

# One&Only

CAPE TOWN

## SPA MENU

*tariff*

ONE&ONLY TREATMENTS	DURATION (MINS)	ZAR
<b>ONLY FACE</b>		
One&Only Bespoke Facial	60	1495
Advanced Radiance Facial	90	1925
Ultimate Lifting, Firming and Tonal Facial	90	1925
<b>ONLY BODY</b>		
Inner Calm Massage	60/90	1395/1695
Hot Stone Massage	90	1800
Deep Muscle Massage	60/90	1495/1795
Strength and Resilience Massage	90	1695
Tailored Time	120	2795
Sleep Ritual Massage	120	2195
Mindful Moment Massage	90	1895
Body Wrap	60	1395
Salt and Oil Scrub	25	750
<b>ONLY HERE</b>		
Essence of Cape Town	120	2995
African Journey	90	2165
Mountain Tonic	120	2395
<b>ONLY VITALITY</b>		
ESPA Hero Back, Face and Scalp	90	2025
Optimal Release	90	1925
Contour and Firm Body Treatment	120	2295
<b>ONLY FOR HIM</b>		
Mankind Massage	60	1285
Men's Deep Cleansing Facial	60	1495
Deep Muscle Massage	60/90	1495/1795
<b>ONLY SECLUSION</b>		
Precious Moment - For Couples	90	5195
Quality Time - For Couples	120	5895
<b>ONLY NURTURE</b>		
Maternity Massage	60	1395
Pre and Post Natal Massage	90	1695
Mother-to-be Spa Ritual Massage	120	2195
<b>ONLY FOR THE NEW GENERATION</b>		
Millennia Massage	30	895
Freshen Up Facial	50	1095
<b>SUPERCHARGED SPA*</b>		
<i>*These can be added to any body treatment longer than 60 mins.</i>		
Personalised Massage	30	675
Optimal ProFacial	30	800
Hotstone / Bellabaci cups		150
Healthy Spa Lunch Credit (per person)	-	400
<b>SLEEKSCULPT™</b>		
Single Session	60	895
Package	x4/x8/x12	3195/5895/7595

<b>BIOLOGIQUE RECHERCHE</b>		
Skin Instant Lab	30	400
Modular Booster Remodelling Face®	30	745
Biologique Recherche Facial Treatments	60	2500
Soin Seconde Peau	90	6500
Soin Triple Lift avec Remodelling Face®	120	4500

<b>HALF DAY INDULGENCE PACKAGES</b>		
Relax and Restore	210	3655
Life Reset	210	3655

<b>FULL DAY INDULGENCE PACKAGES</b>		
Detox and Purify	390	5125
Comfort Zone	360	5125

<b>STUDIO</b>	<b>DURATION (MINS)</b>	<b>ZAR</b>
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<b>HANDS &amp; FEET</b>		
LuxO Squared (Mani&Pedi)	75	1385
LuxO Manicure	60	650
LuxO Pedicure	75	825
LuxO Quickie	25	315
CND Shellac Application	30	455
Personalised Foot or Hand Massage	30	700

<b>LASHES, TINTING AND BROWS</b>		
Keratin Lash Lift	60	565
Tinting	30	200
Classic Lash Extensions (Full Set)	120	1000
Classic Lash Extensions (Second session Lash Fill)	60	695
Volume Lash Extensions (Full Set)	120	1225
Volume Lash Extensions (Second session Lash Fill)	60	750

<b>MICROBLADING</b>		
First Session	120	2795
Second Session	60	895

<b>THREADING AND WAXING</b>		
Threading - per area	30	200
Facial waxing or Facial Threading - per area	30	200
Underarm	30	200
Brazilian	45	430
Hollywood	60	530
Bikini	45	300
Half Leg	30	400
Full Leg	50	500

<b>ADD ONS</b>		
Mask	-	325
Soak off	30	175
Blading	30	400

*Bookings can be made online at [oneandonlycapetown.com/spa](http://oneandonlycapetown.com/spa) or via Spa Reservations on +27 21 431 4552 or email to [spa.reservations@oneandonlycapetown.com](mailto:spa.reservations@oneandonlycapetown.com). Prices are quoted in ZAR and are valid until 31 October 2021.*