



THE GROTTTO

THE WELLNESS SPA
THE CAPITAL 15 ON ORANGE

2024/25 Treatment Menu



All prices are subject to
peak period and
start from listed price





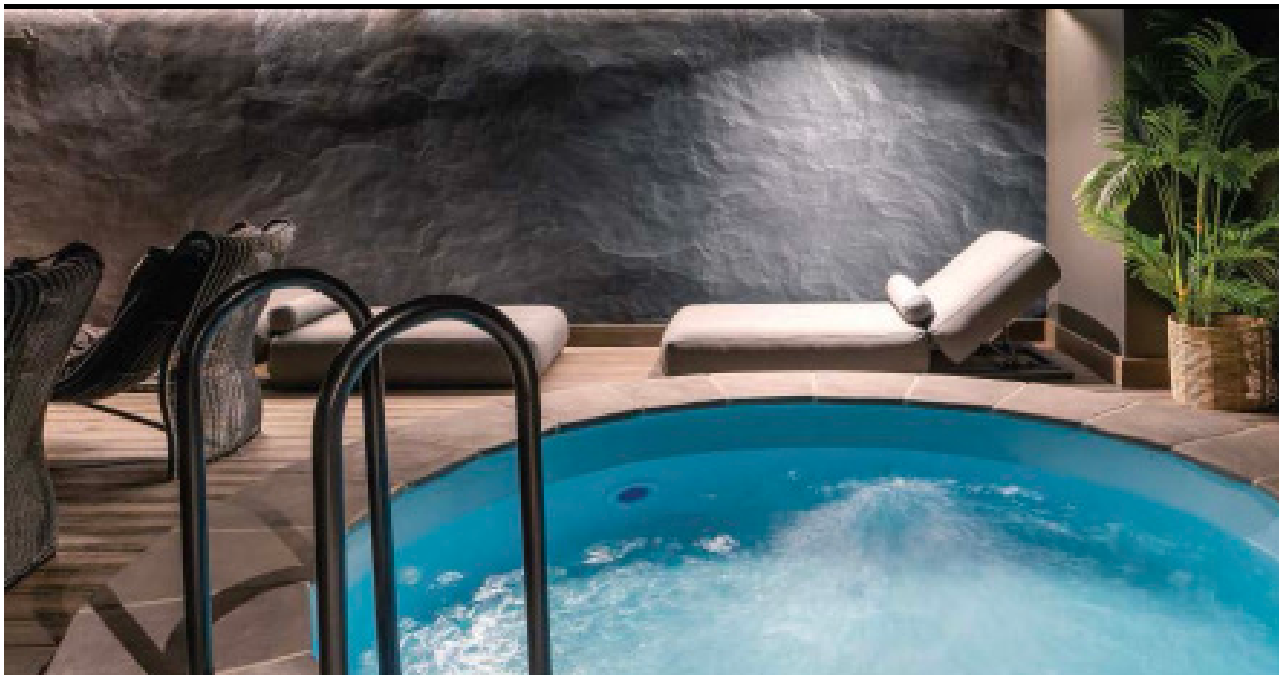
SPA MENU

Welcome to **THE GROTTO WELLNESS SPA**, where tranquility and relaxation intertwine in a captivating oasis of serenity. Step into a world inspired by the enchanting allure of grottos, where nature's beauty and soothing waters converge to create an unparalleled spa experience.



CONTENT

Click through the titles below to navigate through the spa menu with ease.



FACILITIES



OUR PARTNERS



GIFTS & VOUCHERS



NIGHT SPA & EVENTS



OUR TEAM



CONTENT

Click through the titles below to navigate through the spa menu with ease.

[SPA FACILITIES](#)

[SKIN TREATMENTS](#)

[MASSAGE THERAPY](#)

[BODY TREATMENTS](#)

[HAND & FOOT THERAPY](#)

[GROOMING](#)

[FOR THE GENTLEMEN](#)

[SPA POLICY](#)

[SPA TRADING HOURS](#)

[BOOK NOW](#)



OUR FACILITIES

Experience the rejuvenating thermal symphony at our spa, a harmonious blend of soothing heat from the steam and sauna followed by an exhilarating polar plunge pool immersion, leaving you feeling revitalized and at ease.

OBSIDIAN PRELUDE LOUNGE | GROTTO SPA BAR | SERENITY NESTS | REFLECTION HEATED HYDROTHERAPY POOL | POLAR PLUNGE POOL | HAND & FOOT OASIS | STEAM RETREAT | SAUNA OASIS | MINERAL MIST RASUL



OUR PARTNERS

At our spa, you can trust in the expertise and commitment of our skilled therapists who have undergone extensive training to provide unparalleled service and personalised guidance for your wellness requirements. Our therapists continually enhance their knowledge and skills through ongoing education, staying up-to-date with the latest industry trends and products. At **THE GROTTO WELLNESS SPA** we partner with the best professional brands whilst supporting local in our endeavours to reduce carbon footprint and support local businesses.

We are proud to partner with the following brands: **SIX, Spalicious, SpaMan, BIO SCULPTURE, Depilève, GUINOT PARIS** and **SIX MAN**.

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GIFTS & VOUCHERS

Purchasing Gift Vouchers is simple and they are delivered directly to your recipient in digital format. Thank you for joining us in our paperless environment.

Visit grottospa.shopspa.co.za to choose your vouchers.

Elevate gifting with our exquisite array of unforgettable wellness options, beautifully packaged for everlasting joy.



NIGHT SPA & EVENTS

Pamper yourself at our Night Spa experiences tailored to your desires. Our underground oasis blends celebration, relaxation, and romance in one remarkable space. Enjoy unparalleled relaxation every night.

Let us host your downtime, book club, bachelorette, baby shower or games night!

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FACILITIES & EXPERIENCES

SAUNA OASIS

Step into our Cedar Wood Sauna Oasis, where dry heat envelops you, dilating blood vessels and increasing blood flow. This therapeutic environment not only offers pain relief but also aids in cleansing and detoxifying the body, promoting a sense of well-being.

Per person	20 mins	R 350
Group of 4	20 mins	R 1 200

STEAM RETREAT

For a truly revitalizing experience, venture into our Steam Retreat, where the soothing embrace of wet heat helps cleanse and detoxify your body. Allow the gentle mist to envelop you as you unwind, melting away stress and tension.

Per person	20 mins	R 350
Group of 4	20 mins	R 1 200

HALF / FULL DAY

Includes use of Sauna Oasis, Steam Retreat, Reflection Heated Hydrotherapy Pool and Polar Plunge Pool.

Half	4 hours	R 650
Full	7 hours	R 1 000

MINERAL MIST RASUL

Experience the delightful indulgence of our social DIY therapy, where you'll enjoy a full-body exfoliation, followed by a soothing hot shower, the application of various therapeutic body masks to nourish your skin, and a relaxing steam to gently open your pores and unwind. Conclude the rejuvenating journey with a refreshing rain shower rinse, leaving you with silky-smooth skin and a serene, blissful state of mind.

Per person	45 mins	R 550
Group of 4	45 mins	R 1 900

SERENITY NEST

Embark on a blissful 30 minute journey in one of our serenity nests cocooned in a cosy covering. Customise your session with two enchanting options: immerse yourself in a meditation experience or enjoy the healing power of a sound therapy session with heated eye pillow. With both options, as your senses drift into deep relaxation you can add a rejuvenating foot massage, melting away tension leaving you in a state of utter serenity.

Meditation Experience	30 mins	R 495
With Sound Therapy		
Add on: Foot Massage		R 400

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GROTTO WELLNESS SPA SIGNATURE TREATMENT

OBSIDIAN RENEWAL RITUAL

Experience the ultimate indulgence with our Obsidian Renewal Ritual, a blissful journey that combines three transformative elements: body exfoliation, mineral mist rasul and a combination of wood and obsidian heated stone therapy massage. Begin your rejuvenating experience with a luxurious body exfoliation, where gentle yet invigorating techniques are employed to eliminate dull, lifeless skin cells followed by a hot shower to induce deep calm and relaxation.

Next, envelop yourself in a selection of nourishing body masks in the heated rasul room and surrender to the soothing sensations as the body mask infuses your skin with essential nutrients, restoring its natural vitality and luminosity. After a rain shower rinse off, immerse yourself in a state of absolute relaxation while our highly trained therapists utilize a combination of wood therapy and obsidian heated stone massage techniques.

This therapeutic massage stimulates improved circulation, aids in lymphatic drainage, and enhances overall well-being, leaving you feeling revitalized and invigorated. This signature treatment is an exceptional and all-encompassing experience, designed to elevate your senses, rejuvenate your body, and nourish your soul.

Embark on this extraordinary journey of indulgence, and emerge feeling renewed, revitalized, and deeply relaxed.

90 mins

R 1 900

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SKIN TREATMENTS

FACIAL THERAPY

Indulge in our exquisite range of facial treatments, meticulously crafted to cater to the unique needs of your skin. Each treatment is carefully personalized to address your specific concerns and desires, ensuring a truly bespoke experience. To embark on your skincare journey, we recommend scheduling a professional consultation with our knowledgeable skin care therapist. During this consultation, you will receive expert guidance to determine the ideal advanced treatment upgrade that will complement your chosen facial, optimizing the results and benefits tailored to your individual needs.

Facial Treatments

SIX Double Exfoliation
Deep Cleaning Teen

45 mins

R 650

45 mins

R 650

Facial Treatments

SIX Rejuvenating
GUINOT Hydradermie Cellular Energy
GUINOT Hydradermie Lift

60 mins

R 1 200

60 mins

R 1 650

60 mins

R 1 650

Facial Treatments

SIX Intelligent
Cryo Lift Skin Treatment & Massage

90 mins

R 1 650

90 mins

R 1 650

Facial Treatments

GUINOT Hydradermie Lift Deluxe

120 mins

R 2 000

TREATMENT UPGRADES

Glycolic Acid 30% Skin Peel

15 mins

R 350

Lactic Acid 30% Skin Peel

15 mins

R 350

Advanced Peels

15 mins

R 550

• TCA 50%

• Retinoic 35% & TCA 20%

• Azelaic 25%

Advanced Active Moulding Mask

15 mins

R 290

Dermaplaning

15 mins

R 350

Collagen Induction Therapy (Microneedling)

30 mins

R 600

Hydradermie Eye Lift

45 mins

R 800

Wrinkle Smoothing & Instant Firming Eye Treatment

15 mins

R 490

Lash & Brow Tint

R 220

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SKIN TREATMENTS

DERMAPLANING

Experience the transformative power of Dermaplaning, a revitalizing skin treatment that effectively eliminates the outermost layer of dead skin cells and vellus hair, playing a pivotal role in preparing the skin for subsequent treatments, such as a peel or anti-ageing facial, as well as optimizing the absorption of active ingredients.

Dermaplaning	30 mins	R 550
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TREATMENT UPGRADES

Advanced Active Moulding Mask	15 mins	R 290
Wrinkle Smoothing & Instant Firming Eye Treatment	15 mins	R 490
Hydradermie Eye Lift	45 mins	R 800
Lash & Brow Tint		R 220

COLLAGEN INDUCTION THERAPY

Microneedling uses tiny needles to create microscopic holes in the skin, which are then treated with a customized active ingredient booster. This minimizes fine lines, wrinkles, pigmentation, and enlarged pores, resulting in firmer, younger-looking skin with an even complexion. It's also effective for reducing the appearance of scars and stretch marks.

Full Face, incl. Neck & Décolleté	45 mins	R 1 650
Body - Scar & Pink Stretch Marks	45 mins	R 1 650

TREATMENT UPGRADES

Hands	15 mins	R 400
Advanced Active Moulding Mask	15 mins	R 290
Wrinkle Smoothing & Instant Firming Eye Treatment	15 mins	R 490
Lash & Brow Tint		R 220
Additional Treatment Pin		R 220

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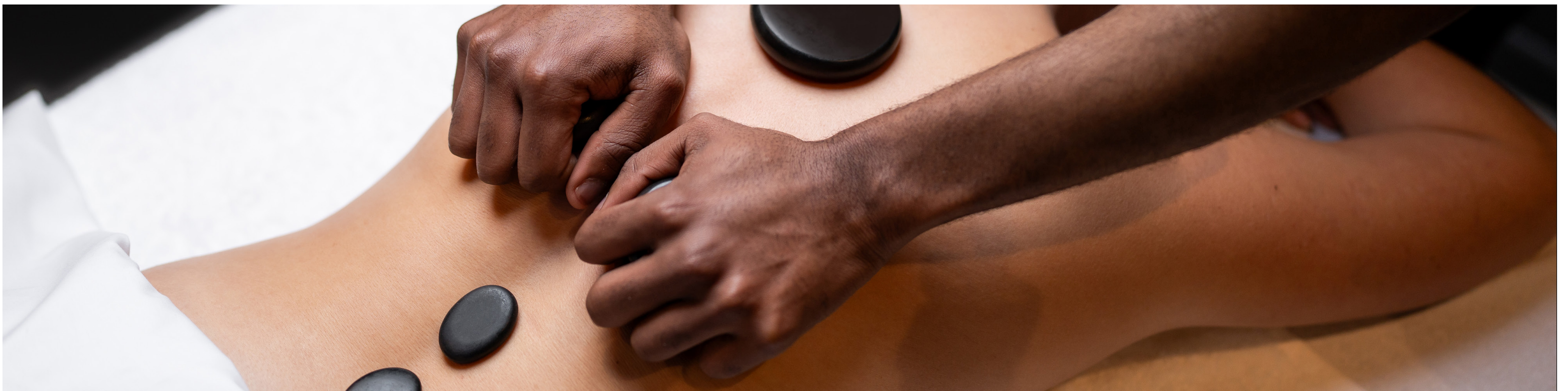


MASSAGE THERAPY

PERSONALISED MASSAGE

Indulge in a personalised spa experience by reserving your preferred massage duration and exploring our extensive range of add-on treatment upgrades tailored to meet your body's unique needs. At our spa, we are dedicated to using only the finest quality hydrophilic oils, carefully selected with different blends to specifically address your body's requirements. Immerse yourself in a harmonious symphony of sensations, as our massages incorporate the powerful elements of sound therapy and aroma psychology recognized for their ability to enhance physical and mental well-being.

30 mins	R 550
45 mins	R 750
60 mins	R1050
90 mins	R1950



MASSAGE UPGRADES

100% Natural Soy Wax Massage Candle		R 250
Deep Tissue		R 500
Hot Stones		R 250
Massage Cups		R 250
Wood Therapy		R 250
Anti-Cellulite Massage		R 250
Anti-Cellulite Exfoliation & Massage		R 300
Self-Heating Back Exfoliation		R 250
Self-Heating Back Exfoliation & Mask	15 mins	R 300
CBD Full Body Exfoliation	15 mins	R 300

[HOME](#)

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BODY TREATMENTS

SELF-HEATING BODY BUFF

Revitalize your body with our luxury self-heating body exfoliation. Our sugar-based heating formula gently exfoliates to improve circulation whilst leaving your skin smooth and soft. Boost your body and embrace a renewed sense of vitality.

30 mins

R 400

LIGHT LEGS TREATMENT

Begin with an invigorating exfoliation to stimulate circulation and prepare the skin for deep absorption of potent active ingredients. Incorporating alternating hot and cold sensations, this treatment promotes better lymph flow and intensifies detoxification.

A vigorous massage with sweet fennel oil aims to soften stubborn fat cells and eliminate toxins. Conclude with the application of an orange & ivy contour cream, enriched with firming ingredients that activate skin firmness and promote lipolysis.

The perfect treatment to relieve water retention or reduce the appearance of cellulite.

45 mins

R 650

CELLULITE MELTING WRAP

Experience the transformative power of a cellulite melting wrap, a result of intensive research and development. This stimulating and fast-acting treatment is specifically formulated to target cellulite and promote firmness. It's crucial to recognize that cellulite is a skin disorder, not a fat disorder. Our focus is on correcting the skin's dimpled appearance, resembling an orange peel. The treatment follows a carefully orchestrated sequence which must be followed in the correct order and at the appropriate timing for optimal effectiveness. Let us guide you through this remarkable treatment that aims to address the skin concern of cellulite, unveiling smoother and more toned-looking skin.

60 mins

R 850

BODY COCOON WRAP

Commence your journey with an exhilarating exfoliation, boosting circulation and priming your skin for optimal absorption of potent active ingredients. Experience the dynamic contrast of alternating hot and cold sensations during the cocooning wrap, enhancing lymph flow and intensifying circulation for a revitalizing effect. The last memory is a gentle spritz of mandarin and sandalwood dry body oil that delicately envelops you, leaving your skin irresistibly soft and rejuvenated.

Anti-stress Peppermint

60 mins

R 850

Firming Fit Milk Chocolate

60 mins

R 850

Detox Mandarin & Sandalwood

60 mins

R 850

[HOME](#)

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HAND & FOOT THERAPY

Welcome to our hand and foot oasis, conveniently nestled beside the spa bar. Here, our liquid chef awaits to pamper you with a curated selection of wellness beverages. As you indulge in our rejuvenating treatments for your hands and feet, allow the sensory delight of these nourishing elixirs to enhance your spa experience, leaving you feeling revitalized and utterly blissful.

HANDS

File, Buff & Paint	30 mins	R 350
Hand & Lower Arm Massage	15 mins	R 300
Classic Manicure (includes soak, exfoliation, massage, file, buff & paint)	60 mins	R 495
Antioxidant Rejuvenating Manicure (includes soak, exfoliation, massage, mask, serum, file, buff & paint)	75 mins	R 650

TREATMENT UPGRADES

Age Spot & Collagen Boosting Serum		R 50
Thermabliss Luxury Paraffin	30 mins	R 550
Gel Polish	15 mins	R 200
Soak Off (includes exfoliation, collagen boosting hand massage and cuticle treatment with lavender repairing base coat on nails)	30 mins	R 250

FEET

File, Shape & Paint	30 mins	R 350
Foot & Lower Leg Massage	30 mins	R 495
Classic Pedicure (includes soak, exfoliation, massage, file, buff & paint)	60 mins	R 595
Deluxe Pedicure & Lower Leg Treatment (includes soak, exfoliation, massage, mask, serum, file, shape & paint)	75 mins	R 795
Medi Solutions Foot Peel	45 mins	R 400
EMS Foot Physiotherapy (includes CBD Foot Soak, CBD Foot Exfoliation, Low Frequency Pulse Massage to stimulate acupuncture points, relieve pain, slow down fatigue, stimulate the muscles of the feet and calves, promote blood circulation and relax the feet & CBD Relaxing Foot & Lower Leg Massage)	60 mins	R 700

TREATMENT UPGRADES

Medi Solutions Foot Peel	30 mins	R 250
Thermabliss Luxury Paraffin	30 mins	R 550
Gel Polish	15 mins	R 200
EMS Low Frequency Pulse Massage	15 mins	R 200
Soak Off (includes exfoliation, revitalising therapy and cuticle treatment with lavender repairing base coat on nails)	30 mins	R 250

[HOME](#)

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GROOMING

To enhance your wellness experience grooming services may only be booked when combined with facial or body treatments.

TINTING

Eyebrow Tint	15 mins	R 170
Lash Tint	15 mins	R 170
Lash & Brow Tint	15 mins	R 250

WAXING

Half Leg (up to and incl. knee)	30 mins	R 320
Upper thigh (incl. knee)	30 mins	R 320
Full Leg	45 mins	R 400
Bikini	15 mins	R 300
Brazilian	30 mins	R 350
Hollywood	45 mins	R 430
Back	30 mins	R 390
Chest	30 mins	R 300
Stomach	30 mins	R 300
Underarm	15 mins	R 200
Full Arm	30 mins	R 320
Half Arm (incl. elbow)	15 mins	R 290
Brow (thick hair)	30 mins	R 250
Brow (fine hair)	15 mins	R 150
Lip	15 mins	R 150
Chin	15 mins	R 150
Cheeks	15 mins	R 150
Nose	15 mins	R 150
Ears	15 mins	R 150

[HOME](#)

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FOR THE GENTLEMEN

SKIN THERAPY

Experience the ultimate in men's grooming with our exclusive selection of facial treatments, expertly designed to cater to the distinct requirements of your skin.

Every treatment is meticulously tailored to target your specific concerns and preferences, guaranteeing a truly customized experience. To begin your skin care transformation, we suggest arranging a consultation with our experienced skin care therapist. During this consultation, you will receive expert advice to identify the perfect advanced treatment upgrade that will enhance your chosen facial, maximizing the results and benefits tailored specifically to your unique needs.

SIX Man on the Move	30 mins	R 650
SIX High Performance AHA Skin Peel	30 mins	R 750
SIX Energising Facial	60 mins	R 1 200
GUINOT Hydradermie Cellular Energy	60 mins	R 1 650
SIX First Class Treatment	90 mins	R 1 650

BODY TREATMENTS

BACK REVIVAL RITUAL

Experience a luxurious back treatment designed specifically for men. A self-heating sugar scrub exfoliates and revitalizes your skin, while a kaolin mask detoxifies and cleanses. Enjoy a soothing back of leg massage and a relaxing back massage, followed by a dry body spritz to nourish the skin.

45 mins

R 600

[HOME](#)

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MASSAGE THERAPY

Indulge in a personalised spa experience by reserving your preferred massage duration and exploring our extensive range of add-on treatment upgrades tailored to meet your body's unique needs. At our spa, we are dedicated to using only the finest quality hydrophilic oils, carefully selected with different blends to specifically address your body's requirements.

Immerse yourself in a harmonious symphony of sensations, as our massages incorporate the powerful elements of sound therapy and aroma psychology recognized for their ability to enhance physical and mental well-being.

30 mins	R 550
45 mins	R 750
60 mins	R 1 050
90 mins	R 1 950

MASSAGE UPGRADES

Deep Tissue	R 500
Hot Stones	R 250
Massage Cups	R 250
Wood Therapy	R 250
Self-heating Back Exfoliation	15 mins R 300
Self-heating Back Exfoliation & Detox Mask	15 mins R 250
CBD Full Body Exfoliation	15 mins R 300

GROOMING

Experience our exclusive Gentleman's Hand and Foot Rejuvenation, the ultimate grooming and relaxation with expert nail care and cuticle maintenance.

Male Hand Grooming	30 mins	R 400
Male Foot Grooming	45 mins	R 450
Male Foot Peel	45 mins	R 450

TREATMENT UPGRADES

Thermabliss Paraffin	30 mins	R 550
EMS Low Frequency Pulse Massage	15 mins	R 200

MEN'S WAXING

Half Leg / Upper Thigh	30 mins	R 350
Full Leg	60 mins	R 450
Manzilian	45 mins	R 450
Hollywood	60 mins	R 500
Back / Chest / Stomach	30 mins	R 400
Underarm	15 mins	R 250
Full Arm	30 mins	R 350
Brows / Nostrils / Ears	15 mins	R 200
Sideburns / Cheeks / Chin	15 mins	R 250

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SPA POLICY

Please arrive 30-minutes prior to your appointment | Reservations: Booking prior to arrival is recommended to secure treatments | Pre-payment or gift voucher number is required at time of booking | You can change or cancel your appointment at no cost if done 24 hours in advance | Cancellations within 24 hours will result in a 100% charge, and a no-show will be charged the full booking amount | Group bookings require a 7-day notice for cancellations or rescheduling without charge. Cancellations within 7 days will incur a 100% charge | Late arrivals will have their treatment times reduced accordingly | All prices are subject to peak period and start from the listed price | Management and staff are not liable for loss or damage to personal property – Please leave valuables at home | Treatments and Packages are non-refundable, non-transferable within 24 hours of the appointment booking and may not be exchanged for other treatments or products | Gift vouchers hold value exclusively for treatments and are non-transferable for products or cash | Our spa is a mobile free zone, we offer cell phone baby-sitting service which includes a phone clean and recharge in a comfy sleeping bag | We kindly welcome guests aged 12 years and above to join us for this experience (unless accompanying a specific promotion or package) | We politely request our guests wear appropriate bathing attire | For your safety and well-being, kindly inform your therapist of any medical conditions that may be influenced by our services.



SPA TRADING HOURS

MONDAY - SUNDAY
(including public holidays)

10h00 - 20h00
(09h00 on request)

CONTACT US

THE GROTTO WELLNESS SPA at The Capital 15 on Orange,
Corner Of Orange Street & Grey's Pass, Gardens, Cape Town, 8001,
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