



**CAMELOT SPA**   
Your World Of Wellness

## TREATMENT MENU

# MASSAGE THERAPY

Camelot Universal Signature Massage	60 min	R970	A combination of Hot Stone, Kahuna, Balinese and Indian Head massage techniques for those who want to experience various types of massage. This massage incorporates the use of our unique massage candle, where the fragrance and softness of your skin lingers in your mind long after you have left the spa.
	90 min	R1330	
Aromatherapy Massage	60 min	R920	Promotes healing, well-being and relaxation using pure essential oils and light massage strokes.
	90 min	R1280	
Deep Tissue Massage	60 min	R960	A deep pressure massage to relieve tension and detoxify.
	90 min	R1320	
Hot Stone Massage	60 min	R930	This re-energising stone therapy massage creates a cleansing, harmonizing and relaxing effect on the body.
	90 min	R1290	
Signature CBD Wellness Massage**	60 min	R930	Begin your therapeutic journey with a drop of CBD (Cannabidiol) tincture under the tongue to encourage a sense of serenity, followed by a relaxing full body massage incorporating CBD oil. This signature treatment is designed to decrease pain and inflammation whilst super-charging the immune system and promoting restorative sleep. THC Free and 100% legal.
	90 min	R1290	
Swedish Body Massage	60 min	R850	Incorporates light to medium pressure, long, smooth strokes and kneading to ease tense muscles and induce relaxation.
	90 min	R1200	
Pregnancy Massage**	60 min	R850	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.
Back, Neck & Shoulder Massage	60 min	R850	This focused massage helps relieve tension in the neck, shoulders, upper and lower back.
	45 min	R690	
	30 min	R520	
Pressure Point Foot Massage	60 min	R850	Relax and balance the body through stimulation of pressure points situated on the feet.
	45 min	R690	
	30 min	R520	
Indian Head Massage	30 min	R540	A detoxifying massage treatment of the head, scalp, face, neck and shoulders.



## ENHANCEMENTS:

Upgrade your 60min full body massage with an additional 30min	R360
Add on Goodleaf CBD Oil (may be added to any treatment)	R160
Add a Back Scrub	R200
Add Hot Stones (back only)	R120
Add Bellabaci Cups (back only)**	R120
Bellabaci Detox/Slimming Concentrate Oil	R150
Bellabaci Deep Relax Oil	R150
Bellabaci Muscle Support Oil	R150
Bellabaci Revive Oil	R150



# SKIN CARE THERAPY

The perfect combination of performance and sensoriality, targeted skin solutions for every skin type and concern.

## THALGO LA BEAUTÉ MARINE

Silicium Marin Super Lift Treatment NEW**	60 min	R3 100	A wrinkle lifting face, neck and décolleté treatment with double-masks. An infused sheet mask is activated on application and followed by a cryo-firming mask with dermal stimulation massage techniques including Dermastim+ massage.
Prodige Des Oceans Regenerating Face Treatment**	90 min	R2 860	A supreme Beauty Ritual providing ultimate revitalization and total youthfulness. At the heart of the ritual, the Prodige des Océans Mask offers pure plumping oxygenation, and its iconic massage, inspired by Ko Bi Do, an ancestral Japanese manual facelift technique, visibly smoothes wrinkles and restores firmness and elasticity to the skin.
Lumière Marine Brightening Treatment**	60 min	R2 420	A brightening and rejuvenating treatment that lightens the skin and improves pigmentation. Skin will appear visibly younger with renewed radiance and an even tone skin.
Hyalu-Procollagene Wrinkle Correcting Treatment	60 min	R2 200	The first Thalgo wrinkle-by-wrinkle treatment combining hyaluronic acids & marine pro-collagen using Roller Boosters, with targeted action on even set-in wrinkles; for visible effectiveness, from the 1st treatment.
Source Marine Hydra-Strengthening Treatment	60 min	R1 320	This facial corrects the hydration levels of the skin, deeply replenishing and restoring the skin's velvety-smooth feel and radiance. This treatment includes a revitalizing Infusion mask.
3 Algae Facial**	60 min	R1 270	A facial for oily/combo skin, uses the power of micronised marine algae, to rebalance and remineralise the skin leaving it clearer and purified.
Spa Skin Facial	60 min	R970	This classic facial is tailored to meet the specific needs of all skin types. Two treatment options (i.e. Hydrating or Purifying)
Purité Marine Purifying Treatment	60 min	R970	Specifically designed for combination to oily skin, this Purité Marine treatment reduces imperfections, redefines pores and controls shine; with the optional inclusion of extractions.
Hydra-Radiance Facial	30 min	R720	The ultimate "illuminating" treatment, it boosts radiance and reveals the beauty of dull, tired complexions.

## IS CLINICAL

Fire & Ice Facial	30 min	R1 250	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.
	60 min	R2 200	

## THALGOMEN

ThalgoMen Fortifying Facial Treatment	60 min	R1 320	Whether your concern is dehydration, dryness, sensitivity or oiliness, this treatment provides a tailored solution for the male skin. Treatment includes a relaxing massage, leaving the skin revitalised and perfectly balanced.
Express Fortifying Treatment For Men	30 min	R770	Revive and energise tired complexions in just 30 mins. Includes a cleanse, marine crystal scrub, energising signature acupressure and an anti-fatigue mask to reveal clearer, cleaner skin.

## THALGO EYE EXPERT TREATMENTS

Thalgo Hyalu-Procollagene Wrinkle Correcting Pro Eye Treatment Add On To Facial**	R380	An SOS treatment to smooth the eye contour area and lessen the appearance of fine lines and wrinkles, diminishing signs of ageing and fatigue for younger-looking eyes.
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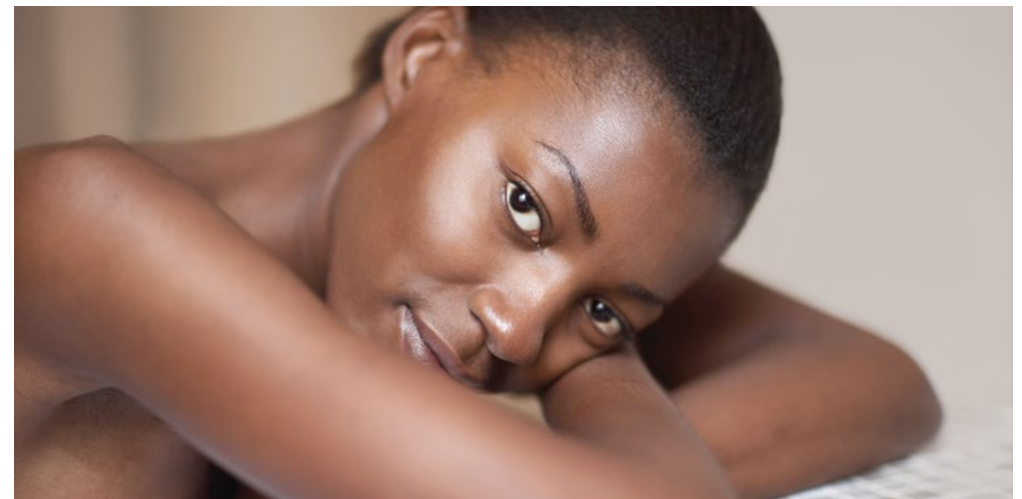
## CSPA AROMA WELLNESS\*\*

CSpa Hydrating Facial	60 min	R880	This multi-sensory, results driven skin treatment includes a luxurious facial massage and a Hydra-Boosting Aroma serum.
CSpa Aroma Facial	30 min	R600	CSpa's Aroma Wellness basic facial can be customised to all skin types and concerns.

## SUGGESTED FACIAL TREATMENTS

### IDEAL FOR:

CSpa Aroma Facial**	: All Skin Types (Customised)
CSpa Hydrating Facial**	: Hydration
Hydra-Radiance Facial	: Dull and tired skin
Spa Skin Facial	: Hydration   Sensitive skin
Purité Marine Purifying Treatment	: Combination to oily skin
Express Fortifying Treatment For Men	: Tailormade for men   Fatigue Fighting
ThalgoMen Fortifying Facial Treatment	: Tailormade for men   Energising
3 Algae Facial**	: All skin types   Balancing
Source Marine Hydra-Strengthening Treatment	: Hydration   Strengthening
Lumière Marine Brightening Treatment**	: Uneven complexion   Pigmentation marks
Hyalu-Procollagene Wrinkle Correcting Treatment	: Targeting wrinkles
Prodige Des Oceans Regenerating Facial**	: Premier Anti-Ageing   Regeneration
Peeling Marin Treatment**	: New Skin Effect   Anti-Ageing
Silicium Marin Super Lift Treatment	: Anti-Ageing   Advanced Wrinkles
Fire & Ice Facial	: Blemishes   Fine Lines



## MEDI SPA

### THALGO

Thalgo Peeling Marin Treatment**	30 min	R1 100	The 1st Marine Peel, this anti-ageing treatment combines micronised algae with glycolic and gluconic acids to deeply exfoliate and stimulate cell renewal to provide long-lasting results. Ideal for those seeking a "new skin" effect that is visible after one treatment.
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### IS CLINICAL

Fire & Ice Facial	30 min	R1 250	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.
	60 min	R2 200	

### OPTIPHI - Available at selected spas

Optiphi Active Peel	45 min	R990	Glycolic Acid 25%, 30% or 30 30 Peel. This peel focuses on Total Skin Rejuvenation for all skin types. Improves cellular activity, resurfaces the skin, improves skin texture and stimulates the Fibroblasts which increase the production of dermal matrix compounds.
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Nano Needling Add On	15 min	R380
Micro-Needling (Face Only)	75 min	R1 540
Micro-Needling (Face & Neck)	90 min	R1 980
Micro-Needling (Face, Neck & Décolleté)	120 min	R2 310

*Micro-Needling treatments include 30min numbing time*

# SPA BEAUTY TREATMENTS

*The finishing touches for a well groomed, brand new you.*

Tint Lash & Brow	20 min	R250
Tint Lashes	20 min	R200
Tint Brows	15 min	R180

## LASH LIFT & BROW LAMINATION

Lash Lift**	30 min	R550
Brow Lamination**	30 min	R550
Add Tint Lash/Brow**	10 min	R90
Add Brow Wax/Shape**	10 min	R90

## WAXING

*We offer a complete range of waxing services.*

*Please consult with your therapist to identify your specific needs and desired results.*

Lip / Chin / Brow	15 min	R170
Underarms / Sides of Face	20 min	R240
Full Face	20 min	R400
Bikini / Half Arm	25 min	R250
Half Leg / Full Arm / Half Chest	30 min	R385
Full Leg	45 min	R540
Brazilian	30 min	R400
Hollywood**	30 min	R470
Back / Chest	45 min	R480

## HAND & FOOT CARE

**Deluxe Spa Pedicure** 60 min R600  
Includes a soak, scrub, heel work, cuticle work, full foot massage, mask and paint.

**Deluxe Spa Manicure** 60 min R570  
Includes a soak, scrub, cuticle work, full hand massage, mask and paint.

**Gelish Pedicure** 75 min R680  
Includes soak, scrub, heel work, cuticle work, Gelish application, foot massage.

**Gelish Manicure** 75 min R630  
Includes soak, scrub, cuticle work, Gelish application, hand massage.

**Gelish Dip Acrylic\*\*** 45 min R500

**Nailcare & Gelish** 45 min R470

**Classic Pedicure** 30 min R420  
Includes a soak, scrub, cuticle work, lotion application and paint.

**Classic Manicure** 30 min R420  
Includes a soak, scrub, cuticle work, lotion application and paint.

**Revarnish** 20 min R280

**Gelish Removal** 20 min R140

**Acrylic Nails Soak Off** 40 min R280

**Gel Nails Soak Off** 20 min R220

**Paraffin Dip on Hands or Feet** 15 min R200

**Heel Peel Treatment Add On** 15 min R200



## SPA BODY TREATMENTS

Salt Glow Body Scrub

30 min R480

This luxurious natural salt and coconut oil exfoliating body treatment improves the skins texture leaving it smooth and looking radiant.

### BODY WRAPS

Thalgo Three Marine Algae Body Wrap\*\*

60 min R1 450

The "Thalassotherapy" body wrap by excellence; this 100% pure and detoxifying wrap is rich in minerals, vitamins and trace elements, leaving skin remineralized and the body revitalized.

Hydrating or Detox Wrap

45 min R800

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.

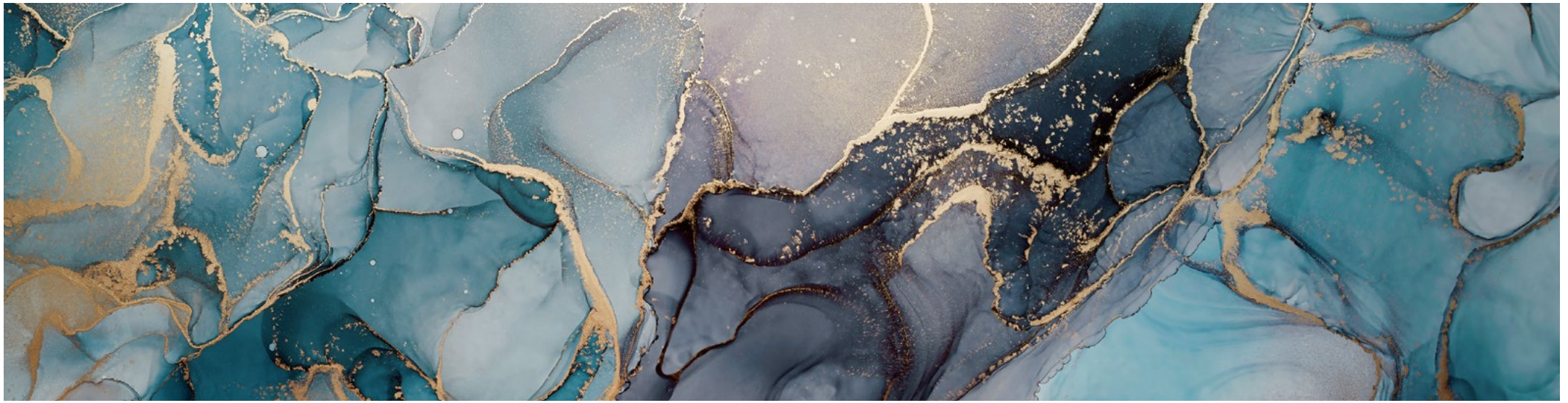
### SLIMMING

Bellabaci Cellulite Cupping Treatment

30 min R660

Re-sculpt your body with the combination of cupping, hands-on massage and the use of a copper mitt, performed with premium hand-crafted all-natural aromatherapy oils formulated to target the visible signs of cellulite, 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.

60 min R930



## SPA EXPERIENCES

Re-Energising Couples Journey	1hr 30min per couple	R2 700	60min Aromatherapy Massage 15min Head Massage 15min Foot Massage	CBD Wellness Journey	2hrs per couple	R1 850 R3 300	Prepare to surrender yourself, body and soul to a dose of wellness. Sip on CBD infused drink and enjoy the stillness as you ease into this calming spa journey. <i>Goodleaf is a premium CBD brand which is natural, THC free and 100% legal.</i>
Gents Executive Package	2hrs 30min	R2 500	60 min Deep Tissue or Hot Stone Body Massage 60 min ThalgoMen Fortifying Facial Treatment 30 min Pressure Point Foot or Indian Head Massage	Thalgo Relaxing Ritual Iles Pacifique	1hr 30min per couple	R1 900 R3 500	60min Signature CBD Wellness Massage 30min Signature CBD Pressure Point Foot Massage 30min CBD Radiance Facial Includes 10mg CBD Booster Drink  The Iles Pacifique Ritual takes you on a journey of relaxation filled with fragrances and colours from the pacific. This intoxicating body journey includes a scrub, hydrobath and an indulgent massage. <b>Couples:</b> Iles Pacifique Ritual for two and a glass of bubbly.
Camelot Spa Personalised Journey	2hrs 30min 3hrs 30min 4hrs 30min	R1 900 R2 750 R3 500*	Tailor-make a Wellness Journey especially for you. Choose from any of the treatments below, and spend your desired amount of time in pure bliss. <b>30 min:</b> <ul style="list-style-type: none"> <li>• Back, Neck &amp; Shoulder Massage</li> <li>• Indian Head Massage</li> <li>• Pressure Point Foot Massage</li> <li>• Salt Glow Body Scrub</li> <li>• Hydrating Body Wrap</li> <li>• Detox Body Wrap</li> </ul> <b>60 min:</b> <ul style="list-style-type: none"> <li>• Hot Stone Massage</li> <li>• Aromatherapy Body Massage</li> <li>• Thalgo Spa Skin Facial</li> <li>• Deluxe Spa Pedicure</li> <li>• Deluxe Spa Manicure (only available for 4hrs 30min Journey)</li> </ul> <b>*Lunch (Included for 4hrs 30min Journey)</b> Please ensure when booking this package, you inform the receptionist which of the treatments you have chosen. <b>A maximum of 90 mins can be selected from the massage options.</b>	Mommy To Be	2hrs 30min	R1 650	60min Pregnancy Massage 30min Manicure 60min Deluxe Spa Pedicure Snacks
				Spa Taster	60 min	R990	30 min Back, Neck & Shoulder Massage 30 min Thalgo Hydra-Radiance Facial








# CAMELOTKIDS<sup>®</sup>

12 YEARS & UNDER

 Quick Treat

 Ideal for Birthday Parties!

<b>Enchanting Nails</b> Hands and Feet, Shape & Paint	30 min	R360
 <b>Magical Mani</b>	20 min	R320
 <b>Pixie Pedi</b>	20 min	R320
 <b>Little Princess Massage   Little Prince Massage</b> Back, Neck & Shoulders, Back of Legs and Arms	20 min	R370
<b>Royal Head &amp; Foot Massage</b>	20 min	R320
<b>Little Duchess Facial   Little Duke Facial</b>	30 min	R540
 <b>Tween Petite Personalised Journey</b> Choose any three of the treatments below: <ul style="list-style-type: none"> <li>• 20min Back, Neck &amp; Shoulder Massage</li> <li>• 20min Booster Facial</li> <li>• 20min Revarnish Hands and Feet</li> <li>• 20min Hand Treatment</li> <li>• 20min Foot Treatment</li> </ul>	60 min	R860 pp
 <b>Queen for a Day*</b> (groups of 4 or more only) 20 mins Back, Neck and Shoulder Massage 30 mins DIY Facial *Spas with facilities only	50 min	R500 pp

*Children must be accompanied by an adult at all times. An indemnity is required to be signed for each child.*





## WELLNESS ASSESSMENTS

A Body Composition Analysis (BCA) offers a quick, easy and non-invasive method to measure Body Fat, Lean Muscle Mass, Total Body Water and also gives an indication of general health status.

Based on ones results, this allows the therapist to recommend treatments and products suited to your needs.

**Add on to any treatment for R100**

## CANCELLATION POLICY

- 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.

## SPA ESSENTIALS

- Prices valid for 2023.
- Treatments marked \*\* are not available at all Camelot Spas, please enquire upon booking.
- Booking in advance is recommended.
- Kindly arrive 15 minutes prior to your scheduled treatment(s) to change and complete a consultation form with your therapist.  
Please advise us of any health conditions, allergies, injuries, recent medical or cosmetic procedures, which could affect your spa experience.
- In a spirit of mutual respect we kindly request punctuality.
- We respectfully request that you leave mobile phones switched to silent mode.
- Spa guests aged 16 years and under must be accompanied by an adult.
- Prices are subject to change without notice.
- Gratuities are not included in the treatment price. It is at your discretion to add a gratuity for treatment excellence.
- Camelot 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 a Camelot Spa premises, howsoever and whensoever caused irrespective of whether same arises as a result of participating in any activity or offering on Camelot Spa premises.
- Please note that products bought at our spas are not refundable.
- All prices are inclusive of VAT.



## SPA WELLNESS MEMBERSHIPS

Sign up for a Spa Membership today! Invest in yourself, feel better and stay well.

### Annual Membership Plans\*

*(valid for 12 months)*

R5100

R8500

R15 300

R20 400

**\*once off payment valid for one year**

Once your membership miles are depleted, your membership will have to be renewed.

Membership can be used by more than one person.

Lower prices are charged during off-peak periods (Monday to Thursday).

Joining fee of R100

Contact any of our spas for more information.

## GIFT CARDS & VOUCHERS

**Spoil someone special with a Gift Card or an Electronic Voucher, ideal for any occasion.**

Gift Vouchers are available online and for walk-in purchase from any Camelot Spa.

Validity is for 3 years from date of issue. This does not apply to complimentary or prize vouchers.

Camelot Spa The Table Bay Hotel

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The Table Bay Hotel  
Quay 6, V&A Waterfront  
Cape Town  
+27 (0) 21 406 5904 | WhatsApp +27 (0) 76 709 3047  
[tbhspace@suninternational.com](mailto:tbhspace@suninternational.com)

[www.camelotspa.co.za](http://www.camelotspa.co.za)

