

theLAB SPA | CAPE TOWN MENU

WE WELCOME YOU TO ENJOY A RELAXING EXPERIENCE WITH US

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**Book
Now**

theLAB Precious Moments Couples Massage 60 min R1700 per couple

Indulge in a personalised, side-by-side bespoke massage, tailored to your needs.
Pure relaxation with that special someone in your life.

theLAB His-and-Hers Destress Day Spa Package R1800 per person

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 by the pool or at the pool-side bar
– *Choice of a healthy wrap or Chef Salad and a glass of orange juice for lunch;*
and end the perfect day with a choice of a glass of on-tap wine or beer, or a softdrink –

theLAB Hydrating Facial 60 min R800

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

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

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

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 & pains

theLAB Defluff Me Body Exfoliation 30 min R450

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

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

theLAB Get-Em-Ready Pedicure 60 min R500

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.

Generic Add Ons : Gelish : R100 extra (as an option add-on to manicures and pedicures);
2 X Glasses of Champagne R150; Strawberries & chocolates R150

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 guests only)

