

# TREATMENT MENU



# CAYENNE Spa

## HANDS & FEET

<b>Express Manicure</b> Nail shaping and polish application on hands.	<b>30 min</b>	R230
<b>Express Pedicure</b> Nail shaping and polish application on feet.	<b>30 min</b>	R250
<b>Deluxe Manicure</b> A full manicure experience, including a nourishing mask for hands and arms with a massage.	<b>60 min</b>	R360
<b>Deluxe Pedicure</b> A full pedicure experience, including a nourishing mask for feet and legs with a massage.	<b>60 min</b>	R390
<b>MediHeel Pedicure</b> A pedicure with an AHA foot peel.	<b>60 min</b>	R420
<b>Gelish Paint Only</b> Quick nail shaping and cuticle care, followed by Gelish application on hands or feet.	<b>45 min</b>	R240
<b>Gelish Manicure</b> A Deluxe manicure including Gelish application.	<b>60 min</b>	R350
<b>Gelish Pedicure</b> A Deluxe pedicure including Gelish application.	<b>60 min</b>	R380
<b>Gelish Soak Off</b> Gentle removal of Gelish from nails, followed by a nourishing hand cream.	<b>45 min</b>	R150

## WAXING

<b>Leg:</b> Half Three Quarter Full	R200 R220 R250
<b>Arm:</b> Half Full	R120 R180
Underarm Bikini G-string Brazilian Hollywood Eyebrow Lip Chin	R170 R200 R220 R280 R320 R120 R120 R120

## GROOMING

Brow Tint	R90
Lash Tint	R90
Brow Wax and Tint	R160

## Spa Treatment Hours

April - September  
Monday - Sunday: 9am - 7pm  
including public holidays

October - March  
Monday - Sunday: 9am - 9pm  
including public holidays

## Our Products

We are proud to stock the full range of Dermalogica and Africology products at our spa, for use in treatments and for retail purchase. Both brands are cruelty-free and support our ethos of holistic wellness and beauty.

## Spa Facilities

Cayenne Spa features one double and three single treatment rooms, a sauna, outdoor pool and gym.

## Cancellation Policy

Should the duration of a treatment exceed two hours, prepayment will be required. We will refund 100% of the cost if cancellation is made more than 24 hours before your scheduled treatment.

Spa appointments cancelled less than 24 hours prior to your scheduled treatment will result in 100% of your fee being forfeited.

## Reservations

Advanced booking is strongly recommended to secure your preferred date and time of treatment. Bookings can be made through Cayenne Spa reception, via email or telephonically.

## Arrival

Please arrive at least 15 minutes before your scheduled treatment to change and complete a consultation form. We recommend arriving 30 minutes earlier to relax and enjoy our sauna or outdoor pool. Please note that late arrivals will have their treatment times reduced accordingly.

## Spa Vouchers

The perfect gift for any occasion, gift vouchers are available for purchase at Cayenne Spa reception.

## PEPPERCLUB HOTEL & SPA

Corner Loop and Pepper Street | Cape Town | 8001  
www.pepperclub.co.za | 021 812 8812 |  
spamanager@pepperclub.co.za

\*Prices and cancellation terms are subject to change without prior notice. Please confirm when booking.



## CUSTOMISED DERMALOGICA SKIN TREATMENTS

### Complimentary Skin Analysis **15 min** Free

A trained therapist will provide insight into your skin's condition, which will allow for the prescription of a targeted homecare regime and ensure a healthy future for your skin.

### Dermalogica Proskin 30 **30 min** R315

Giving your skin maximum impact in minimum time, we will use professional-grade products and advanced technology to radically boost your skin's health and appearance in just 30 minutes. A firm favourite for those who want visible results fast.

### Dermalogica Proskin 60 **60 min** R625

A personalised, Dermalogica treatment that takes you on the ultimate journey to your healthiest looking skin. This bespoke treatment guarantees optimal results and is the perfect choice for those who want to address all skin concerns and achieve healthy glowing skin.

### Expert Active Treatments **45 min** R755

An intensive resurfacing treatment with dramatic results. This super-charged treatment features Dermalogica's signature BioSurface Peel, boosted with the latest technology to deliver smooth, polished skin. Address the signs of acne, aging and hyperpigmentation with this professional chemical peel - without the downtime.

## SIGNATURE TREATMENTS

### Africology's Intonga Stick Massage **45 min** R650

Combining skilled hand techniques with the use of differently sized wooden sticks, tight muscles are stretched and toxins eliminated from the body.

**75 min** R800

### Nourishing Body Exfoliation **45 min** R550

Improve blood circulation and remove dead skin cells with a combination of African Marula oil, walnut micro particles, African sweet potato and hydrating shea butter.

### The Cayenne Experience **90 min** R920

Focusing on intense rejuvenation for your face and back, distress with a bespoke facial, followed by a back cleanse and foot treatment.

### Back Exfoliation and Massage **45 min** R580

Remove dead skin cells with a thorough back exfoliation, before treating muscles to a relaxing back massage.

### Full Body Exfoliation and Massage **90 min** R980

Expect smooth, nourished skin from top to toe with a full body exfoliation, followed by a relaxing full body massage.

### Exfoliation and Wellness Wrap **45 min** R720

A full body exfoliation followed by your choice of body wrap: immune boosting, slimming detox, rooibos and lavender, coffee and mint or African potato.

### Body Renewal Experience **90 min** R1 250

A full body exfoliation, full body massage and a choice of body wrap: immune boosting, slimming detox, rooibos and lavender, coffee and mint or African potato.

## MASSAGES

### Scalp and Foot Ritual **45 min** R500

A balancing treatment, focused around a scalp and foot massage.

### Aromatherapy Massage **45 min** R520

Combining the relaxing effects of touch and aromatherapy, this massage will help you relax with a combination of natural oils.

### Back Massage **60 min** R750

Full Body Massage **60 min** R800

Deep Tissue Massage **60 min** R800

### Nourishing Shea Butter Massage **75min** R790

A hydrating and soothing massage recommended for dry and dehydrated skin, or those suffering from eczema or sunburn.

### Hot Stone Massage **75 min** R850

Smooth, heated stones are used to massage and ease tense muscles and damaged soft tissue.

### Pregnancy Massage **60 min** R700

Reduce stress, promote overall wellness and help relieve some of the normal discomforts associated with pregnancy, including backache, leg cramps and swelling.

### Reflexology **60 min** R650

Focusing on the pressure points on your feet to provide a sense of healing and balance.

### Add a massage to any treatment **20 min** R100

Hand | Foot | Scalp | Face | Neck & Shoulder

## FOR COUPLES

### Aromatherapy Massage **60 min** R1 380

### Body Renewal Experience **90 min** R1 900

Full body exfoliation and full body massage

### Hot Stone Massage **75 min** R1 600

## INDIVIDUAL MEN'S TREATMENTS

### Stomach, back or chest wax **45 min** R380

### Eyebrow grooming **30 min** R130

### Deep-cleansing skin treatment **50 min** R780

### Time For Men **150 min** R1 200

Start by relaxing tight muscles in our sauna, before releasing any further tension with a full body sports massage. This treatment ends with an energising skin treatment, including a pressure point scalp massage.

### Create Your Own Package **120 min** R1 450

Choose any 3 of the below to create a customised treatment to suite your needs:

45 min distress back massage | Customised and brightening skin treatment | Pressure point scalp massage | Foot reflexology  
Deluxe pedicure including hot stone massage | Deluxe manicure including hot stones