





## IMMERSE

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invite balance  
and rejuvenation in,  
inspired by the  
soothing energies  
of the southern skies  
and nature's  
calming gifts

*One&Only*

CAPE TOWN  
*South Africa*

## NATURE

*Designed with our guests at the heart of every treatment, each is a unique experience celebrating our beautiful surroundings and performed by our trained therapists. Utilising indigenous ingredients and authentic techniques, these treatments encourages full immersion into the One&Only experience to truly understand and embrace the exquisite environment.*

### NATURES RESONANCE BY ESPA

(60 mins)

Combining eco-therapy and vibrational energy, Nature's Resonance by ESPA has been created exclusively for One&Only Resorts. Harnessing the beneficial powers of binaural beats, the Solfeggio scale and the rhythms of nature, these holistic treatments draw on the positive energy of the earth's vibrations to restore inner balance, leaving you more in tune with both yourself and nature.

INCLUDES: Sound Therapy - Noise Cancelling Headphones - Locally Inspired Music - Full Body Massage

### ESSENCE OF CAPE TOWN

(120 mins)

This deluxe, full-body Signature Treatment uses a number of healing plants from both the Earth and Ocean to soothe, hydrate and revitalise the skin, whilst simultaneously soothing the body into a state of deep relaxation. Begin with a sea-salt and oil exfoliation to prepare your body for a heated cocooning kelp wrap coupled with a balancing scalp and face massage, followed by a bespoke full body massage. Enjoy as a wave of relaxation melts away any tension and stress, ending with a detoxing green tea, served in the comfort of the relaxation room to complete your journey.

### ONE&ONLY TABLE MOUNTAIN TONIC

(120 mins)

Where the natural energy of Table Mountain and the power of local indigenous herbs meet to alleviate muscle tension and melt away stresses and strains. Begin with a full body exfoliation seamlessly followed by a warmed poultice massage to address key areas of tension found in the body. Healing aromas add to this unique experience to detoxify and restore your body.

### ONE&ONLY AFRICAN JOURNEY EXPERIENCE

(90 mins)

A bespoke, proudly South African full body treatment created to prepare your skin for a nourished sunkissed glow. Combining scents of sweet orange and baobab oil to uplift your senses, begin with a Rooibos and rock salt scrub to encourage radiant skin, flowing into a massage experience with the African Rungu Stick to key areas of tension, before ending off with a Rooibos tea ceremony to complete your African Journey. This indulgent treatment offers the ultimate relaxation and fully restores your body to a peaceful state once more.

### ESPA HARMONISING RITUAL

(90 mins)

Influenced by the power and symbolism of the moon, this deeply meditative journey uses ESPA's Anointing Oil and the curvature of the Kansa wand - a time-honored Indian tool - to calm the nervous system. Infinite cycles of restoration flow over the body, creating a hypnotic rhythm that brings peace to your mind, freeing you from thoughts and feelings that no longer serve you, leaving you feeling blissfully relaxed and liberated.



## AESTHETIC

### BIOLOGIQUE RECHERCHE

*The Biologique Recherche Methodology is based on forty years' experience using world class innovative products and meticulous protocols. The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free. Skin care is provided following a personal derma-cosmetic diagnosis (suitable for both men and women) using a Skin Instant® analysis for each individual to provide clarity on individual needs.*

#### SKIN INSTANT LAB

(30 mins)

The first step of Biologique Recherche's Methodology, this unique analysis allows us to identify your Skin Instant® (Type).

#### MODULAR BOOSTER REMODELLING FACE®

(30 mins)

A state-of-the-art bio-electro stimulation that combines the power of three currents (galvanic current, medium and high frequencies) for immediate, long-lasting results.

#### BIOLOGIQUE RECHERCHE FACIAL TREATMENTS

(120 mins)

##### SOIN RESTRUCTURANT ET LISSANT

*Reconditioning, hydrating, lifting, tightening and toning.*

A reconditioning treatment with an immediate plumping effect designed for all Skin Instants®. Its draining action on your skin, leaves your face, neck and chest smooth and toned.

##### SOIN MC 110

*Anti-wrinkle, balancing and decongesting.*

A treatment for reducing wrinkles and lines designed for lackluster Skin Instants®, leaving the skin on your face, neck and chest more toned and defined.

We recommend three sessions at one-week intervals, followed by one session every three months.

##### SOIN LIFT C.V.S.

*Dynamic lifting, firming and sculpting.*

An exfoliating and lifting treatment combined with shaping techniques designed for mature Skin Instants®, leaving the skin on your face, neck and chest smooth, refined and toned.

##### SOIN OXYGÉNANT VIP O2

*Anti-pollution solution, radiance and revitalising.*

A regenerating and revitalising treatment for all Skin Instants®, restoring the natural balance of your skin, to leave your face, neck and chest smooth and glowing.

##### SECONDE PEAU

*Revitalising, rejuvenating and renewing.*

A genuine alternative to fillers due to its action on the extracellular matrix and a world first in professional aesthetics, this regenerating and lifting treatment is created using an electro spun mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature Skin Instants® damaged by the signs of aging.

We recommend three sessions at one-week intervals, followed by one session every three months.

##### SOIN HYDRÉCLAT

*Hydrating, soothing and calming.*

A hydrating and complexion-enhancing treatment designed for dehydrated Skin Instants®. Leave with the skin on your face, neck and décolleté plumped up, moisturised and glowing.

##### TRIPLE LIFT WITH REMODELING FACE®

*Triple lifting, toning and firming.*

The ultimate firming and toning treatment for sagging Skin Instants® that lack structure and tone. An exceptional resculpting treatment in which features and contours of the face, neck and décolleté are re-tensed and restructured.

#### MICRO PUNCTURE LAB

(60 mins)

A cutting-edge, minimally invasive procedure that utilises nano needles to puncture the skin, thereby activating and stimulating the production of collagen and elastin. This process enhances skin health and appearance through natural mechanisms.

## GLOW

*A true process of revitalisation, through well-versed, holistic practices and innovative, modern techniques. Our facials deliver results that have you looking as good as you feel.*

### ONE& ONLY BESPOKE FACIAL

(60 mins)

Feel deeply cleansed, hydrated and renewed with this rejuvenating facial. Tailored to your skin's precise needs, Tri-Active™ formulas work to transform your complexion while pure aromatherapeutic oils work to calm your mind simultaneously. Leave with a clear, quenched, naturally beautiful skin and your inner calm blissfully restored.

INCLUDES: Skin Analysis – Cleanse – Exfoliation – Facial Massage – Personalised Mask – Scalp Massage

### ESPA NOURISH & GLOW

(60 mins)

This invigorating, nutrient-rich treatment embraces ESPA's holistic approach to restoring radiance, nourishing your skin and soothing your mood so your face glows with vitality.

Dull, lethargic complexions are brightened and refreshed with the power of a sweeping Gua Sha massage, stimulating the lymphatic and circulatory systems and helping boost the flow of blood and nutrients to the skin. Concentrating on your scalp, face, neck and décolleté and combining exfoliation and multi-masking to maximise results, the body, mind and skin feel renewed while your face has a lit-from-within luminosity.

INCLUDES: Skin Analysis – Cleanse & Exfoliation – Facial Massage – Mask – Hand and Arm Guasha Massage

### ESPA PLUMP & BRIGHTEN

(90 mins)

Brighten and revitalise with this intense, instantly effective facial treatment. Innovative formulas unlock nature's power to transform a fatigued or lackluster complexion into fresh, toned, radiantly healthy-looking skin, allowing for your natural glow to be restored.

INCLUDES: Skin Analysis – Triple Cleanse – Exfoliation – Mask – Rose Quartz Crystal Massage – Scalp Massage

### ESPA SMOOTH & SCULPT WITH NUFACE

(90 mins)

An advanced facial treatment using specific products from ESPA Lift & Firm range to improve skin tonicity, firmness and enhance cellular regeneration. This facial uses Tri-Active® ingredients combined with specialised massage facial lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results, the benefits of which can be seen immediately. By incorporating NuFace technology to provide micro currents to lift and firm the skin, the most intensive result possible is achieved.

INCLUDES: Skin Analysis – Triple Cleanse – Exfoliation – Mask – Rose Quartz Crystal Massage – Scalp Massage

### ESPA NATURAL FACE LIFT

(90 mins)

Reveal visibly resilient, healthy-looking, youthful skin. This specialised facial is the complete approach to skin health using cutting edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers give instant results, leaving the skin firm, lifted and beautifully radiant.

INCLUDES: Skin Analysis – Double Cleanse – Japanese Kobido Inspired Facial Massage – Stimulating Jade Rollers – Mask – Scalp Massage

### TREATMENT ENHANCEMENTS

Cleansing Steam & Extractions | **15 mins**

Cooling Cryo Globes | **10 mins**





## VITALITY

*Created to address key concerns which attribute to our guests overall wellbeing. These vitality treatments, delivered cohesively with our guests needs, alleviate, soothe, clear and re-energize tired systems.*

### ESPA TAILORED TIME (120 mins)

Reserve two hours of ESPA Time and our expert therapists will ensure the most suitable treatment is selected and personalised for you. ESPA Time is the easiest and most flexible way to get the most out of your experience, which is convenient, stress free and maximises your treatment results.

### ESPA TARGETED BACK, FACE & SCALP RITUAL (90 mins)

Unravel tension, instantly boost your complexion and restore inner calm with our most renowned treatment. Targeted massage techniques combine with the purest aromatherapy oils and a highly-personalised facial helping you to look and feel your very best – restored, de-stressed and beautifully radiant.

### ESPA POSITIVITY MASSAGE (90 mins)

Unwind and escape the pace of everyday life, emerge feeling positive, self-confident and experience a renewed sense of optimism. Experience total relaxation as an ESPA Expert helps calm both mind and body through guided breathing and visualisation. Areas on the feet are gently massaged using metamorphic techniques to rebalance and ground you, before a soothing massage is performed. Finish with a re-energising scalp massage, using warm rose quartz crystals.

### ESPA CONTOUR & FIRM BODY TREATMENT (120 mins)

A specialised body treatment that combines a detoxifying wrap and advanced body massage to tone and firm the skin. Circulation is stimulated through body exfoliation using warm and iced mitts, followed by a body wrap to be applied to problem areas prone to cellulite, fluid retention and uneven skin texture. Lastly, a lymphatic drainage massage follows to help the body eliminate toxins, tone the skin and revitalise the mind.

## SOOTHE

*Wave goodbye to aches and pains soothe your body and soul with the therapeutic power of massage. Your bespoke, relaxing, total body experience awaits.*

### ONE&ONLY INNER CALM MASSAGE

(60/90 mins)

Quieten your mind, release your tension and nourish your skin with this holistic, restorative experience. Personalised to your physical and emotional needs, carefully chosen aromatherapy blends to help you relax, cleanse or energize, while advanced massage alleviates muscular pressure, soothes anxiety and invokes profound relaxation. Mind and body feel balanced, energy renewed and inner calm beautifully restored.

### ESPA WARMING DEEP MUSCLE MASSAGE

(60/90 mins)

Restore comfort, suppleness and movement with this intensely effective massage. Active stretching, specialised massage techniques and expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised than before.

### ESPA SOOTHING MUSCLE MELT

(90 mins)

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. This tailored hot stone massage unravels persistent muscular tightness and discomfort whilst pure, aromatic essential oils encompass the mind to relieve stress, recharge the mind and leave you feeling rejuvenated.

### ESPA STRENGTH & RESILIENCE MASSAGE

(90 mins)

Release all muscular tension and rediscover a sense of wellbeing with this resilience boosting massage. Inspired by the arduous migration of the painted lady butterfly, this revitalising massage uses aromatherapeutic oils, yogic stretches and deep muscle massage to boost your energy levels and support your immune system. You'll emerge stronger, more resilient, ready to face life's unexpected journeys.

### ESPA MINDFUL MOMENT MASSAGE

(90 mins)

Soothe away stress and return body and mind to the present moment with this holistic and blissfully re-balancing experience. Unique with guided breathing and visualisation combine with deeply therapeutic massage to release physical and emotional anxieties, relax the mind and restore a positive spirit.

### ESPA MUSCLE REVIVER

(45 mins)

Relax and revive body and mind with this multi-targeted massage. Instantly alleviate tension with this powerful yet soothing treatment focusing on the back, face and scalp. Using personally selected essential oils, persistent tension is eased, skin is re-energised, and a positive mindset is restored.

### TREATMENT ENHANCEMENTS

Isotonic Hydra Gel Eye Patches | **within treatment**

Salt & Oil Exfoliation | **30 mins**

Cooling & Invigorating Peppermint Body Polish | **30 mins**





## NURTURE

*The perfect time to soothe, calm and nurture the body and mind. These mother-to-be, and new mothers' treatments focus on areas of tension commonly experienced during or post-pregnancy and are done with the gentleness and luxury that every new parent deserves. Treatments are designed for the period between the fourth and eighth month of pregnancy, and after birth.*

### ESPA PRE-NATAL RELAX & RESTORE

(60/90 mins)

Nurture your changing body and calm your mind with this beautifully comforting treatment. Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

### MOTHER TO BE - SPA RITUAL

(120 mins)

A nurturing ritual to induce deep relaxation and nourishment for the skin of pregnant and nursing mothers during this special time of your life. Includes a foot ritual followed by a locally sourced natural coconut body exfoliation, a full body relaxing massage with ESPA nourishing oil and a soothing scalp massage.



## COUPLES TREATMENT

*Relax in shared serenity with One&Only Spa's Couples Seclusion Treatment. A cocoon of seclusion, relaxation and luxury awaits, tailor-made to ease away the burdens and tensions of the everyday together. Enjoy harmonious reconnection and full-body rejuvenation as these private experiences allow you both the opportunity to completely unwind, ease into a tranquil bliss and leave reconnected, refreshed and renewed.*

### THE TRANQUILLITY TREATMENT

(2.5 hours)

Escape to our sanctuary in city with a 120-minute treatment tailored to you and your partner's individual needs, in our couple's suite. The experience continues with a sensorial bath ceremony and concludes with an indulgent lunch in at our poolside restaurant, Isola.

### THE OASIS EXPERIENCE

(3 hours)

Embark on a journey of relaxation and rejuvenation with our Couple's Oasis Experience, starting with the meditative sound therapy of singing bowls followed by an ESPA Positivity Massage and concluding with a DIY scrub and shower in the seclusion of the couple's suite.





## PEDI: MANI: CURE STUDIO BY BASTIEN GONZALEZ

*Entrust your hands and feet to the care of the world's most Revered podiatrists. Bastien Gonzalez multi-award-winning hand and foot treatments have been described by Vogue as 'The Rolls-Royce of manicures and pedicures.'*

### BASTIEN'S DUO (75mins)

This multi-award-winning treatment takes care of your feet, legs, hands and arms. Manicures and pedicures don't get any better than this. The results will shine through in your strong, healthy and beautiful nails.

### BASTIEN'S PEDICURE (60 mins)

A full foot overhaul to eliminate hard skin and dryness. You'll love this bliss-inducing treatment. A massage from your toes up to your knees will relieve any muscle tension and heaviness as well as stimulates circulation. All topped off with a gentle buffing nail treatment which restores the natural beauty of the nail, leaving it looking healthy and shiny.

### BASTIEN'S MANICURE (45 mins)

An exceptional manicure in three simple steps: a cuticle and nail treatment, natural filing and buffing, followed by a gentle massage of the forearms, wrists, hands and fingers. Your nails will be restored to their natural elegance.

### NAIL BRIGHTNESS (45 mins)

A real treat for the feet, focused on refreshing your nails. Our expert therapists will tidy your cuticles and lightly smooth away any dry skin. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. The treatment ends with a relaxing foot massage with the result being healthy, shiny and naturally beautiful nails.

### FOOT RE-FOUNDATION (35 mins)

Designed for legs feeling heavy, tired or swollen after a long flight, this treatment focuses on your legs and feet. A Black Diamond Scrub exfoliation prepares the feet for the creams used during the massage to relieve muscle tension, aid joint mobility and boost blood circulation.

### GLOBAL RE-FOUNDATION (35 mins)

A soothing and calming massage from the toes up to the knees and from the fingers to the elbows. As our adept therapists massage your hands and feet at the same time, you'll feel your body become lighter, your skin more supple and your joints relax.

### TREATMENT ENHANCEMENTS

Paraffin Touch | **20 mins**

Colour Touch | **20 mins**

Scrub Touch | **10 mins**

## REFINED RELAXATION: HALF & FULL DAY INDULGENCE

### ISLAND ESCAPE

(3.5 hours)

The perfect package for a quick escape to disconnect from the stresses of life.

Full Body Salt & Oil Scrub | **30 mins**

ESPA Bespoke Facial | **60 mins**

Inner Calm Full Body Massage | **60 mins**

*Includes full use of the Thermal and Relaxation Suites and Healthy Spa Lunch*

### ISLAND RETREAT

(4.75 hours)

Step into a world of quiet luxury with the Full Day Indulge package. Designed to pamper and rejuvenate from head to toe, this all-encompassing spa day incorporates a variety of treatments to soothe and restore your mind and body. Every detail is crafted to provide complete relaxation, leaving you feeling radiant and refreshed.

Body Wrap | **60 mins**

Facial | **90 mins**

Empowering Ritual | **90 mins**

*Includes full use of the Thermal and Relaxation Suites and Healthy Spa Lunch*





## HOW TO SPA

### SCHEDULING AN APPOINTMENT

Please contact our Spa Team to schedule an appointment or by dialing extension **5810** on your telephone from within the resort. From outside the resort, please call our direct line: **+27 21 431 5810** or visit [oneandonlycapetown.com](http://oneandonlycapetown.com) or email: [Spa.Reservations@oneandonlycapetown.com](mailto:Spa.Reservations@oneandonlycapetown.com)

To ensure your preferred time is available, we recommend that you book in advance. 50% deposit is required on all bookings.

### CANCELLATION POLICY

Cancellation within 24-hours will incur a 100% charge.

### AGE POLICY

Guests must be above the age of 12, and above the age of 16 to use the hydrothermal facilities.

### ARRIVAL TIME

You are encouraged to arrive one hour prior to your appointment to relax and enjoy the Thermal Suites and facilities at the Spa. Please be advised that late arrivals will result in a reduction of treatment time. We would advise that valuables are left in the Spa lockers or in the safe in your room.

### GIFT VOUCHERS

Our reception team will be happy to help you gift your loved ones their dream treatment.

### PREGNANCY

We have specially designed treatments for expectant mothers. We recommend that you check with your physician before booking any spa service. We are unable to provide treatments to expectant mothers in the first trimester.

### GRATUITY POLICY

Gratuity is not included in any Spa Experiences and is at your own discretion.

### PRICES

All prices are quoted in South African Rand (ZAR) and are inclusive of government consumption tax. Prices are subject to change without prior notice. Prices quoted are per person with the exception of the 'Only Seclusion' treatments.

### HOURS

- One&Only Spa | 8am to 8pm daily
- Bastien Gonzalez | 9am to 6pm daily
- Fitness Centre | 6am to 8pm daily

Treatments are valid until:  
31 October 2025.

We look forward to welcoming you at One&Only Spa.

### LOST PROPERTY

Ask Spa Reception if you lost/misplaced something. We keep all found items on hand for three months; donating items to local charities thereafter.