



THE SPA  
at  
*The Oyster Box*



EST-1928

THE LEADING HOTELS  
OF THE WORLD®

T: +27 (0) 31 514 5074

OYSTERBOXHOTEL.COM

E: [thespa@oysterbox.co.za](mailto:thespa@oysterbox.co.za)



# THE SPA

at

## *The Oyster Box*

## A World of Wellbeing where all that matters is You

The Oyster Box, one of the best and most cherished hotels in the world, is right on the shores of Umhlanga's beachfront and The Spa is secluded in luscious tropical gardens filled with the chatter of monkeys, exotic birds and perfumed flowers.

We are dedicated to restoring beauty and balance through individual treatments and spa journeys, personalised for each of our guests by exceptionally skilled therapists. Our commitment to wellbeing focuses on holistic principles, combining ancient wisdom and modern expertise.

Our spa treatment menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, purified, pampered and relaxed.

### Spa Facilities and Services

- **6 Treatment Rooms** – superbly equipped for dual and single treatments with hydrotherapy bath and rain showers. We have incorporated a room designed for the aged or physically challenged with full wheelchair access, shower facilities and adjustable treatment bed.
- **Hammam and Sensation Shower** – this traditional Oriental heat experience has been carefully designed with heating and cooling therapies to cleanse the body and aid relaxation.
- **Perfect Finish Tourmaline Salon** – turn a manicure or pedicure into a special treat.
- **Tranquillity Lounge** – to relax in between and after all spa treatments with herbal teas, lounge chairs, music, books or to meditate.
- **Health Bar** – with homemade healthy snacks and fresh fruit juices.
- **Spa Health Menu** – wholesome, delicious meals conducive to a healthy lifestyle.
- **Plunge Pool** – incorporating water jets at the optimal temperature for rebalancing your body's metabolism, use of the plunge pool is available for all spa guests inclusive of your treatment.
- **Rain Showers** – with separate male and female changing areas, secure lockers, fresh towels, slippers and gowns.
- **Fitness Centre** – with a full range of cardio and resistance training, including a power plate (for hotel residents only).

## Signature Experiences

Indian African ritual therapies have been used for hundreds of years, boosting health and healing. Our signature experiences utilise age old wisdom and natural ingredients, combined with the latest technologies.

### **Our Journey Through Africa – Uhambo** (90 min)

**R 1 680**

This soul-reviving ritual combines unique massage techniques and Himalayan salt crystals, African rungu and calabash. Eases away muscular aches and tension by improving circulation and stimulation.

### **A Change of Season Ritual – Inkathi Yonyaka** (120 min)

**R 2 055**

Begin with a full body exfoliation, followed by an Earth wrap that utilises tribal wisdom incorporated in the indigenous ingredients. Improve circulation, rejuvenate and re-mineralise your skin, activated by the warming humidity of the Hammam. Shower off and cool in the sensation mist shower. Follow with a 45 minute sensory African back massage featuring heated stones or heated Himalayan salt crystals to ensure complete deep relaxation.

## The Hammam Ceremonies

In centuries past the Hammam was known as the ‘silent doctor’ – a place of cleansing and healing for both body and soul. Indulge yourself in traditional Middle Eastern treatments while your imagination takes you on a mystical journey into the past that traces its roots back to the Roman Thermae. Wraps and bathing suits required. A Hammam session can be added to any spa treatment.

### **The Oriental Hammam Ceremony / Turkish Hammam** (50 min)

**R 1 075**

A deep cleansing ritual using black olive soap and a Turkish mitt to exfoliate the dead cells. Leaves skin looking radiant – you feel completely cleansed and invigorated.

### **The Oyster Box Hammam Ceremony / Durban Hammam** (75 min)

**R 1 500**

Absorb the humidity and soften your muscles prior to a 30 minute back massage. Heated lemons are used to penetrate to the core of sore and tired muscles. As the lemons soften, they burst and release fresh natural citric acids to exfoliate and condition. We cleanse using cane sugar and coconut oil to invigorate your skin, eliminating excess skin cells and leaving skin supple and full of nutrients.

### **Hammam Heat Session** – Private session in the Hammam

The relaxing humidity of the Hammam and cooling Rain Forest mist shower are a treatment in themselves. Book for pre-massage relaxation or post gym de-stress.

### **Private Steam Session** (30 min)

**R 470 per person**

### **Private Steam Session with self-application of Body Exfoliant OR Body Mask** (45 min)

**R 530 per person**

### **Private Steam Session with self-application of Body Exfoliant and Body Mask** (60 min)

**R 585 per person**

### **Private Steam Session with self-application of Body Exfoliant and Body, Face & Hair Mask** (60 min)

**R 655 per person**

**Please note:** Treatment time includes consultation and welcoming foot ritual, besides the private steam sessions.

## Specialised Touch Therapies

### **The Oyster Box Time Experience** (60 min / 90 min)

**R 1 350 / R 1 900**

Create your own Oyster Box Spa experience based on an hourly rate.

### **Chakra Balancing Candle Massage** (60 min)

**R 1 120**

An aromatic full body massage incorporating colour therapy. Soy based candles release aromatherapy scents, followed by soothing massage with the oil chosen from your candle.

### **Four Hands Massage** (60 min)

**R 2 010**

Two therapists using hands, fingers, elbows and forearms to relieve stress and tension, increase lymph function and provide an overall feeling of wellbeing.

### **The Bellabaci Massage** **R 1 120** (60 min excludes the face and stomach) **R1 600** (90 min includes face and stomach massage)

A modern treatment based on the ancient cupping therapy that achieves amazing medical and therapeutic results, including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body.

### **Hot Stone Massage** (60 min)

**R 1 335**

This hot stone massage focuses on the back of the body and is a unique connection with nature, it's a deep healing and sacred moment that enhances our awareness and brings us closer to our true essence creating sensations of comfort and warmth. The direct heat of the stones relaxes muscles allowing manipulation of a greater intensity than with regular massage.

### **Absolute Beachfront Hot Lava Shell Massage** (60 min)

**R 1 335**

A complete massage journey using hands, arms and elbows, incorporating the self-heating technology of the Tiger shell to allow a deeper penetrating massage to the core of the muscle. The shells heat up and give off calcium ions when activated by natural ingredients. This renews and firms the skins, giving it a healthy glow.

### **Reflexology** (30 min / 60 min)

**R 655 / R 1 020**

The age old tradition of pressure point stimulation, Reflexology is the massage of the feet. The feet are divided into zones that represent the whole body. The massage of the nerve endings situated at the bottom of the feet triggers off a response in the body. Thorough stimulation of all reflex areas of the feet reduces stress and tension and creates a space in the recipient's body for healing to take place.

### **Reiki** (60 min)

**R 1 060**

A Japanese technique for stress reduction and relaxation that promotes healing. Administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. \*\*This is a specialised treatment and therefore has limited availability.

## African Journeys

### **Rungu Massage** (60 min)

**R 1 120**

A unique full body massage administered with the help of a Rungu, a wooden throwing club or baton that carries special symbolism and significance in East African tribal cultures. This massage will deeply relax the muscles, stimulate blood flow, plus soothe soreness, stress and lower back pain.

**Please note:** Treatment time includes consultation and welcoming foot ritual.

## Indian Journeys

### **Himalayan Salt Stone Massage** (60 min)

**R 1 120**

Himalayan salt stones containing trace elements and essential minerals, are ideal substances to enhance health and optimise body functioning. The treatment includes a back of body massage and foot massage.

## Traditional Touch Therapies

### **Traditional Massage** (60 min / 90 min)

**R 1 020 / R 1 500**

World-famous Swedish massage techniques combined with lomi-lomi, this is a medium pressure muscle relaxing massage.

### **Aromatherapy Massage** (60 min / 90 min)

**R 1 020 / R 1 500**

A holistic treatment, aromatherapy essences are absorbed by the skin and inhaled through the nose creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell to ease body and mind.

### **Scalp, Neck and Shoulder Massage** (30 min / 60 min)

**R 655 / R 1 020**

This massage helps relieve areas of tension, concentrating on the scalp, neck and shoulders.

### **Back, Neck and Shoulder Massage** (30 min / 60 min)

**R 655 / R 1 020**

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back.

### **Back Renewal Treatment** (60 min)

**R 1 115**

An ideal treatment for the much neglected back area. Prior to a moisture replenishing massage, impurities are removed by deep cleansing, exfoliation and extractions.

**Please note:** Treatment time includes consultation and welcoming foot ritual.

## Bathing Ceremonies

### **Romantic Bathing Ceremony** (30 min)

**R 480**

Luxuriate in a candlelit bath, strewn with flowers and our pure blend of aromatherapy bath oil.

### **Cleopatra's Milk Bathing Ceremony** (30 min)

**R 480**

A treatment created by Cleopatra herself. This luxurious nourishing milk bath, combined with essential oils, helps to soften and hydrate the skin, leaving it radiant.

**Please note:** The bathing ceremonies excludes the welcoming foot ritual unless accompanied by another treatment.

## Perfect Finish

### OPI ProSpa Manicure / Pedicure Services

OPI Signature Manicure or Signature Pedicure	(60 min)	R 620
OPI Signature Gent's Manli cure or Signature Gent's Sole Therapy	(60 min)	R 595
OPI Pamper Manicure or Pamper Pedicure		
(Anti-Ageing Deluxe Facial for hands or feet) – includes callus softening	(75 min)	R 705
OPI Gel Manicure or OPI Gel Pedicure	(75 min)	R 705
OPI re-varnish	(20 min)	R 190
Gel soak-off	(20 min)	R 180

### Face and Eyes

Facial Threading/Wax (lip and chin)	R 175
Facial Threading/Wax (lip or chin)	R 115
Facial Threading/Wax (lip, chin and eyebrow)	R 285
Full Face Threading	R 410
Eyebrow Shaping/Threading/Wax	R 145
Eyebrow Tint	R 145
Eyelash Tint	R 145
Eyelash and Eyebrow Tint	R 245

### Waxing

Half Leg Wax	R 295
Full Leg Wax	R 450
Three Quarter Leg Wax	R 340
Bikini Wax (sides)	R 295
Brazilian Wax (g-string)	R 400
Hollywood Wax (full)	R 485
Full Back Wax	R 600
Full Arm Wax	R 335
Under Arm Wax	R 200

### Sugaring

Half Leg Sugaring	R 335	Full Leg Sugaring	R 485
Three Quarter Leg	R 385	Bikini Sugaring (sides)	R 330
Brazilian Sugaring (g-string)	R 420	Hollywood Sugaring (full)	R 510
Full Back Sugaring	R 620	Full Arm Sugaring	R 340
Under Arm Sugaring	R 225	Full Face Sugaring	R 410
Facial Sugaring (lip or chin)	R 115	Facial Sugaring (lip and chin)	R 175
Facial Sugaring (lip, chin and eyebrows)	R 285	Eyebrow Sugaring	R 145

**Please note:** Face and Eyes, Waxing and Sugaring treatments can only be booked from Monday to Thursday, unless accompanied by another treatment.

# B | AFRICA

A unique range of exclusive body care products and professional spa treatments, prepared by blending native African plant extracts, the natural goodness of the sea and eco-friendly production technologies.

The B | Africa product line has been created in honour of Bea Tollman, founder and president of The Red Carnation Hotel Collection, who says: “The unique natural locations of each of the Red Carnation properties are encapsulated in our B | Africa products and treatments, which harness the essential, life-giving properties of Mother Nature’s rich bounty to calm, detoxify, nourish and energise body, mind and spirit.”

B | Africa will now be the signature product range in the ultra-luxurious Spas at The Twelve Apostles Hotel and Spa in Cape Town, The Oyster Box in Durban and Bushmans Kloof Wilderness Reserve & Wellness Retreat in the Cederberg Mountains. Journey to our properties to enjoy the particular and unique combinations of the natural and indigenous elements in each habitat, the inspiration for B | Africa. In addition to the three Spas, B | Africa will be used for in-room amenities such as shampoo, conditioner and bath salts, allowing hotel guests to experience these refreshing and restorative spa products in the comfort of their rooms.

## Nature’s Active Ingredients Include

- Baobab Tree Oil
- Ximenia Kernal Oil
- Shea Butter
- Marula Oil
- Mafura Butter
- Avocado Butter
- African Sausage Tree – Kigelia Africana
- Mongongo Nut
- Honey
- Cape Aloe (Aloe Ferox)
- Cape Chamomile
- Cedarwood
- Rooibos (Redbush)
- Honeybush
- West Coast Atlantic Sea Salts

## Product Integrity

- We use renewable indigenous species
- No use of synthetic pesticides, fertilizers and mono-cultural plantation agriculture
- Sustainable harvesting practices
- No solvents or irradiation used in the organic certified process of extraction
- Not tested on animals
- Our credible suppliers, specialist South African plant extract manufacturers, provide the best selection and quality of African plant extracts
- Our suppliers support organic certification (where applicable), sustainability and Fair Trade

## **B | Africa Spa Body**

### **B | Africa Hydrating Milk Bath Wrap** (60 min)

**R 1 160**

Herbal exfoliation is followed by a penetrating wrap featuring a blend of essential oils and moisture retaining ingredients, providing total hydration and nutrients to re-mineralise the skin. Included with this wrap, you will also receive a relaxing foot or scalp massage.

### **B | Africa Herbal Salt or Sugar Body Exfoliation** (30 min)

**R 590**

Invigorate your skin with a full body exfoliation eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb nutrients.

## **B | Africa Signature Treatments**

### **B | Together** (90 min)

**R 1 800**

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance. B | Together will nourish your body, heart and soul. With the assistance of rose quartz crystals and B | Africa massage oil infused with rose quartz, our therapists perfectly craft a massage for you to B | Together with your mind and soul. This treatment can be enjoyed by yourself or with a loved one.

### **B | Purified** (120 min)

**R 2 475**

Using the healing properties of water, this treatment incorporates touches from the individual locations of our spas. The journey begins with a relaxing stimulating full body skin renewal exfoliation using Honeybush and Kigelia Atlantic salt scrub, adding steam to enhance your treatment with either a session in the Hammam at The Oyster Box, the Rasul at The Twelve Apostles or the Crystal Steam Room at Bushmans Kloof. Follow this exfoliation with a moisture-infusing full body massage using one of our aromatherapy shea balms.

### **B | Harmonised** (60 min)

**R 1 150**

From the heart of the ocean to the soul of the mountains, surrender yourself in a treatment designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony. This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress and works to release and relax not only the body but also the mind.

**Please note:** Treatment time includes consultation and welcoming foot ritual.

# ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

Your skin, your body and your wellness lie at the heart of Elemis. Hands-on, our Elemis therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin.

Personally prescribed. Sublimely sensory. The experience is exceptional, the results are real.

The Elemis Spa philosophy is designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

## ELEMIS Spa Body

**ELEMIS Freestyle Deep Tissue Massage** (30 min / 60 min / 90 min) **R 750 / R 1 200 / R 1 700**

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Skin is prepped to release toxins and the flowing massage works deeper and deep into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

**ELEMIS Peaceful Pregnancy Massage** (75 min) **R 1 410**

An intuitive and relaxing massage that hydrates the skin that is expanding to accommodate a growing baby, mothers-to-be are restored to optimum wellness.

*(Please note: Mothers to be must be past the first trimester of pregnancy to experience this massage)*

**ELEMIS Deeper Than Deep Hot Stone Massage** (90 min) **R 1 900**

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

**ELEMIS Hot Mineral Body Boost** (75 min) **R 1 410**

This powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins.

This is a revolutionary, minerally charged experience of skin conditioning, metabolic balancing and energising wellness.

**ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid OR Frangipani** (60 min) **R 1 210**

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

**ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger or Frangipani** (45 min) **R 820**

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

**ELEMIS Thousand Flower Detox Wrap** (60 min) **R 1 465**

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

### **ELEMIS Targeted Toning Tightener for hips, thighs, abdomen & arms**

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment. \*Independent Clinical Trials.

- |  |                |                 |
|--|----------------|-----------------|
| • <b>Targeted Toning Tightener hips, thighs, abdomen and arms</b> (90 min) | <b>R 1 800</b> | <b>R 10 260</b> |
| • <b>Targeted Toning Tightener hips &amp; thighs only</b> (30 min)         | <b>R 1 175</b> | <b>R 6 697</b>  |
| • <b>Targeted Toning Tightener abdomen</b> (30 min)                        | <b>R 765</b>   | <b>R 4 360</b>  |
| • <b>Targeted Toning Tightener arms</b> (30 min)                           | <b>R 765</b>   | <b>R 4 360</b>  |

**Please note:** Treatment time includes consultation and welcoming foot ritual.

Single treatment      Course of 6 treatments

### **ELEMIS Facial Treatments**

Our skin care therapists are highly qualified and trained to provide the utmost in professionalism – with treatments focused on achieving optimum skin health. All our treatments begin with a thorough consultation to assess your individual concerns so as to give the most appropriate treatment, ensuring that your experience is all you would expect and more!

Each 90 minute superior treatment is enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

### **Elemis Advanced Anti-Ageing Facials**

**ELEMIS Pro-Collagen Age Defy** (90 min) **R 1 410**

Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. \*Independent Clinical Trials

**ELEMIS Pro-Definition Lift and Contour** (90 min) **R 1 410**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

**ELEMIS Dynamic Resurfacing Precision Peel** (90 min) **R 1 410**

Clinically proven\* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. \*Independent Clinical Trials

**ELEMIS Superfood Pro-Radiance** (90 min) **R 1 410**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health. \*Independent Clinical Trials.

**Please note:** Treatment time includes consultation and welcoming foot ritual.

## ELEMIS Touch Skin Solutions

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

### **ELEMIS Sensitive Skin Soother** (60 min)

**R 1 130**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

### **ELEMIS Anti-Blemish Mattify and Calm** (60 min)

**R 1 130**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

### **ELEMIS Peptide 24/7 Skin Sync** (60 min)

**R 1 130**

Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.

### **ELEMIS Skin Booster Facial** (45 min)

**R 880**

Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time.

## ELEMIS Men

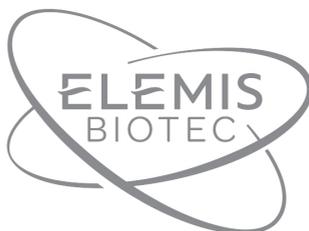
Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

### **ELEMIS High Performance Skin Energiser** (60 min)

**R 1 130**

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

**Please note:** Treatment time includes consultation and welcoming foot ritual.



Combining a unique synergy of three targeted stimuli – Technology, Touch and Actives – Elemis BioTec delivers immediate, visible and longer-lasting results. One machine delivers seven super-charged facials, powered by five treatment technologies, each targeting a client’s specific skin needs for uncompromising results and client experience.

**Elemis BioTec can be booked as either a 30, 60 or 90 minute Facial treatment**

<b>BIOTEC FACIAL</b>	<b>DESCRIPTION</b>	<b>TECHNOLOGY</b>
<b>BIOTEC Radiance Renew</b>	This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.	<b>Ultrasonic and galvanic</b>
<b>BIOTEC Line Eraser</b>	Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines. *Independent Clinical Trials.	<b>Microcurrent, light therapy and oxygen infusion</b>
<b>BIOTEC Skin Resurfacer</b>	This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. *Independent Clinical Trials.	<b>Ultrasonic, steam and light therapy</b>
<b>BIOTEC Firm-a-Lift</b>	Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.	<b>Microcurrent and galvanic</b>
<b>BIOTEC Blemish Control</b>	A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.	<b>Ultrasonic, steam light therapy and galvanic</b>
<b>BIOTEC Sensitive Skin Soother</b>	This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin’s ability to repair itself. The result is calm and soothed skin.	<b>Oxygen infusion and light therapy</b>

BIOTEC FACIAL	DESCRIPTION	TECHNOLOGY
<b>BIOTEC Super-Charger for Men</b>	The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. Ultrasonic peeling, steam and galvanic current deliver a deep clean for a multi-tasking, time efficient solution.	<b>Ultrasonic, steam galvanic and oxygen infusion</b>
<b>BIOTEC Peptide 24/7 Skin Sync</b>	Inspired by the body's miraculous inner clock and formulated to support tired complexions, our skin renewing BIOTEC 24/7 Skin Sync facial has been designed to target the look of tired skin and help you achieve a well-rested glow, around the clock.	<b>Ultrasonic, galvanic and light therapy</b>

**Recommendation:** 1 treatment every 3 weeks, or for best results a course of 6 or 10 treatments is recommended.

**Elemis BioTec Prices:**

BioTec 30 min facial treatment	<b>R 1 120</b>
BioTec 60 min facial treatment	<b>R 1 410</b>
BioTec 90 min facial treatment	<b>R 1 770</b>
Package of 6 Treatments (30 min each)	<b>R 6 384</b>
Package of 6 Treatments (60 min each)	<b>R 8 037</b>
Package of 6 Treatments (90 min each)	<b>R 10 089</b>
Package of 10 Treatments (30 min each)	<b>R 10 080</b>
Package of 10 Treatments (60 min each)	<b>R 12 690</b>
Package of 10 Treatments (90 min each)	<b>R 15 930</b>

**Please note:** Treatment time includes consultation and welcoming foot ritual.

# DECLÉOR

— P A R I S —

For over 43 years, Decléor has been inspired by the healing powers of Aromatherapy Essential Oils. Inspired by this strong belief in the power of nature, Decléor has harnessed the best of the botanical world to create a brand steeped in harmony and responsibility. Inspired by manual techniques, the passionate therapist takes you on an unforgettable aromatherapy, sensorial journey.

## **Decléor Signature Treatment (90 min)**

**R 1 680**

The Decléor "Awakening": this treatment combines both face and body to reveal a "fresh" and relaxed mind, body and soul. Your therapist will deliver a 30 minute facial awakening and revitalising your skin. You will also receive a 60 minute full Body Massage to fully complete this experience.

## **All Facial Treatments are either 60 min OR 90 min Option**

**R 1 090 / R 1 370**

**With the 90 minute treatment you will receive:** The signature Decléor back massage, a double cleanse, skin preparation (including exfoliation), a pressure point massage using the selected Decléor Aromessence, a drainage massage using the selected Decléor Balm, a 15 minute face massage, application of the selected professional mask, a hand & arm massage, removal of mask, application of eye cream and lastly application of the selected day cream.

**With the 60 min Facial treatment you will receive:** The signature Decléor back massage, cleanse, skin preparation (including exfoliation), a pressure point massage using the selected Decléor Aromessence, a drainage massage using the selected Decléor Balm, application of the selected professional mask, a hand massage, removal of mask, application of eye cream and lastly application of the selected day cream.

**Please note:** Treatment time includes consultation and welcoming foot ritual.

## Half And Full Day Spa Packages

We design packages that relieve stress, detoxify, cleanse and purify or simply refresh and rejuvenate, with finishing touches added to return you to the outside world feeling and looking your best. Please note that the below packages cannot be changed nor treatments substituted. Should any of our current packages not suit your needs, please do not hesitate to discuss your requirements and a personalised package will be created especially for you.

### **Hydrating Hot Stone Steam Journey** (150 min)

**R 2 655**

Start your journey with a private steam session in our Hammam followed by a hydrating milk bath wrap; herbal exfoliation is followed by a penetrating wrap featuring a blend of essential oils and moisture retaining ingredients, providing total hydration and nutrients to re-mineralise the skin. A complete massage journey, the Hot Stone massage uses hands, arms and elbows, and the heat from the stones allow a deeper penetrating massage to the belly of the muscle.

### **Private Hammam Steam Session • Full Body Exfoliation with Hydrating Milk Bath Wrap • Hot Stone Back of Body Massage**

#### **Spa Wellness Day Package** (300 min) *treatment time only, does not include the lunch time allocation*

**R 4 630**

Your spa day starts with a private steam session in our Hammam followed by a full body exfoliation, eliminating excess surface skin cells. An aromatic full body massage incorporating colour therapy while the soy based candles release aromatherapy scents. This is followed by your choice or one of our 90 minute specialised skin care facial to suit your needs. End off with a manicure and pedicure to perfect this day of pure bliss.

### **Private Hammam Steam Session • Full Body Exfoliation • Chakra Balancing Candle Massage • Specialised Skin Care Facial (90 min) excluding Elemis BioTec • Manicure (60 min) and Pedicure (60 min) • Spa Lunch**

#### **Spa Wellness Half Day Package** (210 min) *treatment time only, does not include the lunch time allocation*

**R 3 200**

Your day starts with a private steam session in our Hammam followed by a choice of one of our traditional touch therapies / massage journeys to suit your needs. A skin care facial as per your requirements is completed by a choice of Spa manicure or Spa pedicure.

### **Private Hammam Steam Session • Traditional Massage (60 min) • Skin Care Facial (60 min) • Spa Manicure OR**

#### **• Spa Pedicure (60 min) • Spa Lunch**

### **Grooming Sensation** (210 min)

**R 2 590**

Your Grooming Sensation begins with a facial to suit your skin conditions; added onto this is an eyebrow and eyelash tint and an eyebrow, lip and chin wax. To complete your grooming session, you can choose to end with a Spa manicure or Spa pedicure.

### **Skin Care Facial (60 min) • Eyebrow and Eyelash Tint • Eyebrow, Lip and Chin Wax/Thread/Shape • Spa Manicure OR**

#### **• Spa Pedicure (60 min)**

### **Just For Men** (180 min)

**R 2 585**

For total relaxation and grooming, this package is tailored for the modern day man with an Elemis Men's power-packed facial combined with the dynamic and immediate relief of the deep tissue muscle massage. End off with either a Manli Cure or a Sole Therapy. Total Time Out!

### **Elemis Men's Facial (75 min) • ELEMIS Freestyle Deep Tissue Massage (60 min) • Manli Cure OR Sole Therapy (45 min)**

#### **'SPA'rties - Have a Spa Party!** (120 min)

**R 1 585**

Choose any two treatments from the list below; include a Hammam Steam Session and use of the Plunge Pool.

### **Himalayan Salt Stone Massage (45 min) • Chakra Balancing Candle Massage (45 min) • Hydrating Facial (45 min)**

#### **• Hydrating Body Wrap (45 min) • Herbal Body Exfoliation (45 min)**

**Please note:** The Spartie treatment needs to be a minimum of 2 people and maximum of 8 people. Advanced booking is required.

**ELEMIS Secret Indulgence** (240 min) *treatment time only, does not include the lunch time allocation* **R 4 080**

Absorb the humidity and soften your muscles prior to your exotic lime & ginger salt scrub which will leave your skin soft and vibrant. Continue your day of indulgence with the Elemis Deeper than Deep Hot Stone Massage. Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin. Finishing off with an Elemis speciality 90 minute Facial of your choice or therapist recommendation.

**Hamam private steam session (30 min) • Lime & Ginger full body exfoliation (30 min) • Elemis Deeper than Deep Hot Stone Massage (90 min) • Elemis Speciality Facial (excluding the BioTec) (90 min) • Spa Lunch**

**Deluxe Purifying Pamper** (150min) *treatment time only, does not include the lunch time allocation* **R 3 020**

Kick start your detox at The Spa at The Oyster Box with this Detoxifying, Cleansing and Slimming Package.

Starting off in the Hamam steam to purify and open the pores, your journey will then begin with a 60 min Bellabacci Massage focusing on lymphatic drainage, increasing blood circulation and eliminates stagnation followed by a 60 min Thousand flower detox wrap. This package includes a healthy Spa Lunch and a Detox Smoothie.

**Hamam private steam session (30 min) • Bellabacci Massage (60 min) • ELEMIS Thousand Flower Detox Wrap (60 min) • Healthy Spa Lunch and smoothie**

### Couple's Spa Packages

**The Oyster Box Togetherness Experience (Izithandani Experience)** (210 min) *treatment time only, does not include the lunch time allocation* **R 4 000 per person**

This 'Togetherness Package' is designed for you to share a romantic space and quality time in the Hamam. Starting with a cleansing ritual that includes a full body exfoliation followed by a therapeutic mud wrap as aromatic steam fills the room. Your journey continues with the signature Uhambo African massage and a skin care facial.

- Private Hammam Steam Session
- Full Body Exfoliation with Clay Wrap
- Uhambo Massage
- Skin Care Facial (60 min)
- Spa Lunch with sparkling wine

**Couples Occasion Package** (225 min) *treatment time only, does not include the lunch time allocation* **R 3 150 per person**

Enjoy the delights of being together as two therapists treat you both to this decadent experience.

- Traditional Massage (60 min)
- OPI Pamper Manicure or Pamper Pedicure or OPI Gel Manicure or Gel Pedicure (75min)
- Specialised Skin Care Facial (90 min) **excluding Elemis BioTec**
- Spa Lunch with sparkling wine
- Spa Gift

### Maternity Spa Package

**Babymooner** (195 min) *treatment time only, does not include the lunch time allocation* **R 2 900**

A honeymoon of relaxation to spoil expectant mothers

- ELEMIS Peaceful Pregnancy Massage (75 min)
- OPI Manicure OR Spa Pedicure (60 min)
- Spa Lunch
- Specialised Skin Care Facial (60 min) **excluding Elemis BioTec**
- Baby Gift

**Please note:** Treatment time includes consultation and welcoming foot ritual.

## **The Joy of Giving (and Receiving)**

The perfect gift for a loved one or a colleague, our gift vouchers come beautifully packaged and are available at short notice. Gift vouchers are available in monetary values.

Should you not be able to visit The Spa to purchase a voucher, Gift Experience vouchers are available on the hotel website: [www.oysterboxhotel.com](http://www.oysterboxhotel.com)

### **Optional extra:**

One or two night stay in a Standard or Luxury Suite at The Oyster Box. Should you wish to extend your indulgent relaxation, our reservations team will be able to assist.

Hotel Reservations: (T) +27 (0)31 514 5000 • (E) [reservations@oysterbox.co.za](mailto:reservations@oysterbox.co.za)

## **Setting the Stage for Making Magical Memories**

Throughout our lives there are moments which act as precious bookmarks – birthdays, graduations, engagements, weddings, anniversaries and other times of significance which collectively define who we are and what matters most to us. The Oyster Box has for decades been a centre for celebration of these special times. Whether an intimate gathering or a lavish affair, if it is important in one's life it should happen at The Oyster Box. With four magnificent function rooms, each with its own distinctive decorative style, the hotel has the ability to cater for your individual preferences and requirements. For smaller, more intimate celebrations, we are happy to create private high teas, cocktail receptions, and private dining experiences in the hotel's exceptional dining venues including The Grill Room and the Chef's Table in the Kitchen. Incorporate the offerings of our Spa to complete an unforgettable moment in time.

## **Spa Etiquette**

### **Spa Arrival**

Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your treatment. Should you wish to make use of the Spa facilities, please bring a swimsuit to enjoy our hydrotherapy area and arrive 45 minutes prior to your appointment time.

### **Spa Environment**

Your spa environment is one of tranquility and relaxation. Please respect all Spa guests' right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult and are not permitted to use the plunge pool and open Hammam facilities. Please turn off cellular phones on arrival at the Spa.

### **Health Matters**

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you have when making your appointment. We do not recommend the consumption of alcohol before or directly after Spa treatments. Please consult your doctor before using the Spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication. For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this time. We recommend that you drink lots of water after your Spa treatments to help accelerate the elimination of toxins.

### **Spa Attire**

We will provide you with Spa attire including disposable Spa underwear or you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### **Valuables**

We provide a secure place to store your personal items inside the Spa locker rooms however do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

### **Cancellation Policy**

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 24 hours from the scheduled appointment time.

### **Refunds and Returns**

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments. For hygiene reasons, products purchased may not be returned or exchanged.

### **Hours of Service**

Spa:	08h00 to 20h00
Fitness:	24 hour access to hotel residents only
Outdoor Pools and Beach:	Sunrise to sunset for hotel residents only
Reservations & Enquiries:	Dial extension #5072 / 5074 / 5071 (hotel resident guests) or dial 031-514 5072 / 74 / 71 or The Spa email: <a href="mailto:thespa@oysterbox.co.za">thespa@oysterbox.co.za</a>

- The Spa treatment menu is valid from 1 April 2019 to 31 December 2020
  - All prices are quoted in South African Rand (ZAR)
- All prices are quoted per person, per treatment unless specified otherwise.