



mint wellness

— SPA MENU —

*spoil yourself*

## SIGNATURE JOURNEYS

### Signature Mint Escape .....R2 500 | €147 | 180 min

Our signature journey includes a customised Healing Earth Pinotage Grape full body massage, Pinotage Facial that is tailored to specific skin concerns, and express manicure and pedicure. This package includes a light spa lunch and a glass of sparkling wine.

### Grape Therapy ...R1 750 | €103 (single) \* R3 500 | €206 (double) 180 min

This package includes a Healing Earth Pinotage body polish, shower, full body massage with customised Pinotage body oil, and a Pinotage facial that is tailored to specific skin concerns. End your journey with a glass of sparkling wine in our spa lounge, to complete your spa experience.

### Immerse in Nature ...R1 400 | €82 (single) \* R2 800 | €165 (double) 120 min (Exclusive to Camps Bay Retreat)

Journey into a nature paradise and connect with the energy of the forest, the mountain, and the ocean as you relax and feel revitalised in our outdoor Nature Tent. Enjoy a full body Pinotage Grape massage by Healing Earth. The package includes a mini fruit platter and a glass of sparkling wine to be enjoyed inside an organic Nature Bath, after your treatment. This treatment is best enjoyed during summer – weather permitting.

### African Earth Ceremonies .....R1 750 | €103 | 120 min

Choose 1 of the following to customise your treatment: Kalahari Melon (Hydrate), Mongongo Nut (Detox), Coffee, Cinnamon & Orange (Define & Sculpt) or Marula & Neroli (Relax). Journey includes a customised body polish and wrap, relaxing facial pressure points and scalp massage, completed with a full body massage.

### Traveller's Tension Release .....R1 750 | €103 | 120 min

This package is designed to support the traveller that is experiencing symptoms of jet lag or simply just exhausted after a trip. Ease the travel induced tension with a 30 min Sauna or Steam Session, followed by a Healing Earth Detox and Uplift oil blend full body massage and a Pinotage facial to rejuvenate and refresh the skin.

### Sun Sooth and Restore .....R1 300 | €76 | 60 min (Pregnancy Safe)

Body cocooning for sunburnt skin. Includes full body Aloe Vera Mask and African Potato Balm application. Enjoy a hand and foot massage whilst you relax. Includes a mini fruit platter and a herbal tea.

## FACIALS

**Esse Express Facial .....R720 | €42 | 30 min**  
(All Skins)

A fully customisable treatment targeted at achieving results in 30 minutes.

**Esse Experience Facial .....R800 | €47 | 60 min**  
(All Skins)

A bespoke facial that harnesses the power of advanced pre & probiotics to improve the microbial balance on the skin. Tailored to address your specific skin concerns with customisations and carefully crafted add-ons. Experience benefits that include soothing stress relief, boosted collagen production, reduced inflammation, and strengthened skin barrier function.

**Esse Live Probiotic Experience .....R1 300 | €76 | 75 min**  
(Ageing, Premature Ageing and Environmentally Stressed Skin)

An ultimate treatment to elevate your skin to a whole new level with live probiotics and specialised massage protocols. This world class standard live probiotic experience is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin. The inclusion of the Esse Sensitive or Lifting massage further enhance treatment outcome and promote complete relaxation.

**Lamelle Essentials Hydrating Facial .....R800 | €47 | 60 min**  
(Dehydrated Skin)

This facial offers an experiential treatment to stimulate the senses, to quench a thirsty, dehydrated skin and to thoroughly improve the skins quality.

**Lamelle Essentials Purifying Facial .....R800 | €47 | 60 min**  
(Congested Skin)

This facial offers a treatment to stimulate the senses, to purify a congested skin and to thoroughly improve the overall quality of the skin.

**Lamelle Essentials Age Preventing Facial .....R1 100 | €65 | 60 min**  
(Ageing, Premature Ageing and Environmentally Stressed Skin)

This facial offers a treatment to support and protect the skin with powerful antioxidants and to thoroughly improve the overall quality of the skin.

## ENHANCEMENT

**Enhance Your Facial Treatments .....R250 | €15 | 15 min**  
(Cooling Jade or Rose quartz)

## BODY CEREMONIES

### **Bellabaci Body Exfoliation .....R650 | €38 | 30 min**

This luxurious exfoliating body treatment improves the skin's texture and adds a rejuvenating glow to the skin.

### **Bellabaci Revive Body Ritual .....R1 000 | €59 | 90 min**

This treatment is designed to support the balancing of blood circulation, hormonal activity, venous flow, arterial repair, as well as lymphatic drainage. Treatment includes an invigorating full body exfoliation, followed by the application of the circuflow body wrap. Application of the circuflow balm and a reviving foot and leg massage incorporating the Bellabaci cups.

### **Bellabacci Detox and Slimming Body Ritual .....R1 100 | €65 | 90 min**

This treatment focuses on your individual problematic areas targeting cellulite while supporting slimming, detoxification and firming your skin. This treatment includes a stimulating full body exfoliation, followed by the application of the cellulite be gone body wrap in targeted areas. Finishing the treatment of with the cellulite be gone balm and cupping therapy in areas of concern.

### **Bellabacci Deep Relax Body Ritual .....R1 250 | €73 | 120 min**

Feel your best inside and out with this balancing complex of organic oils and energetic synergies. Treatment includes a full body exfoliation, followed by the application of the stress no more body wrap. While the wrap is on, a 15 min scalp and foot massage is performed. Followed by the application of the stress no more balm and a relaxing 30 min back, neck and shoulder massage.

### **Steam or Sauna Session .....R180 | €11 | 30 min**

Step into a heated paradise and feel the stress drip off. Combine your session with a cold shower and follow with any therapeutic treatment for the ultimate hydrotherapy experience.

## CHILDREN'S MENU

### **African Earth Child 6-12years .....R825 | €48 | 60 min**

An experience for the little ones. Includes a light pressured Kalahari Melon body massage and a mini Pinotage balancing facial to gently nourish the skin.

### **Little Fingers Manicure .....R200 | €12 | 30 min**

### **Little Toes Pedicure .....R220 | €13 | 45 min**

## MASSAGES

**Mint Signature Deep Tissue Muscle Relief .....R1 200 | €71 | 60 min**  
**R1 500 | €88 | 90 min**

A deep pressure massage to relieve tension ending off with a cooling Mint Gel.

**African Earth Aromatherapy Massage .....R1 100 | €65 | 60 min**  
**R1 400 | €82 | 90 min**

Choose 1 of the following to customise your treatment: Kalahari Melon (Hydrate), Mongongo Nut (Detox), Coffee, Cinnamon & Orange (Define & Sculpt) or Marula & Neroli (Relax). Massage incorporates hot stones for the first 10 minutes as a muscle warming introduction, using medium to firm pressure.

**Nurturing Pregnancy Massage | Sensitive Skins .....R1 000 | €59 | 60 min**

A relaxing massage experience tailored to relieve typical pregnancy discomforts such as lower back ache and poor circulation. This treatment is not available for Moms within their first trimester. No essential oils are used. Choose between Healing Earth Pure Organic Shea Butter or Grape Seed oil using light pressure. Massage also suitable for sensitive skins.

**Bellabaci SOS CBD infused Massage .....R1 000 | €59 | 60 min**

Experience the therapeutic benefits of a CBD infused full body massage without any traces of THC. A powerful blend of healing herbs is used to reduce inflammation and stress. The perfect treatment to support and relieve tension, anxiety and insomnia.

## ADDITIONAL TOUCHES

**Scalp, Neck and Shoulder .....R500 | €29 | 30 min**

**Soothed Soles .....R700 | €41 | 45 min**  
(foot massage with cooling Mint Gel)

**Extended Time .....R250 | €15 | 15 min**

## SPA GROOMING TREATMENTS

### TINTING

Brows .....	R110   €6   10 min
Lashes .....	R130   €8   10 min
Brows and Lashes .....	R220   €13   30 min

### WAXING

Arms - Half .....	R220   €13   20 min
Arms - Full .....	R330   €19   40min
Bikini .....	R240   €14   30 min
Brazilian .....	R380   €22   30 min
Hollywood .....	R420   €25   45 min
Chest or Back .....	R360   €21   30 min
Legs - Half .....	R360   €21   30 min
Legs - Full .....	R420   €25   45 min
Lip, Chin or Brow (each) .....	R140   €8   10 min
Underarms .....	R200   €12   15 min

## HANDS AND FEET

Express Manicure .....	R250   €15   30 min
Express Pedicure .....	R270   €16   30 min
Luxury Manicure .....	R465   €27   60 min
Luxury Pedicure .....	R490   €29   75 min
Luxury Callus Peel Pedicure .....	R550   €32   90 min
Gelish Soak-Off and Nail Buff .....	R200   €12   45 min
(No Manicure   Pedicure)	
Gelish Soak-Off and Nail Buff .....	R100   €6   45 min
(With Manicure   Pedicure)	
Gelish Manicure .....	R520   €31   75 min
Gelish Pedicure .....	R550   €32   75 min
Men's Manicure .....	R350   €21   45 min
Men's Pedicure .....	R420   €25   60 min

## BENEFITS WITH TREATMENTS

- Any treatment longer than 60 minutes, gains you access to a lounge at the pools (excluding the Sandy B Private Beach Club), subject to availability (excludes peak season from 16 December to 4 January).
- Any treatments to the value of R1 500 and over, offers access to loungers (client +1), subject to availability (excludes peak season from 16 December to 4 January), day membership at Sandy B Private Beach Club and access to the sauna, steam room and gym.

## ETIQUETTE

- We recommend that you arrive 15 minutes prior to your treatment time to allow for pre-treatment consultation and preparation.
- A robe, slippers and disposable underwear are available for your use.
- No treatment will commence without the client's signature and completion of the indemnity and consultation forms.
- Gratuities are discretionary and are not included in the treatment price (usually between 10 - 15 %).
- There is adequate public parking nearby. On-site parking available by arrangement.

## BOOKING TERMS AND CONDITIONS

- Credit card details may be requested to secure a booking.
- A 50% deposit is required for group bookings and packages.
- A special fee for appointments made outside of the normal working hours (subject to therapist availability), as well as group bookings, will be charged.
- We reserve the right to cancel your appointment and book waitlisted clients should you be more than 15 minutes late for your confirmed booking without notifying the spa.
- Bookings cancelled with less than 4 hours notice, will be charged at 50 % of the booked treatment value, at the discretion of the Wellness Host.
- Full treatment charge will apply for non-arrivals.
- Children under the age of 12 must be accompanied by a parent/guardian for the entire duration spent on the hotel premises.
- • Prices and any other details are subject to change with reasonable notice. • Terms and conditions apply and can be viewed on [www.mintwellness.com](http://www.mintwellness.com).



Scan the QR below to download this menu



Or visit [www.mintwellness.com](http://www.mintwellness.com)

### Camps Bay Retreat

+27 (0)21 430 4050 | [campsbayretreat@mintwellness.com](mailto:campsbayretreat@mintwellness.com)  
7 Chilworth Road, Camps Bay, South Africa

### The Bay Hotel

+27 (0)21 430 4040 | [thebayhotel@mintwellness.com](mailto:thebayhotel@mintwellness.com)  
69 Victoria Road, Camps Bay, South Africa

For further information, operating hours and gift vouchers,  
please visit [www.mintwellness.com](http://www.mintwellness.com)