



# 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.

### **SWISS BELLEFONTAINE** THE LEADER IN LUXURY AVANTGARDE SPA TREATMENTS AND PRODUCTS

Unrivalled Haute Avant-Garde Anti-Ageing Spa treatments and products that embrace global inner and outer Anti-Ageing Beauty.

The luxurious Bellefontaine brand offers a result orientated experience with a synergy between anti-ageing, wellness, and science.

### **DAVINES** SUSTAINABLE BEAUTY FOR YOUR HAIR

At Davines every product is born from intuition and is processed with an artisan spirit using the most advanced cosmetic technologies. Beauty and sustainability are the inspirational concepts behind Davines hair products, and are created using renewable energy, formulated using ingredients from natural origins, and packaged in an environmentally friendly way. Davines is a certified B Corp.



# MASSAGE THERAPIES

## ROYAL SPA SIGNATURE MASSAGE

**60min R1 320 | 90min R1 650**

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 1 100 | 90min R1 430**

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 100 | 90min R1 430**

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 R990 | 90min R1 320**

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 R990**

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 R660 | 45min R840 | 60min R990**

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

## PRESSURE POINT FOOT MASSAGE

**30min R660 | R45min R840**

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 R990 | 90min R1 430**

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 100 | 90 min R1 430**

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 R660**

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	R190
Relieving Scalp Massage	15 min	R190
CBD Oil		R190
Hot Stones		R190
Soft Cupping Therapy		R190

## BODY THERAPY

### MARINE ALGAE DETOX WRAP

**60min R1 540**

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 R860**

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 R660**

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 R730 | 60min R990**

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 R550 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 R440**

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 R800**

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 R500**

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 R470**

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





## ADVANCED SKIN CLINIC TREATMENTS

Non-surgical advanced skincare

### iS CLINICAL FIRE & ICE RESURFACING FACIAL

**60min R2 200**

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 1 400**

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 R 2 750**

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 R420**

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.

### OXYGEN FACIAL THERAPY

**Infusion Add-On To Facial 30min R660 | 90min R1 540**

During this treatment, oxygen is infused into the skin at a pureness of between 93% - 98% through atmospheric pressure. Oxygen Infusion, Oxygen Spray by airbrush and Oxygen Inhalation combine to gently penetrate and rejuvenate the skin. Oxygen Facial Therapy assists to plump and hydrate dry and dull skin, diminish fine lines by stimulating collagen and balances skin moisture levels.



## THALGO iBEAUTY PRO

A TAILOR-MADE HIGH-PERFORMANCE TREATMENT COMBINING THREE INNOVATIVE NON-INVASIVE, NON-AGGRESSIVE TECHNOLOGIES WITH PROVEN EFFECTIVENESS: SOUND VIBRATIONS, SEQUENTIAL ULTRASOUND AND TRIPOLAR RADIOFREQUENCY. FOR ALL SKIN TYPES LOOKING FOR A ULTRA-EFFICIENT TREATMENT WHERE SKIN IS TRANSFORMED AND VISIBLY MORE BEAUTIFUL FROM THE VERY 1ST SESSION.

### iBEAUTY PRO HYDRATING TREATMENT 45min R980

### iBEAUTY PRO ANTI-AGEING TREATMENT 45min R790

### iBEAUTY PRO EYE CONTOUR TREATMENT 30min R660

#### ADD ONS:

#### Sound Vibrations R190

Technology that allows deep cleansing of the skin and optimises results of all treatments

#### Sequential Ultrasound R300

Patented ultrasound for three actions: drainage, infusion, stimulation

#### Tripolar Radiofrequency R580

Tripolar probe for an anti-ageing effect by tissue regeneration

#### E-Finger Microcurrents R580

Two smart fingers incorporated into a natural technique for a lifting, anti-redness, dark circle correction effect

## BEAUTY TOUCHES

<b>Eyebrow Tint</b>	15min	R300
<b>Eyelash Tint</b>	20min	R230
<b>Lash &amp; Brow Tint</b>	20min	R210

#### LASH LIFT & BROW LAMINATION

<b>Lash Lift</b>	30min	R660
<b>Brow Lamination</b>	30min	R660
<b>Add Lash/Brown Tint</b>	10min	R90
<b>Add Brow Wax/Shape</b>	10min	R90

#### MAKEUP

<b>Bridal &amp; Occasion Makeup</b>	75min	R1320
<b>Evening Makeup</b>	75min	R880
<b>Daytime Makeup</b>	60min	R880

## WAXING

<b>Lip/Chin/Brow</b>	15min	R210
<b>Underarm/Sides of Face</b>	20min	R290
<b>Half Arm</b>	20min	R300
<b>Bikini</b>	20min	R300
<b>Half Chest</b>	30min	R460
<b>Full Arm</b>	30min	R460
<b>Half Leg</b>	30min	R460
<b>Hollywood</b>	30min	R470
<b>Brazilian</b>	30min	R490
<b>Full Face</b>	20min	R530
<b>Full Leg</b>	45min	R540
<b>Back/Chest</b>	45min	R570

## MANICURES & PEDICURES

#### HAND CARE

<b>Royal Spa Manicure</b>	60min	R680
<b>Gelish Manicure</b>	60min	R680
<b>Nail Care &amp; Gel Polish</b>	45min	R550
<b>On-The-Go Manicure</b>	30min	R500
<b>Paraffin Dip on hands</b>	15min	R200

#### FOOT CARE

<b>Royal Spa Pedicure</b>	60min	R730
<b>Gelish Pedicure</b>	60min	R730
<b>Nail Care &amp; Gel Polish</b>	45min	R550
<b>On-The-Go Pedicure</b>	30min	R500
<b>Elim Mediheel Peel Add-On</b>	20min	R200

#### ELIM ADVANCE PEDICURE

##### 90 min R940

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

<b>Revarnish on hands or feet</b>	20min	R330
<b>Paraffin Dip on hands or feet</b>	15min	R200

## NAIL BAR

<b>Clear Tips &amp; Overlay</b>	75min	R660
<b>Full Cover Soft Gel Tips with Gelish</b>	75min	R660
<b>Full Cover Soft Gel Tips with Polish</b>	75min	R600
<b>Clear/Colour Acrylic Overlay</b>	75min	R600
<b>Acrylic Fill</b>	60min	R500
<b>Nail Repair (Per Nail)</b>	15min	R110
<b>Nail Art (Per Nail)</b>		R30

<b>Gel Polish Removal</b>	R180
<b>Hard Gel Removal</b>	R250
<b>Acrylic Removal</b>	R280

# ROYAL SPA EXPERIENCES

## ROYAL SPA SUITE ULTIMATE EXPERIENCE

**2hrs R3 300 pp | R5 300 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 300 | 4hrs 30min R4 900\***

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

## MER DES INDES JOURNEY (HARMONISING RITUAL)

**120min R2 100 pp | R3 600 for two** *(includes a glass of sparkling wine)*

Unwind during a journey to the sacred land of India. This entirely manual massage using essential oils used in Ayurveda, looks to the science of Marma, Chakra and Dosha to release tension points and thereby restore mind and body harmony. Includes a Precious Milk Bath, Ginger Scrub and Harmonising massage.

## ILES PACIFIQUE JOURNEY (RELAXING RITUAL)

**120min R2 300 pp | R3 900 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 R2 900**

- 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 R2 900 for two**

- 60min Aromatherapy Massage
- 30min Indian Head Massage

# ROYAL SPA KIDS

<b>Enchanting Nails</b> (Hands & Feet, Shape and Paint)	<b>20min</b>	<b>R320</b>
<b>Majestic Mani</b>	<b>30min</b>	<b>R380</b>
<b>Perfect Pedi</b>	<b>30min</b>	<b>R380</b>
<b>Little Prince or Little Princess Back Massage</b>	<b>20min</b>	<b>R370</b>
<b>Little Royals Head &amp; Foot Massage</b>	<b>20min</b>	<b>R370</b>
<b>Little King or Little Queen Facial</b>	<b>30min</b>	<b>R540</b>

# ROYAL SALON

## CUT

Ladies	R360
Gents	R250
Kids under 12	R220

## WASH & QUICK DRY OFF

Short	R150
Medium	R180
Long	R200
Extra Long	R220

## BLOW WAVE

Short	R380
Medium	R410
Long	R450
Extra Long	R500

## WASH CUT STYLE

Short	R700
Medium	R750
Long	R820
Extra Long	R910

## GLOSSING

Short	R1200
Medium	R1600
Long	R2300
Extra Long	R2700

## FULL COLOR

Short	R850
Medium	R1030
Long	R1500
Extra Long	R2000





## EXTENSIONS WASH & STYLE

Bring your own clip-in hair extensions for a wash, style and fit  
R400

## FOILS

Half Head	R1500
Full Head	R2500
Balayage & Ombre*	From R1600

*\*Prices subjective according to length and thickness*

## 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	R1700
Medium	R2300
Long	R3100
Extra Long	R4100
Express Keratin Treatment	R1500

## ADD ON

Back Bar Masque	R400
Specialized Masque	R850

## ADD ON TO SPA TREATMENT

Wash and Blowdry / Style	R400
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## GENTLEMAN'S GROOMING LOUNGE

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

### HAIR

<b>Gent's Classic Haircut</b>	<b>R250</b>
<b>Gent's Classic Haircut &amp; Style with Wash</b>	<b>R400</b>
<b>Head Shave</b>	<b>R200</b>
<b>Gent's Tint</b>	<b>R380</b>

### SHAVING

<b>Kings Express Shave</b>	<b>R500</b>
Hot Towels, Cleanse, Exfoliate, Oil, Foam, Shave, Moisturise	
<b>Majestic Hot Towel Treatment</b>	<b>R720</b>
Facial Mask, Eye Gel with Scalp Massage	
<b>Gent's Cut And Shave</b>	<b>R790</b>
<b>Beard Trim</b>	<b>R100</b>
<b>Add-On Beard &amp; Moustache Trim</b>	<b>R150</b>

### GENTS SIGNATURE EXPERIENCES

#### GENTS RETREAT

**2hrs 30min R2 700**

Rejuvenate skin and body with a revitalising Thalgomen Fortifying Facial Treatment, Deep Tissue Massage or Hot Stone Massage and an Indian Head Massage.

#### ROYAL SPA LUXURY GROOMING EXPERIENCE

**90min R1 400**

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:** 014 557 4337

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

### ROYAL SALON

**Tel:** 014 557 4338

**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.