



# ROYAL SPA

AT THE PALACE

TREATMENT MENU

# WELCOME TO ROYAL SPA AT THE PALACE

OFFERING A TRULY INDULGENT  
AND LUXURIOUS SPA EXPERIENCE  
FIT FOR ROYALTY.

Royal Spa is uniquely designed to create a naturally elegant healing sanctuary, set amongst the backdrop of lush botanical gardens and trickling streams to soothe and calm the senses, while restoring body, mind and soul.

The Royal Spa experience is inspired by our local heritage, its healing traditions and unsurpassed hospitality. With the promise of a true sensory journey where traditional therapies combine with the latest international treatments and products.

Everyone deserves to be treated like royalty and our bespoke spa experience at Royal Spa promises you just that.







## BRAND PARTNERS

**JUST LIKE EVERY OTHER SERVICE AT THE PALACE OF THE LOST CITY, PERSONALISATION IS KEY.**

FROM OUR PROFESSIONAL STAFF'S ATTENTION TO DETAIL TO THE USE OF OUR PRESTIGIOUS BRANDS SUCH AS **THALGO LA BEAUTÉ MARINE, iS CLINICAL, SWISS BELLEFONTAINE AND DAVINES**, IT IS EASY TO IDENTIFY THAT WELLNESS IS THE CORNERSTONE OF ROYAL SPA'S APPROACH.

### **THALGO LA BEAUTÉ MARINE**

#### DISCOVER MARINE BEAUTY

Just like the sea revitalises body and mind, Thalgo has always combined efficacy and well-being. Thalgo infuses this marine energy into results-driven beauty products, nutritional supplements and protocols.

The emblems of Thalgo's Professional Excellence, the professional Face and Body Journeys combine technical expertise, performance, and sensory pleasure to enhance the beauty of every man and woman.

### **iS CLINICAL**

iS Clinical, a global brand, is a scientifically advanced luxury skincare line that bridges the gap between science and beauty. iS Clinical is dedicated to producing highly effective, clinically validated skincare products that deliver dramatic physiological improvements to the skin.

### **GOLDWELL**

#### GO GOLDWELL

Goldwell is an internationally recognised haircare brand synonymous with professional quality and innovative solutions for salon professionals and their clients. With a deep understanding of colour, styling, and care, Goldwell offers a comprehensive range of products that cater to the diverse needs of modern haircare.

### **MK PROFESSIONAL**

#### THE EMERGING LEADER FOR SAFE, FORMALDEHYDE-FREE BEAUTY SOLUTIONS

MK Professional is a luxury haircare brand designed for those who appreciate high-quality products that deliver exceptional results. With a commitment to innovation and excellence, MK focuses on creating formulations that enhance the natural beauty of hair. The product line is made with innovative ingredients and customizable versatility for every hair texture and type.





# MASSAGE THERAPIES

## ROYAL SPA SIGNATURE MASSAGE

**60min R1 580 | 90min R1 950**

This massage journey combines Hot Stone, Kahuna, Balinese and Indian Head massage techniques and incorporates the use of our signature massage candle, to melt away tension and delicately nourish the skin. Specifically tailored to relax and comfort.

## DEEP TISSUE MASSAGE

**60min R 1 400 | 90min R1 800**

This rhythmic pressure massage targets stubborn knots in areas of stress by applying compression to the muscles and cross-fibre friction to the joints and connective tissue areas. A stimulating and deeply energising treatment. A perfect treatment for those who require a stronger massage.

## HOT STONE MASSAGE THERAPY

**60min R1 400 | 90min R1 800**

A relaxing massage enhanced by the use of heated lava stones. The heat penetrates deep into the muscles and joints, relieving stress and tension. This massage treatment will transport you to a state of deep calm and energised vitality.

## SWEDISH MASSAGE

**60min R1 200 | 90min R1 580**

This classic massage manipulates muscles to release tension and muscular stiffness, creating an overall feeling of relaxation. Your therapist will use long, gliding hand strokes with light to moderate pressure.

## MOM TO BE MASSAGE

**60min R1 200**

To relax and uplift Moms to Be. Performed only after the first trimester, this nurturing treatment aids to relieve tension in the lower and upper back, as well as reduce swelling of the hands and feet.

## BACK, NECK & SHOULDER MASSAGE

**30min R790 | 45min R1000 | 60min R1 200**

This massage focuses on relieving tension on the neck, shoulders, upper and lower back.

## PRESSURE POINT FOOT MASSAGE

**30min R790 | 45min R1000 | 60min R1 200**

This treatment applies pressure to various points on the feet to induce relaxation. Perfect to soothe tired, aching feet whilst travelling.



## ENERGY HEALING

### ROYAL SPA CBD WELLNESS MASSAGE

**60min R1 300 | 90min R1 700**

Begin this wellness experience with a drop of CBD (Cannabidiol) tincture under the tongue to encourage a sense of calm, followed by a full body massage incorporating CBD oil. This therapeutic treatment is designed to decrease pain and inflammation whilst boosting the immune system and promoting restorative sleep. THC Free and 100% legal.

### AROMATHERAPY MASSAGE

**60 min R1 300 | 90 min R1 700**

This bespoke aromatic massage treatment incorporates your choice of essential oil extract; providing a sense of well-being and pure relaxation. Your therapist uses light to moderate pressure to melt away tension and promote a flow of energy..

### INDIAN HEAD MASSAGE

**30 min R790**

The ultimate therapeutic massage of the head, neck, shoulders and face. This traditional massage is excellent for relieving stress and promoting relaxation.

## MASSAGE ADD-ONS

Exfoliation for the Back	15 min	R240
Relieving Scalp Massage	15 min	R240
CBD Oil		R230
Hot Stones		R140
Soft Cupping Therapy		R140

## BODY THERAPY

### MARINE ALGAE DETOX WRAP

**60min R1 800**

100% pure and natural patented marine algae, rich in minerals, vitamins and trace elements. A deeply relaxing body wrap providing intensive remineralisation and detoxification. Ideal for all skin conditions.

### HYDRATING OR DETOX BODY WRAP

**45min R990**

Customise your treatment and choose between a relaxing or an invigorating aroma wellness body wrap. Hydrate with Neroli and Vanilla essential oils or detoxify with Peppermint and Rosemary essential oils.

### SALT BODY POLISH

**30min R790**

A full body exfoliation combining natural salt and coconut oil. Luxurious and nourishing, this treatment leaves your skin velvety smooth and looking radiant.

## FIRMING BODY THERAPY

### CELLULITE CUPPING TREATMENT

**30min R860 | 60min R1 200**

Firm, tone and reshape your body with the combination of cupping, hands-on massage and the use of a copper mitt. Performed with premium handcrafted all-natural aromatherapy oils formulated to target the visible signs of cellulite, to expel toxins and breakdown lipids to detoxify and to give your body the ultimate deep cleanse. Target one area for 30min or target more than one area for 60mins.





# SIGNATURE HYDROTHERAPY

## RASUL SPA RITUAL

**30min R650 pp**

The Rasul treatment is a traditional Arabian cleansing ritual, which leaves you feeling calm and your skin beautifully exfoliated. A self-application of salt and mud detoxifies and rejuvenates the body and leaves skin satin smooth. Warm steam envelopes the room, and allows you to comfortably relax and unwind.

## HIMALAYAN CRYSTAL SALT SAUNA

**30min R550**

Lined with hand-crafted blocks of pure Himalayan salt, our Himalayan salt sauna offers multiple health benefits, detoxifying and replenishing the body and boosting the immune system, all whilst evoking a warm and soothing effect.

# BATHOLOGY

BATHOLOGY EMBODIES THE ESSENCE OF BATHING, COMBINING FACILITIES STEEPED IN THOUSANDS OF YEARS OF TRADITION WITH THE MOST MODERN INNOVATIONS. ROYAL SPA INVITES YOU TO TAILOR YOUR ATMOSPHERE WITH A BLENDING OF HEAT, COLOUR, AROMA, AND WATER TO CREATE A PERSONALISED RESTORATIVE BATHING SESSION.

## MARINE ALGAE DETOX HYDROBATH

**30min R950**

A profound therapeutic experience where natural algae extracts help to remineralize the body, providing powerful detoxification. Balances and recharges the system.

## LAGOON RELAXING BATH

**30min R600**

Rich in trace minerals and marine minerals, this blue lagoon bath instantly immerses the body into relaxing and comforting water while experiencing the relaxing feeling of hundreds of effervescent micro-bubbles. With aquatic aromas reminiscent of the atolls of the Polynesian Islands.

## ROYAL SIGNATURE SHIMMER MILK HYDROBATH

**30min R560**

This sensorial milk bath is rich in vitamins to regenerate, rejuvenate and remineralise the skin.







## SKINCARE THERAPY

### THALGO SOURCE MARINE HYDRA-STRENGTHENING TREATMENT

**60min R1 900**

Give your skin a bath of hydration rich in remineralising marine active ingredients. In this professional treatment, sève bleue des océans extract is combined with Micronised Marine Algae extract, to instantly hydrate and strengthen the skin.

### THALGO PURITÉ MARINE PURIFYING TREATMENT WITH MICRONISED MARINE ALGAE

**60min R1 800**

Specifically designed for combination to oily skin, this Pureté Marine treatment reduces imperfections, redefines pores and controls shine; with the optional inclusion of extractions.

Includes a patented Micronised Marine Algae mask to rebalance skin and replenish its minerals.

### THALGO SPA SKIN FACIAL

**60min R1 400**

A customised skin treatment for all skin types. Choose from two treatment options; Source Marine to hydrate and strengthen or Cold Cream Marine to nourish and soothe.

### THALGO HYDRA-RADIANCE FACIAL

**30min R1 050**

A targeted facial to effectively treat skin that looks and feels dull and tired. This ultimate "illuminating" treatment reveals the skin's beauty and boosts radiance in just 30 minutes.

## LUXE SKIN TREATMENTS

### THALGO PRODIGE DES OCEANS FACE TREATMENT

**90min R3 700**

A supreme Beauty Ritual providing ultimate revitalisation and total youthfulness. At the heart of the ritual, the Prodiges des Océans Mask offers pure plumping oxygenation, and its iconic massage, inspired by Ko Bi Do, an ancestral Japanese manual facelift technique, visibly smooths wrinkles and restores firmness and elasticity to the skin. The face glows with renewed youth.

### THALGO HYALU-PROCOLLAGENE WRINKLE CORRECTING TREATMENT

**60min R3 100**

Wrinkle to wrinkle treatment combining hyaluronic acids and marine pro-collagen with Roller Boosters. Instantly, the face looks younger, as if relaxed and even established wrinkles appear smoothed. Visible effectiveness, from the 1st treatment.

### THALGOMEN FORTIFYING FACIAL TREATMENT

**60min R1 900**

A tailor-made treatment for men enriched with Algue Bleue Vitale® extract to fortify the skin. Treatment includes a relaxing massage, leaving the skin revitalised and perfectly balanced.

### WRINKLE CORRECTING COLLAGEN PRO EYE TREATMENT

**Add On to Facial 10min R460**

A treatment to smooth the eye contour area and lessen the appearance of fine lines and wrinkles. Featuring tightening, restoring and reviving Marine Hyaluronic Acid to diminish signs of ageing and fatigue for younger-looking eyes. Ideal for when you need to look your best for a special occasion.

## AESTHETIC SKIN TREATMENTS

### THALGO LUMIÈRE MARINE BRIGHTENING TREATMENT

**60min R3 400**

This triple exfoliation treatment with brown algae extract offers a visible anti-ageing result on skin tone evenness. A brightening and rejuvenating treatment that lightens the skin and improves pigmentation. Skin will appear visibly younger with renewed radiance.



# ADVANCED SKIN CLINIC TREATMENTS

Non-surgical advanced skincare

## iS CLINICAL FIRE & ICE RESURFACING FACIAL

**60min R2 600**

Experience the resurfacing and rejuvenation of the legendary Fire & Ice skin treatment. Designed to rapidly and safely resurface the skin, this professional treatment involves the combination of warming and cooling sensations that will leave your skin feeling refreshed and invigorated. Beginning with an intensive resurfacing masque to heat up the skin, the treatment is concluded by a rejuvenating masque to cool down. Enjoy added benefits of refined skin texture, diminished look of blemishes, and improved appearance of fine lines and wrinkles – all with little to no downtime.

## iS CLINICAL FIRE & ICE EXPRESS PEEL

**30min R 1 800**

This intensive resurfacing treatment is clinically formulated and designed to rapidly and safely resurface the skin, reduce fine lines, address problematic skin and encourage cellular renewal.

## iS CLINICAL FOAMING ENZYME FACIAL

**60min R3 200**

Designed to revive tired and congested skin, this professional treatment combines papaya and pineapple enzymes with a potent, botanically derived Glycolic Acid, to reveal a polished, more radiant complexion. Ideal for all skin types.

## LED LIGHT THERAPY TREATMENT

**Add-On To Facial 20min R490**

Rejuvenate your skin with this best-in-class LED light therapy. The Déesse PRO™ Light Therapy Mask provides cutting-edge technology to transform your skin. Requiring no downtime, this treatment mask uses two clinically proven wavelengths of light (630nm Red and 830nm Near Infrared) to target the multiple signs of ageing and rejuvenate your skin. Both wavelengths are harnessed at the perfect level by Déesse PRO technology to stimulate collagen and elastin production within the cells and improve blood flow and tissue oxygenation, while helping your skin become stronger, firmer and brighter.

# SKINPEN® PRECISION

SkinPen® Precision is a microneedling device that triggers the natural wound-healing process of your skin to treat acne scars and help to improve the appearance of fine lines & wrinkles, surgical scars, stretch marks and enlarged pores. SkinPen Precision is also found helpful in improving the cosmetic appearance of pigmentation conditions (Dyschromia) by returning the skin to a more normal pigmentation activity.

Face Area	30 min	R3200
Face & Neck Area	45 min	R3400





## IV DRIPS

Royal IV Add On - Biotin	R230
Royal IV Add On - Gluta	R230
Royal IV Add On - Vit C	R230

Royal IV Drip - Anti Age	R1600
Royal IV Drip - Detox	R1600
Royal IV Drip - Flu Bomb	R1600
Royal IV Drip - Hangover	R1600
Royal IV Drip - Immune	R1600
Royal IV Drip - Jet Fluid	R1600
Royal IV Drip - Perform	R1600
Royal IV Drip - Recovery	R1600
Royal IV Drip - Skin	R1600

## BEAUTY TOUCHES

Eyebrow Tint	15min	R350
Eyelash Tint	20min	R370
Lash & Brow Tint	20min	R500

### MAKEUP

Bridal & Occasion Makeup	75min	R1400
Evening Makeup	75min	R950
Daytime Makeup	60min	R950
Add On Lashes (Strip)		R200

## WAXING

Lip/Chin/Brow	15min	R230
Underarm/Sides of Face	20min	R320
Half Arm	20min	R330
Bikini	20min	R330
Half Chest	30min	R500
Full Arm	30min	R500
Half Leg	30min	R500
Hollywood	30min	R520
Brazilian	30min	R540
Full Face	20min	R590
Full Leg	45min	R590
Back/Chest	45min	R630

## MANICURES & PEDICURES

### HAND CARE

Royal Spa Manicure	60min	R760
Gelish Manicure	60min	R800
Nail Care & Gel Polish	45min	R650
On-The-Go Manicure	30min	R590

### FOOT CARE

Royal Spa Pedicure	60min	R800
Gelish Pedicure	60min	R860
Nail Care & Gel Polish	45min	R600
On-The-Go Pedicure	30min	R590
Elim Mediheel Peel Add-On	20min	R240

### ELIM ADVANCE PEDICURE

90 min R990

Restore dry areas, cracked heels and nails with a callus peel, neutralisation, anti-bacterial soak, enzymatic exfoliation, detox mask, massage with Elim Foot Perfector and Gold Dust. Includes cuticle removal & hydration with Elim Cuticle MD, a file, clip, buff and paint.

### HAND & FOOT CARE

Revarnish on hands or feet	20min	R390
Paraffin Dip on hands or feet	15min	R240

## NAIL BAR

Clear Tips & Overlay	75min	R780
Full Cover Soft Gel Tips with Gelish	75min	R780
Full Cover Soft Gel Tips with Polish	75min	R690
Clear/Colour Acrylic Overlay	75min	R710
Acrylic Fill	60min	R590
Nail Repair (Per Nail)	15min	R130
Nail Art (Per Nail)		R40

Gel Polish Removal	R200
Hard Gel Removal	R290
Acrylic Removal	R330



# ROYAL SPA EXPERIENCES

## ROYAL SPA SUITE ULTIMATE EXPERIENCE

**2hrs R3 900 pp | R6 200 for two**

Personalise your ultimate treatment experience in the serene space of your own spa suite. A perfect haven for relaxation with a friend, a loved one or to simply indulge in your own ‘me-time’ moment.

Includes:

- Enjoy the suite’s facilities for 30 mins before your treatment commences and for 30 mins afterwards.
- Any 60 min treatment of your choice
- Use of the Himalayan Salt Sauna & Rasul
- Bottle of Sparkling Wine

## ROYAL SPA BESPOKE JOURNEY

**2hrs 30min R2 700 | 4hrs 30min R5 800\***

A customised journey to wellness...Choose from any of the treatments below, and spend your desired amount of time in pure bliss.

\*4hrs 30min option includes lunch.

30min:

- Indian Head Massage
- Salt Body Polish
- Hydrating Body Wrap
- Detox Body Wrap

60min:

- Aromatherapy or Hot Stone Massage
- CSpa Hydrating Facial
- Royal Spa Pedicure

## ILES PACIFIQUE JOURNEY (RELAXING RITUAL)

**120min R2 700 pp | R4 800 for two** *(includes a glass of sparkling wine)*

Escape to the azure water of the Pacific Islands to prepare for deep relaxation with optimised hydration and remineralisation. A relaxing massage ritual with warm sand pouches inspired by the rocking movement of the waves for deep relaxation. Immersed in the Islands of the Pacific, body and mind are completely regenerated.



## GENTS EXECUTIVE PACKAGE

**2hrs 30min R3 400**

- 60min Deep Tissue or Hot Stone Massage
- 60min Thalgomen Fortifying Facial Treatment
- 30min Pressure Point Foot Massage or Indian Head Massage

## COUPLES TREATMENT

**1hr 30min R3 400 for two**

- 60min Aromatherapy Massage
- 30min Indian Head Massage

# ROYAL SPA KIDS

For children ages 5 - 12 years old.

<b>Kids Enchanting Nails</b> (Hands & Feet, Shape and Paint)	<b>20min</b>	<b>R380</b>
<b>Kids Majestic Mani</b>	<b>30min</b>	<b>R450</b>
<b>Kids Perfect Pedi</b>	<b>30min</b>	<b>R480</b>
<b>Kids Little Prince or Little Princess Back Massage</b>	<b>20min</b>	<b>R430</b>
<b>Kids Little Royals Head &amp; Foot Massage</b>	<b>20min</b>	<b>R430</b>
<b>Kids Little King or Little Queen Facial</b>	<b>30min</b>	<b>R640</b>



# ROYAL SALON

## CUT

Ladies	R430
Gents	R320
Kids under 12	R270

## BLOW WAVE

Short	R450
Medium	R540
Long	R550
Extra Long	R600

Girls Blow Wave (Short / Medium)	R240
Girls Blow Wave (Long)	R320

## WASH CUT & STYLE

Short	R830
Medium	R890
Long	R970
Extra Long	R1100

## GLOSSING

Short	R1400
Medium	R1900
Long	R2700
Extra Long	R3200

## FULL COLOR

Short	R1000
Medium	R1300
Long	R1780
Extra Long	R2300

## EXTENSIONS WASH & STYLE

Bring your own clip-in hair extensions for a wash, style and fit  
R480

## FOILS

Foil Quarter Head	R1200
Half Head	R1780
Foils Balayage	R1900
Full Head	R2900







**KERATIN SMOOTHING  
TREATMENT**

Professional reconstruction treatment for damaged hair. It seals cuticles, it strengthens and protects the hair fibre with an antioxidant action. The hair is immediately compact, soft and shiny.

Short	R1900
Medium	R2700
Long	R3600
Extra Long	R4800

**BONDTOX ANTI FRIZZ AND DE-  
HUMIDIFYING TREATMENT**

Short	R650
Medium	R850
Long	R1100
Extra Long	R1500

**ADD ON**

Back Bar Masque	R470
Specialized Masque	R990
Leave in Serum	R700
Bridal Hair	R1400
Special Styling Short - Medium	R950
Special Styling Long - Extra Long	R1190

ADD ON TO SPA TREATMENT	
Wash and Blowdry / Style	R470

**ETHNIC HAIR**

BRAIDING WITH EXTENSIONS	
Easy	R1700
Medium	R2000
Difficult	R2300

BRAIDING WITHOUT EXTENSIONS	
Short	R1080
Medium	R1600
Long	R2100

Unplaiting	R270
Corn Rows (per line)	R100





# GENTLEMAN'S GROOMING LOUNGE

PROVIDING SOPHISTICATED GENTLEMEN WITH A COLLECTION OF SPECIALISED SPA TREATMENTS AND GROOMING SERVICES.

## HAIR

Gent's Classic Haircut	R320
Gent's Classic Haircut & Style with Wash	R480
Head Shave	R240
Gent's Tint	R650

## SHAVING

Kings Express Shave	R590
Hot Towels, Cleanse, Exfoliate, Oil, Foam, Shave, Moisturise	

Majestic Hot Towel Treatment	R850
Facial Mask, Eye Gel with Scalp Massage	

Gent's Cut And Shave	R1070
----------------------	-------

Beard Trim	R210
Add-On Beard & Moustache Trim	R270

## ROYAL SPA LUXURY GROOMING EXPERIENCE

90min R1 600

Revitalise with a Gent's Classic Haircut, Shave and Majestic Skin Facial.

# SPA ETIQUETTE

- Prices are subject to change without prior notice.
- Kindly arrive 15 minutes prior to your scheduled treatment(s) to change into your gown and slippers and to complete a consultation form with your therapist.
- In a spirit of mutual respect, we kindly request punctuality.
- Please advise us of any health conditions, allergies, injuries, recent medical or cosmetic procedures, which could affect your spa experience.
- To preserve our tranquil environment, we respectfully request that you leave mobile phones switched to silent mode.
- Children aged 16 years and younger may not make use of the spa unless accompanied by an adult.
- Gratuities are not included in the treatment price. It is at your discretion to add a gratuity for service excellence.
- We request that you please leave jewellery and valuables in your hotel room safe or please store these in your locker.
- The Royal Spa and Salon (Pty) Ltd with registration number 2022/264885/07 which operates as the Royal Spa, accepts no liability whatsoever for any claim including but not limited to death, harm, injury or loss or destruction of or damage to any property in or on the Royal Spa premises, howsoever and whensoever caused irrespective of whether same arises as a result of participating in any activity or offering on the Royal Spa premises.
- Products purchased at The Royal Spa at The Palace are non-refundable, due to public health reasons. Defective products may be returned and will only be refunded / replaced if the products are indeed defective and the correct storage/usage instructions were followed. Please retain your receipts as proof of purchase.
- All prices are inclusive of Value-Added Tax (VAT).

## SPA FACILITIES

Royal Spa offers the following facilities and services to complement your journey with us:

- Enjoy the private oasis of one of our Royal Spa Suites
- Wet areas, complete with Himalayan Crystal Salt Sauna, Rasul, en-suite Sensation Showers and Hydrobaths which can be enjoyed as part of selected packages or at an additional cost

- Relaxation Zone
- Ladies and Gents Showers and changing room areas
- Spa Cuisine inspired by healthy living

## SPA CUISINE

A passion for food, combined with the attention devoted to well-being, come together in our spa cuisine. Available on request and designed to complement all therapies as well as tastes. It is beautifully created to be delicious, healthy and indulgent. Please scan our cuisine menu QR code or request a menu on arrival.

## CANCELLATION POLICY

- Please note that 24 hours advance notice is required for cancellations and rescheduling, if this is not adhered to, 50% of the treatment fee will be charged.
- Late arrival will result in a reduction of treatment time whilst the full treatment fee will apply.

## MAKING AN APPOINTMENT

Advance appointments are highly recommended to avoid disappointment.

### ROYAL SPA

**Tel:** +27 14 557 4337

**WhatsApp:** +27 69 419 5305

**Email:** [frontdesk@royalspathepalace.co.za](mailto:frontdesk@royalspathepalace.co.za)

### ROYAL SALON

**Tel:** 014 557 4337

**Email:** [salon@royalspathepalace.co.za](mailto:salon@royalspathepalace.co.za)

**Operating Hours:** Royal Spa and Royal Salon are open daily from 9:00am to 9:00pm to all hotel guests and visitors.

The Spa is located on the Ground Floor of The Palace of the Lost City.

Our Spa Team is on hand to guide you in curating your spa experience.