

theLAB SPA | CAPE TOWN MENU

WE WELCOME YOU TO ENJOY A RELAXING EXPERIENCE WITH US

**Book
Now**

Phone 021 790 5080 | capetown@thelab.africa | theLAB.africa/cape-town
<https://outlook.office365.com/owa/calendar/theLABLIFESTYLECapeTown@livinafrica.co.za/bookings>

theLAB His-and-Hers Destress Day Spa Package	R1800 pp
His	Hers
theLAB Signature Treatment Massage	theLAB Signature Treatment Massage
theLAB Spa Pedicure	theLAB Hydrating Facial
theLAB Stimulating Head Massage	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 –

theLAB Hydrating Facial	60 min	R800
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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	R600 /R800
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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	R850
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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	R900
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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	R450
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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	60 min	R650
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A stroking application of oil to the skin completes with a TheraVine Aloe Verox Mask – which will rehydrate, sooth and calm the skin.

theLAB Get-Em-Ready Manicure	60 min	R400
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theLAB Summer-Ready Pedicure	60 min	R500
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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)

