensitive Skin Re-Balance

R900

60min

Clears impurities, calms inflammation, and regenerates the basic functions of the skin, which are important in improving the overall wellness of the skin. Delivers effective results in improving the complexion without causing further irritation.

Deep Pore Cleansing

R700 | R950

30min | 60min

Ideal for younger skins. Provides intense cleansing and refining treatment to the skin through the combination of deep pore purification with highly effective fruit acids and enzymes to create the ideal base for a soothing and moisturizing foaming mask. Leaves the skin healthy, balanced and hydrated.

SK-Alpha

R980

60min

Detoxifies the skin and focuses on stimulating the microcirculation using a unique thermal active revitalising mask, this results in an instant boost to the complexion. Skin is left visibly smoother, and radiant.

Urban Repair

R1 090

60min

Targets the damaging effects of daily pollutants in the skin and helps to repair the cellular structure to restore the skins natural wellness. This facial combines a deep pre decongestion with advanced treatment to support the detox process, accelerate epidermal regeneration and boost the metabolism.

Collagen Renewal

R1 250

90min

Restores and revitalizes the complexion whilst delivering an important boost to the moisture levels using pioneering wellbeing treatment and QMS signature 70% natural soluble collagens. Skin is left firmer with more volume; fine lines are reduced and texture is improved.

Neo Tissuedermie

R1 350

90min

Strengthens and regenerates the skin with a focus on the areas that are prone to loss of elasticity as skin ages. Delivers a lifting and tightening massage in combination with a collagen-boosting treatment to help improve the tonicity of the jawline, cheeks and eyebrows.

CAYENNE SPA TREATMENTS

Scalp Massage

R500

30min

A head massage designed to relax the mind and encourage circulation. Warm oils are massaged throughout the scalp, working to relax tight muscles in the temple and neck regions.

Foot Massage

R500

30min

Targeting the pressure points in your feet to improve circulation, stimulating muscles, reducing tension and often eases painful feet.

Full Body Exfoliation

R525

30min

Improving circulation and removing dead skin cells, leaving your skin feeling smoother and healthier. This stimulating treatment will leave your skin silky smooth and prepared for a spraytan application that we offer as an add on, in-house.

Full Body Exfoliation and Wrap

R950

60min

Starting with a full body exfoliation, removing dead skin cells, and increasing circulation preparing the body to better absorb the hydrating or detoxifying wrap that follows. Leaving your skin smooth and visibly brighter.

Pregnancy Massage

R950

60min

This gentle massage using special prenatal techniques reduces stress, swollen legs, or arms, and relieves muscle and joint pain in pregnant women. Massages are only advised to have after the 1st trimester.

Full Body Spraytan

R500

30min

Achieve the perfect professional spraytan application perfect for any occasion. Our solution is vegan friendly with eco-certified DHA.

CAYENNE SPA TREATMENTS

Majestic Awakening®

R650

45min

The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

Balancing Scalp and Leg Ritual®

R680

45min

A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance. This treatment works on the head, legs (including wrap) and feet individually, but as a whole helps to relax and relieve tension in areas that are often neglected.

Intonga Amasatchi Deep Tissue Massage®

R900 | R1 250

60min | 90min

We know that the body has a memory of all emotional experiences. An inability to let go often expresses itself in the body that can be blamed for low immunity. Intonga Amasatchi is a deep tissue and stress-relieving treatment. Skillful movements are performed with the hands, and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically, the stick or staff represented wisdom and direction to the healer. Created from yellow wood, traditional healers knew that the energy of earth was a valuable tool.

Bespoke Herbal Oil Massage®

R850 | R1 150

60min | 90min

You may choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply onto the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Massage is combined with herbal bags to improve circulation and absorption of essential oils. Your therapist will assist you in choosing the oil best suited for you.

CAYENNE SPA TREATMENTS

Hot Stone Massage®

60min | 90min

R900 | R1 250

While providing additional deep tissue pressure, heated stones infuse the muscles with warmth while breaking up knots of tension. Our chosen massage medium is relaxing oil with a beautiful blend of essential oils to help ease tension and create a complete state of relaxation.

Shea Aromatherapeutic Massage®

60min | 90min

R900 | R1 250

Easy-melting Shea from Ghana, blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of various essential oils such as exotic Jasmine, Neroli, or Chamomile, for a soothing and calming massage or Black Pepper Balm for a deep tissue experience.

Soul Of Africa Body Journey®

90min

R1 280

Africology admires and emulates a ceremonial process, using Africa's miracle Marula oil blended with Neroli to soften signs of ageing through its anti-stress action. This treatment begins with a back exfoliation followed by an application of warm, soothing mud to release tension stored in the muscles, whilst assisting the elimination of toxins in the body. Marula oil is then applied in preparation for your intuitive full body massage. In Africa, Marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals.

African Potato Body Wrap®

120min

R1 850

Begin your journey with an invigorating full body exfoliation. Our pure and natural Hypoxis Body Wrap is formulated with African potato and marula oil, warmly applied to soften, soothe, and improve skin hydration while also fighting free radical damage. This herbal blend relaxes you, while the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, there is a soothing massage with body-conditioning marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.

CAYENNE SPA PACKAGES

Cayenne Signature Journey

R1 850

2 hours

Majestic Awakening	45min
Balancing Scalp and Leg Ritual	45min
QMS Deep Pore Cleansing Facial	30min

Cayenne Half Day Package

R2 550

3 hours

Shea Aromatherapeutic Massage	60min
QMS Deep Pore Cleansing Facial	60min
Africology Express Manicure	30min
Africology Express Pedicure	30min
Light Lunch by COPA Restaurant	

Couples Spa Journey

Per Couple R3 500

2 hours

Full Body Massage	60min
Full Body Exfoliation	30min
Scalp Massage	30min

Cayenne Mother To Be

R2 100

2.5 hours

Africology Pedicure	60min
Pregnancy Massage	60min
QMS Deep Pore Cleansing Facial	30min

GROOMING

Waxing

Underarm	R180
Half Arm	R120
Full Arm	R220
Half Leg	R250
Full Leg	R300
Bikini	R230
Brazilian	R300
Hollywood	R350
Stomach	R250
Chest	R250
Back	R300
Brow	R150
Lip	R150
Chin	R150

Tinting

Brow	R150
Lash	R150
Lash & Brow	R220



HANDS AND FEET

Africology Express

30min

Mani R300 | Pedi R380

When time is not on your side, we focus on restoring and enriching your skin and nails by carefully manicuring your fingers or toes.

Africology Standard

60min

Mani R450 | Pedi R520

For a beautiful respite from the high-energy nature of everyday life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped, and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin.

Add Gel Application

R120

Add Gel Removal

R150

Add Acrylic Removal

R200

TREATMENT ENHANCEMENTS

*Treatment enhancements can only be added onto booked treatments.

Hot Stones

R150

Foot Peel

R190

Back Scrub

R200

Advanced Face Mask (Added to facials only)

R200

CAYENNE
Spa

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**Prices and cancellation terms are subject
to change without prior notice.*