



mint wellness

Inspire. Reward. Spoil.

Spa Menu

The Bay Hotel

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.

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.

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

(Exclusive to inhouse hotel guests)

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 |
| <i>(foot massage with cooling Mint Gel)</i> | |
| 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 subject to availability (excludes peak season from 16 December to 4 January).

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 24 hours notice incur charges. Please view our cancellation policy online for further information.
- 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

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For further information, operating hours and gift vouchers,
please visit www.mintwellness.com

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