



mint wellness

*Inspire. Reward. Spoil.*

# Spa Menu

Camps Bay

# Signature Journeys

Signature Mint Escape ..... R3 150 | €152 | 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 ..... single | R2 500 | €120 | 180 min  
double | R4 800 | €231 | 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 ..... single | R1 800 | €87 | 120min  
(Exclusive to Camps Bay Retreat) double | R3 400 | €164 | 120 min

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 ..... R2 200 | €106 | 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 ..... R2 200 | €106 | 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.

# Wood-Fired Hot Tub Journeys

Exclusively available at Camps Bay Retreat

Wood-Fired Hot Tub & Massage Journey .. single | R1 800 | €87 | 120 min  
double | R3 400 | €164 | 120 min

Journey into a natural paradise, where you can immerse yourself in the rejuvenating energy of the forest, mountains, and ocean. Unwind and revitalise your senses with a luxurious full-body SOS CBD-infused massage by Bellabaci. Your experience comes complete with a mini snack platter and a refreshing glass of freshly squeezed juice, all to be savoured in a cozy wood-fired hot tub following your treatment.

- 60 min Full Body Bellabaci SOS CBD Massage
- 60 min Wood-Fired Hot Tub Experience

Journey to Wellness ..... single | R2 100 | €101 | 165 min  
double | R4 000 | €193 | 165 min

Commence your path to well-being with a 30-minute sauna or steam session. Following this, enter a realm of profound relaxation as our skilled therapist performs a comprehensive full-body exfoliation, succeeded by a soothing Bellabaci Deep Relaxation massage focusing on your back, neck, and shoulders. You have the option to select either hot stones or Bellabaci cups for your massage. Following your treatment, indulge in a nutritious smoothie while luxuriating in the wood-fired hot tub.

- 30 min Sauna or Steam session
- 30 min Full body exfoliation (Bellabaci Deep Relax Scrub)
- 45 min Back, Neck and Shoulder massage (Bellabaci Deep Relax Balm)
- 60 min Wood-Fired Hot Tub Experience

Uthando Couples Ritual ..... Double | R3 400 | €164 | 120 min

Begin your experience with a welcome drink, setting the tone for your journey. Next, luxuriate in a 60-minute couples' treatment of your choosing, enhanced using the exquisite Healing Earth product range.

Following your treatment, savour a romantic platter and a bottle of sparkling wine as you unwind in the Wood-Fired Hot Tub, creating cherished memories together.

- 60 min Healing Earth treatment of choice
- 60 min Wood-Fired Hot Tub Experience

# Facials

Esse Express Facial ..... R790 | €38 | 30 min  
(All Skins)

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

Esse Experience Facial ..... R1 000 | €48 | 60 min  
(All Skin Types)

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 Probiotic Experience ..... R1 500 | €72 | 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 rewinding the skin. The inclusion of the Esse Sensitive or Lifting massage further enhance treatment outcome and promote complete relaxation.

Lamelle Essentials Hydrating Facial ..... R1 000 | €48 | 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 ..... R1 000 | €48 | 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 400 | €67 | 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.

Lamelle AHA Exfoliating Facial ..... R1 500 | €72 | 75 min  
(All Skin Types)

This facial uses lactic acid to exfoliate leaving the skin smooth and hydrated. Included is a growth factor sheet mask to relax with for the last part of the treatment.

## ENHANCEMENT

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

Growth Factor Sheet Mask ..... R350 | €17 | 15 min

# Body Ceremonies

Bellabaci Body Exfoliation ..... R750 | €36 | 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 200 | €58 | 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 300 | €63 | 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 500 | €72 | 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 ..... R200 | €10 | 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 Facial ..... R325 | €16 | 30 min

Mini facial to gently nourish the skin.

Little Fingers Manicure ..... R280 | €13 | 30 min

Little Toes Pedicure ..... R300 | €14 | 45 min

# Massages

Mint Signature Deep Tissue Muscle Relief ..... R1 500 | €72 | 60 min  
R1 950 | €94 | 90 min

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

African Earth Aromatherapy Massage ..... R1 300 | €63 | 60 min  
R1 750 | €84 | 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 200 | €58 | 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 200 | €58 | 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 ..... R600 | €29 | 30 min  
Soothed Soles ..... R850 | €41 | 45 min  
*(foot massage with cooling Mint Gel)*  
Extended Time ..... R300 | €14 | 15 min

# Spa Grooming Treatments

## TINTING

Brows .....	R120   €6   15 min
Lashes .....	R160   €8   15 min
Brows and Lashes .....	R260   €13   30 min

## WAXING

Arms - Half .....	R250   €12   20 min
Arms - Full .....	R360   €17   40min
Bikini .....	R320   €15   30 min
Brazilian .....	R500   €24   30 min
Hollywood .....	R550   €26   45 min
Chest or Back .....	R400   €19   30 min
(Each)	
Legs - Half .....	R400   €19   30 min
Legs - Full .....	R520   €25   45 min
Lip, Chin or Brow .....	R200   €10   15 min
(Each)	
Underarms .....	R220   €11   15 min

# Spa Grooming Treatments

## HANDS AND FEET

Express Manicure ..... R400 | €19 | 30 min  
File, shape, buff and paint.

Express Pedicure ..... R450 | €22 | 30 min  
File, shape, buff and paint.

Luxury Manicure ..... R640 | €31 | 75 min  
Hand scrub, massage, file, shape, buff, and paint.

Luxury Pedicure ..... R690 | €33 | 75 min  
Foot scrub, massage, file, shape, buff, and paint.

Gelish Manicure ..... R800 | €31 | 90 min  
Hand scrub, massage, file, shape, buff, and gelish application.

Gelish Pedicure ..... R850 | €32 | 90 min  
Foot scrub, massage, file, shape, buff, and gelish application.

Men's Manicure ..... R400 | €21 | 45 min  
Hand scrub, massage, file, shape and buff.

Men's Pedicure ..... R450 | €25 | 45 min  
Foot scrub, massage, file, shape and buff.

## ADDITIONAL TOUCHES

Hard Skin Removal ..... R295 | €14 | 30 min

Gel Soak-Off and Nail Buff ..... R220 | €11 | 45 min

### ADDITIONAL TOUCHES

Hard Skin Removal ..... R295 | €14 | 30 min

Gel Soak-Off and Nail Buff ..... R220 | €11 | 45 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.
- Full payment is required to secure couples treatments, group bookings and spa 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 6 hours notice, will be charged at 100% of the booked treatment value, at the discretion of the Spa Manager.
- Full treatment charge will apply for non-arrivals.
- Children under the age of 14 must be accompanied by a parent/guardian for the entire duration of spa treatments and facilities

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)

## More Mint Wellness Spa's:

### Pezula Nature Retreat

+27 (0)44 302 3335 | [spa@pezulaspa.com](mailto:spa@pezulaspa.com)  
Lagoonview Drive, Sparrebosch, Knysna, South Africa

### Harbour House Hotel

+27 (0)82 398 5347 | [harbourhousehotel@mintwellness.com](mailto:harbourhousehotel@mintwellness.com)  
22 Harbour Road, Hermanus, South Africa

### The Farmhouse Hotel

+27 (0)22 772 2062 | [bookings@thefarmhousehotel.com](mailto:bookings@thefarmhousehotel.com)  
5 Egret Street, Langebaan, West Coast, South Africa