

theLAB SPA | CAPE TOWN MENU

WE WELCOME YOU TO ENJOY A RELAXING EXPERIENCE WITH US
MON-SAT: 09H00-19H00 | SUN & PUBLIC HOLIDAYS: 09H00-16H00

theLAB His-and-Hers Destress Day Spa Package

R1700 pp

His

theLAB Signature Treatment Massage
theLAB Spa Pedicure
theLAB Stimulating Head Massage

Hers

theLAB Signature Treatment Massage
theLAB Hydrating Facial
theLAB Stimulating Head Massage

Start and end your day relaxing in the steam room or soaking in the jacuzzi or pool
– Choice of a healthy wrap or Chef Salad and a glass of freshly-squeezed orange juice for lunch;
and end the perfect day with a choice of a glass of ice-cold on-tap wine or beer, or a softdrink –

South African
citizens receive
20% discount off
below non-Day
Spa Package
prices

theLAB Hydrating Facial

60 min

R450

A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask while utilizing specially selected aromatic botanicals for restoring balance to the skin whether hydrating, balancing or anti-ageing.

theLAB Wellness Massage

45 /60 min

R550 /R650

This massage treatment concentrates on wellbeing using natural oils with medium pressure to improve blood circulation.

You can opt to have just your back, or legs and feet done for the 45 minute option.

theLAB Signature Treatment Massage

60 min

R750

Using either hot stones or the African Wood instrument, this is a nurturing, all-in one treatment using natural oils, massaging and static stretches leaving your body relaxed and rejuvenated. A treatment designed especially for theLAB guests looking for a unique, relaxing experience.

theLAB Deep Tissue Massage

60 min

R750

This is a deep tissue massage treatment with very firm pressure using deep manipulating and invigorating movements as well as specific muscle treating massage oils to ease muscle aches and pains.

theLAB Defluff Me Body Exfoliation

30 min

R400

A gentle, all over body exfoliation, using grape seeds in a botanical rich cleansing cream. Feel invigorated and revitalized as your body is polished to glowing perfection.

theLAB Moisture Me Body Wrap

90 min

R850

Begins with a theLAB Defluff Me Body Exfoliation; followed with a stroking application of oil to the skin. The session completes with a TheraVine Aloe Verox Mask – which will rehydrate, soothe and calm the skin. It is highly recommended for sun burnt skin.

theLAB Get-Em-Ready Manicure

45 min

R350

theLAB Summer-Ready Pedicure

60 min

R450

This is a deeply nourishing and revitalizing treatment for feet that includes a nail cut-and-file, thorough exfoliation and foot massage, finished by your nails being varnished with a colour of your choice.

Terms and conditions

Booking in advance is recommended to avoid any disappointment | Late arrival will result in a reduction of treatment time, while full treatment fee will apply | We recommend clients to arrive 10min prior to their treatment(s) | theLAB SPA vouchers are available and are valid for 6 months from the date of purchase. The original voucher must be presented on arrival at reception | No person under the age of 12 allowed in the Spa | 24 hour cancellation or 50% of the treatment would be charged | Kindly turn off all cellular telephones | Refrain from loud conversation/s as treatment might be in progress | No smoking policy is applicable | Method of payment : Cash, Credit card; Room charge (applicable to in house guest only)

Phone 021 790 5080 | theLAB.africa/capetown



Book
Now!!