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# YOUR SPA EXPERIENCE AWAITS

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2025

**NAILS**

Classic Full Manicure with Polish	R420
Classic Manicure with Gel Polish	R560
French Manicure with Gel Polish	R640
On-The-Go Manicure	R290
Gel Polish Hands & Soak Off	R460
Gel Polish	R420
French Gel Polish	R480
French Gel Polish & Soak Off	R530
Gel Polish Soak Off	R140
Nail Polish	R250

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**EXTENSIONS**

Acrylic Tips with Gel Polish	R690
Acrylic Tips with Polish	R590
Acrylic Tips with French Gel Polish	R720
Ombre Acrylic Tips	R720
Ombre Acrylic Overlay	R590
Soft Gel Tips with Gel Polish	R670
Acrylic Overlay with Gel Polish	R640
Acrylic Overlay with Polish	R590
Acrylic Sculptured Nails with Gel Polish	R720
Acrylic Sculptured Nails with Polish	R640

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**FILLS & EXTRAS**

Acrylic Fill with Gel 2   3 weeks	R570 R630
Acrylic Fill with Polish 2   3 weeks	R450 R470
Acrylic Soak Off	R220
Acrylic Nail Repair (per nail)	R80
Nail Art (per nail)	R20

## PEDICURES

Deluxe Pedicure with Polish	R480
Deluxe Pedicure with Gel Polish	R580
French Gel Polish Deluxe Pedicure	R620
On-The-Go Pedicure	R350
French Gel Polish	R490
French Gel Polish & Soak Off	R540
Gel Polish Toes	R470
Gel Polish Toes & Soak Off	R490
Gel Polish Soak Off	R140
Nail Polish Toes	R250
Mediheel Pedicure with Polish	R640
Mediheel Pedicure with Gel Polish	R730
Mediheel French with Gel Polish	R770
Paraffin Dip Add On	R220

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## RASUL & SAUNA

Rasul Thermal Mud Treatment Single (30 mins)	R400
Rasul Thermal Mud Treatment Couple (30 mins)	R650
Sauna Treatment Single (30 mins)	R300
Sauna Treatment Couple (30 mins)	R450

## LASHES & BROWS

Classic Lashes	R830
Volume Lashes	R950
Hybrid Lashes	R900
Lash Removal	R240
2/3 week Fill Classic	R400 R450
2/3 week Fill Volume	R500 R550
2/3 week Fill Hybrid	R450 R500
1/2 set Classic Lashes	R500
1/2 set Volume Lashes	R600
1/2 set Hybrid Lashes	R550
Lash Tint   Brow Tint	R140
Lash & Brow Tint	R240
Lash Lift	R450
Lash Lift & Tint	R550

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## LADIES WAXING

Brow and Lip	R260
Brows   Lip   Chin per area	R160
Full Face incl. 3 facial areas	R350
Bikini Wax	R260
Brazilian Wax	R360
Hollywood Wax	R410
Underarm Wax	R230
Half Arm   Full Arm	R270 R310
Half Leg   Three Quarter	R290 R350
Full Leg Wax	R420
Stomach Wax	R210

## MASSAGES

Signature Full Body Massage (60 mins) done in tandem by two therapists	R1320
Swedish Back, Neck & Shoulder Massage (30 mins   45 mins)	R550 R690
Swedish Full Body Massage (60 mins   90 mins)	R890 R1100
Hot Stone Full Body Massage (60 mins   90 mins)	R950 R1250
Deep Tissue Back, Neck & Shoulder Massage (45 mins)	R750
Deep Tissue Full Body Massage (60 mins)	R950
Pregnancy Full Body Massage (60 mins)	R890
Aromatherapy Full Body Massage (60 mins   90 mins)	R950 R1250
Reflexology (45 mins)	R600
Indian Head Massage (30 mins)	R550
Half Leg Massage (30 mins)	R550
Add-on Massage (15 mins)	R250

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## BODY SCRUBS & WRAPS

Full Body Scrub incl. rinse (45 mins)	R690
Full Body Wrap incl. rinse (45 mins)	R750
Full Body Scrub & Wrap incl. rinse (90 mins)	R1300

## MALE GROOMING

Full Manicure	R360
Full Pedicure	R410
Mediheel Pedicure	R590
Brows   Lip   Nose Wax per area	R160
Full Back Wax	R410
Chest Wax	R320
Chest & Stomach Wax	R410
Half Leg   Three Quarter	R260 R290
Full Leg	R390

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## MODERN MAN PACKAGE - R2,150

Thalgo Express Anti-Fatigue Facial (30 mins), Swedish Back, Neck & Shoulder Massage (45 mins), Full Manicure, Full Pedicure, Sauna Treatment (30 mins), and a Glass of Bubbly.

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## EXPRESS ANTI-FATIGUE FACIAL FOR MEN - R570 | 30 MINS

Thalgo's tailor-made facial treatment for men, which enriches skin with Vital Blue Algae Extracts for a healthy, rested, and cleansed appearance. Features are refreshed through a cleanse, marine crystal scrub, energising acupressure and an effective anti-fatigue mask.

## **COUPLES MASSAGE - R1,600**

Swedish Full Body Massage (60 mins) for two, done in one of our couples treatment rooms.

## **NATURE'S BALANCE - R1,490**

A Full Body Scrub (45 mins) followed by a Full Body Massage (60 mins), using a warm Thai poultice and Swedish techniques. This treatment is enhanced with natural fragrances and inspired by nature.

## **RETREAT FOR TWO - R6,550**

Thalgo Micronised Marine Algae Facials (60 mins), Swedish Full Body Massages (60 mins), Full Body Wraps (45 mins), Full Manicures and Full Pedicures (without polish), Foot Paraffin Dips, Couples Rasul Thermal Mud Treatment (30 mins), and a Glass of Bubbly each.

## **ALL ABOUT ME - R3,600**

Sothys Soothing Fundamental Facial (60 mins), Swedish Full Body Massage (60 mins), Gel Hands and Deluxe Pedicure with Gel (incl. soak off), Full Body Scrub, Full Body Wrap, and a Glass of Bubbly.

## **MOM TO BE - R1,550**

Pregnancy Full Body Massage (60 mins), Classic Manicure with Polish, and Deluxe Pedicure with Polish.

## **REJUVENATE - R2,250**

Swedish Full Body Massage (60 mins), Full Body Scrub, Full Body Wrap (incl. rinse), and a Glass of Bubbly. Exclusive use of the hotel pool and jacuzzi – pre-bookings required.

## **BRIDE TO BE - R3,350**

- Acrylic Tips with Gel Polish
- Deluxe Pedicure with Gel Polish
- New Set of Classic Lashes
- Swedish Full Body Massage (60 mins)
- Full Body Scrub incl. rinse (45 mins)
- Glass of Bubbly

## **EXQUISITE YOU - R2,950**

- Sothys Soothing Fundamental Facial (60 mins)
- Full Body Wrap incl. rinse (60 mins)
- Swedish Back, Neck & Shoulder Massage (30 mins)
- Hollywood, Underarm & Full Leg Wax
- Glass of Bubbly

## **BRIDAL PARTY - R1,950 P.P**

- Gel Polish Hands & Feet (incl. soak off)
- Sothys Deep Cleanse Fundamental Facial (45 mins)
- Swedish Back, Neck & Shoulder Massage (30 mins)
- Glass of Bubbly

## **BRIDE & BESTIE - R4,320**

- Acrylic Tips with Gel Polish
- Deluxe Pedicure with Gel Polish
- Swedish Full Body Massage (60 mins)
- Sauna Treatment (30 mins)
- Glass of Bubbly

## **GROOM PACKAGE - R2,480**

- Deep Tissue Full Body Massage (60 mins)
- Thalgo express Anti-Fatigue Facial (30 mins)
- Full Manicure & Full Pedicure
- Sauna Treatment
- Glass of Bubbly



## MICRONEEDLING

Performed by a certified therapist, Dermapen 4 Microneedling is a minimally invasive skin renewal treatment. This process stimulates your body's natural repair process by creating tiny puncture channels that boost collagen production. The needle depth and speed are customised to suit your skin needs.

This treatment can improve many skin concerns, including fine lines, wrinkles, acne scars, pigmentation, enlarged pores, melasma, sun damage, and rosacea.

The ÜBER Pro Peel enhances the microneedling treatment or can be booked as a separate facial. Packed with powerful ingredients like Lactic Acid, Mandelic Acid, Hyaluronic Acid, and Retinaldehyde, the ÜBER Pro Peel promotes cellular turnover and enhances the microneedling experience.

Dermapen Face	R1650
Dermapen Face & Neck	R1950
Add on ÜBER Pro Peel	R400
ÜBER Pro Peel Facial	R700

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## DERMAPLANE

This minimally invasive cosmetic procedure is done by a qualified somatologist, where the top layer of your skin (epidermis) and facial hair is removed. Dermaplaning exfoliates your skin, removes dead skin cells, and may reduce fine lines and wrinkles. Other benefits include an even skin tone, smoother skin, and clearer pores for fewer breakouts.

Dermaplane Face	R890
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## **DEEP CLEANSE FUNDAMENTAL FACIAL - R650 | 45 MINS**

This classic facial is suited to all skin types, thoroughly cleansing and purifying while also targeting stubborn impurities. A cleanser and toner are followed by either a Biological Skin Peel or an Organic Face Scrub, depending on your skin's needs, for the best personalised results. Enjoy fresh, hydrated skin, and a radiant complexion.

## **HYDRATING FUNDAMENTAL FACIAL - R880 | 60 MINS**

Maintain a healthy, hydrated complexion, and feel beautiful in your skin. This facial replenishes dry skin with a combination of natural skin reactivating ingredients for a more youthful appearance. Applications of Desquacrem and moisturising Ampoules further hydrate and replenish the skin. Benefit from Hyaluronic Acid and Boletus Extract and the soothing application of a Hydra 4Ha cream, mask, and serum.

## **SOOTHING FUNDAMENTAL FACIAL - R850 | 60 MINS**

Ideal for sensitive skin but suited to all skin types, this soothing facial reduces dryness and redness while neutralising skin discomfort. An application of Crystalline Modelling Cream protects skin from microbes and antioxidants. A Biological Peel or Organic Scrub is applied, and depending on your skin concerns, the facial concludes with either a Hydrating 4Ha Cream or a Clarté and Confort Protective Cream.

## **ANTI-AGING FUNDAMENTAL YOUTH FACIAL - R880 | 60 MINS**

Designed to combat signs of aging, this facial results in skin that feels and looks plumper and more firm. Following a cleanser, toner, and either a scrub or peel, Desquacrem removes environmental pollutants and impurities. An Illuminating Mask is also applied for a boost of radiance, as well as Crystalline Modelling Cream and Ampoules for firmness. Active ingredients in Sothys Youth Serum and Youth Cream include BP3 and Saffron-Sephora-Peptides.

## **HYDRA 4HA INTENSIVE TREATMENT - R1,260 | 90 MINS**

The absolute hydration solution with 6 stages to quench, hydrate, and plump the skin, renewing its youthfulness and meeting all hydration needs. Active ingredients of 1055 Boletus Extract, Organic Rowan Peptides and Micro Hyaluronic Acid penetrate the skin deeply, for moisture memory reactivation and improved barrier function. This facial treatment includes applications of an Ultra-Hydrating Gel Balm, Gentle Scrub Paste, Hydrating Concentrated Ampoule and SOS Mask Nutri-Replenishing Elixir, for wonderfully hydrated and soft skin.

## **FLAWLESS COMPLEXION ILLUMINATING TREATMENT - R1,320 | 90 MINS**

As a treatment specialist, Sothys has specifically developed this radiance beauty routine. For a flawless complexion, this 6-step treatment provides a triple solution: targeting dark spots, boosting hydration and creating an even complexion. With ultra-effective formulas, including Encapsuled Ferulic Acid, Organic White Nettle Extract, Niacinamide and Stabilised Vitamin C, the skin is hydrated, complexion radiant, and pigmentation flaws diminished over time.

## **HEART OF THE OCEAN SOURCE MARINE FACIAL - R1,250 | 60 MINS**

Thalgo's Heart of the Ocean Source Marine Ritual moisturises your skin with patented Sève Bleue Des Oceans, which are rich in minerals and trace elements. Dehydrated, dull skin is deeply replenished, intensely hydrated and radiant.

## **MICRONISED MARINE ALGAE FACIAL - R720 | 60 MINS**

This is Thalgo's exclusive Thalassotherapy-inspired algae facial. Skin is energised and detoxified with pure, natural and patented micronised marine algae, rich in enhancing properties like vitamins, minerals and therapeutic trace elements. Ideal for all skin types.



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## TRADING HOURS

Monday to Friday: 9am - 7pm summer/6 pm winter

Saturdays & Public Holidays: 9am - 5pm

Sundays: 9am - 4pm

## LOCATION

Level L, Blaauwberg Beach Hotel,

106 Beach Boulevard, Cape Town

## CONTACT

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*Prices subject to change. \*T&Cs apply.*

*An additional 15 minutes is included in the duration of each treatment, allowing our therapists to prepare your treatment space and tidy up afterwards.*

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