



# CAYENNE

*Spa*

TREATMENT MENU





## **FACILITIES INCLUDE**

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**3 single treatment rooms**

**1 couples treatment room**

**Sauna**

**Outdoor Pool**

**Fully equipped fitness room for hotel guests**

**Changing rooms**

**Showers**



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.

# SIGNATURE JOURNEYS

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## Cayenne Signature Journey

R1 300

2 hours

Bespoke Herbal Oil Back of Body Massage	45min
Balancing Scalp and Leg Ritual	45min
QMS Deep Pore Cleansing Facial	30min

## Cayenne Half Day Package

R1 950

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	

## Cayenne Bridal Package

R1 400

2.5 hours

Soul of Africa Body Journey	90min
Africology Express Manicure	30min
Africology Express Pedicure	30min

## Cayenne Mother To Be

R1 250

2 hours

Africology Pedicure	60min
Coffee and Mint Wrap	30min
QMS Deep Pore Cleansing Facial	30min

# AFRICOLOGY SIGNATURE TREATMENTS

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## Majestic Awakening®

R450

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®

R550

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®

R850

75min

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®

R700 | R900

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.

## Hot Stone Massage®

R800 | R1 000

60min | 90min

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.

# AFRICOLOGY SIGNATURE TREATMENTS

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## Shea Aromatherapeutic Massage®

R800 | R1 000

60min | 90min

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®

R980

90min

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®

R1 450

120min

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.

# QMS MEDICOSMETICS

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## **Sensitive Skin Re-Balance**

**R750**

**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**

**R450 | R750**

**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**

**R850**

**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**

**R950**

**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**

**R950**

**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 050**

**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.

# HANDS AND FEET

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## **Africology Express** 30min

*Mani R250 | Pedi R300*

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 R370 | Pedi R420*

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.

## **Callux Pro Foot Peel** 60min

**R480**

Achieve perfectly smooth feet with natural and organic ingredients that dissolve unwanted dead skin cells. A uniquely developed callous removal system that is gentle enough for diabetic guests.

## **Cayenne Luxury** 90min

*Mani R450 | Pedi R500*

Immerse yourself in an invigorating and luxurious foot or hand treatment, using natural products that will stimulate blood circulation, nourish your skin and provide protection to environmental stressors. Start your journey with an invigorating foot or hand scrub, followed by the enriching and soothing African Potato wrap. Treat yourself to a warm nourishing hot stone foot or hand massage, followed by manicured fingers or toes to end off your journey.

## **Add Gel Application** **Add Gel Removal**

**15min**      **R100**

**45min**      **R80**



## GROOMING

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### Waxing

Underarm	R150
Half Arm	R120
Full Arm	R180
Half Leg	R250
Full Leg	R300
Bikini	R200
Stomach	R250
Chest	R250
Back	R250
Brow	R100
Lip	R100
Chin	R100

### Tinting

Brow	R90
Lash	R90
Lash & Brow	R150

## SPECIAL OCCASIONS

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<b>Full Body Spraytan</b> 30min	R500
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Achieve the perfect professional spraytan application perfect for any occasion. Our solution is vegan friendly with eco-certified DHA.

<b>Add Full Body Exfoliation</b> 30min	R200
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The perfect addition to a flawless spraytan. This stimulating treatment will leave your skin silky smooth and prepared for your spraytan application.

# AESTHETICS

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**Consultation**  
**45min**

**R450**

Schedule a bespoke visit with Dr Varsha, to attend to your well aging and reduction of aging lines, that is gentle and sophisticated. To enhance the best you by utilizing Botox & Dermal Fillers and the modern wonders of the 21st century to enhance your beauty regime.

**Cost of Procedures**

**POA**



**DR VARSHA**

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# SPA ETIQUETTE

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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

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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 cancelling or rescheduling an appointment. If a 24-hour cancellation is not provided, 100% of the total treatment value will be charged.



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**PEPPERCLUB HOTEL**

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