

FACIAL TREATMENTS

All our facials are suitable for both male and female clients and include an eyebrow shaping. For best results, ask your therapist for advice as to which facial would benefit your skin most.

Hydradermie 1h15 R590

A SPECTACULAR TREATMENT WITH AN INTERNATIONAL REPUTATION.

A beauty treatment with visible lasting results, which imbues the skin with wellbeing.

Hydradermie Hydra Plus 1h30 R850

A DELUXE TREATMENT WITH VISIBLE AND LASTING RESULTS.

The classic Hydradermie facial, including the delicate eye and neck areas using separate gels, serums, creams and masks for each area.

Balancing Facial 1h15 R690

THE ESSENCE OF NATURE RESTORES THE SKIN.

This facial treatment uses selected essential oils for restoring balance to the skin and includes deep pore cleansing to gently remove surface impurities.

Hydradermie Deluxe 1h45 R1100

THE ULTIMATE FACE LIFT AND CELLULAR REJUVENATION.

A Hydradermie facial combined with the Hydradermie Lift for the ultimate hydration and lifting effects.

Hydradermie For Men 1h15 R620

THE ULTIMATE AGE DEFYING FACIAL TREATMENT.

A renewed skin tone and a healthy complexion in the beard regions and the rebalancing and restoration of skin aggravated by shaving, pollution and overexposure to the environment.

Beauté Neuve 45 Min R620

THE RENEWING PEELING TREATMENT.

A Beauté Neuve double peeling treatment with fruit acids, glycolic acids and pure vitamin C; a treatment for youth, radiance and anti-pigmentation.

Hydrating Facial 1h15 R690

THIS FACIAL IS DESIGNED FOR DEEP HYDRATING OF THE SKIN.

A TheraVINE moisturising cream mask is applied over the aroma-therapeutic essential oils to bond moisture molecules to the skin, leaving it feeling soft to the touch.

Deluxe Anti-Ageing Facial 1h30 R850

GOOD FOR SKINS SHOWING LOSS OF ELASTICITY.

This replenishing treatment assists in minimising fine lines and wrinkles using specialised skin boosters and anti-ageing botanicals. A specialised filmogenic mask is applied, leaving the complexion looking rejuvenated.

Deep Cleanse 60 Min R520

A CLASSIC FACIAL FOR THOSE ON THE GO.

Steaming, thorough deep-pore cleansing, exfoliation, mask, toning, eye cream and moisturiser. This facial leaves your face feeling balanced, refreshed and clean.

Massage Therapy

Kindly request your therapist for a deeper massage should you feel the pressure is too soft.

Tension Neck & Back	30 Min	R390
Aromatherapy	60 Min	R550
Swedish	60 Min	R550
Deep Tissue	60 Min	R610
Hot Stone	60 Min	R690
Foot Therapy	45 Min	R490
Hair and Scalp Therapy	30 Min	R320
Heavy Leg Treatment	30 Min	R325
Sinus Mint Massage	15 Min	R210
Additional Massage Time	15 Min	R140

Body Treatments

Exfoliating Marine Scrub	30 Min	R325
Detox Body Wrap	60 Min	R490
Cellulite Body Wrap	60 Min	R590
Relaxation Body Cream Wrap	1h45	R590
Recharging Body Clay Wrap	1h30	R590
Self Tan With Exfoliation	60 Min	R520

Hands & Feet

Manicure	60 Min	R280
Pedicure	60 Min	R320
Mint Signature Manicure & Pedicure	2h00	R380
File & Re-varnish	30 Min	R120
Detox Foot Bath	40 Min	R180
Paraffin add-on		R50
French Polish		R25

Tinting & Waxing

Lashes/Brows Tint/Shape each	10+ Mins	R70 ea
Legs – Half	30 Min	R150
Legs – Full	60 Min	R200
Underarm	15 Min	R90
Bikini	30 Min	R150
Chest & Back	50 Min	R240
Lip Or Chin Or Brow Wax	10 Min	R40

Alternative Treatments

Only at The Bay Hotel

Hydrotherapy	20 Min	R250+
Anti Stress Bath	20 Min	R250
Musculavine Bath Soak	20 Min	R250
Hydravine Rich Bath Milk Ritual	20 Min	R250

Specialised Treatments

Subject To Availability

Sauna Session ••	30 Min	R90
Makeup (Day/Evening/Bridal)	45 Min	R380
Botox (Per Area & Dosage)	60 Min	PO.A
Fillers	60 Min	PO.A
Peels	60 Min	PO.A
Skin Rejuvenation	60 Min	PO.A
Speciality Massage	1h30	R750

Nail Enhancements

Gel nails and tips are the non-damaging, fast and long lasting way to achieve thin, flexible and natural looking nails, instantly.

Full Set	120 Min	R340
Overlays (Fingers / Toes)	90 Min	R260
Fills	60 Min	R200
Fix	15 Min	R40
Soak Off	60 Min	R70

Fitness First

Join our Fitness Director, Laura, for a fun hour twice a week on Tuesday and Thursday mornings. This unconventional combination of Yoga and Pilates, 'Yoga-Lates', will give you a great workout, or book Laura for a personal training session for one-on-one time in the comfort of your hotel room.

Yoga-Lates Classes	60 min	R125
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Deck/Poolside/In-room* Treatments

Tension Neck & Back	30 Min	R390
Aromatherapy	60 Min	R550
Swedish	60 Min	R550
Deep Tissue	60 Min	R610
Hot Stone	60 Min	R690
Foot Therapy	45 Min	R490
Hair and Scalp Therapy	30 Min	R320
Heavy Leg Treatment	30 Min	R325
Sinus Mint Massage	15 Min	R210
Additional Massage Time	15 Min	R140
Mini Manicure	20 Min	R140
Mini Pedicure	20 Min	R160

**A surcharge applies for all in-room treatments*

PACKAGES

King/Queen For a Day	8h15	R2750
Chauffeur Drive Transport Services Pick up		(Excluding
Sparkling Wine On Arrival		Chauffeur
Cleansing Foot Bath		Service)
Full Body Exfoliation		
Swedish Massage		
Hydradermie Facial		
Paraffin Wax Manicure		
Paraffin Wax Pedicure		
Lunch		
Hair		
Chauffeur Drive Transport Services Drop Off		

Flu Buster	2h45	R1475
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Sinus Massage		
Head Therapy		
Deep Cleanse Facial		
Aromatherapy Massage With Mint Oils		

Bath Delight (In-room)	1h25	R900
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Swedish Massage x 1		
Candles		
Music		
Bubble Bath With Essential Oils And Rose Petals		
Sparkling Wine		



The Busy Executive Express Facial Tension Neck & Back Massage Express Manicure Express Pedicure	1h40	R1150
Thalassotherapy• Exfoliating Marine Scrub Toning Body Wrap Marine Algae Bath Anti-Cellulite Gel Advanced Body Lotion Moisturising Mist	3h00	R910
Mother To Be Tension Neck & Back Massage Heavy Leg Massage Beauté Neuve Facial Paraffin Wax Manicure Paraffin Wax Pedicure	3h45	R1900
After Sun Rejuvenation• Marine Algae Bath Advanced Body Lotion Moisturising Mist Pedicure	2h00	R600
Tired Muscles• Exfoliating Marine Scrub Marine Algae Bath Deep Tissue Massage Advanced Body Lotion Foot Therapy Moisturising Mist	3h45	R1525
Indulge Yourself Exfoliating Marine Scrub Aromatherapy Massage Hydradermie Deluxe Lash Tint Manicure Pedicure	6h00	R2400
Jet Lag Exfoliating Marine Scrub Swedish Massage Aromatic "Pick-me-up" Facial	2h45	R1225
Stress Reliever Exfoliating Marine Scrub Toning Body Wrap Swedish Massage Head Therapy Foot Therapy	4h45	R1950

- * Open 7 Days a Week
- * Hours extended by appointment.
- * Monthly specials available on our website or contact reservations.
- * Gift vouchers available.
- * Treatments by appointment.
- * Breakfast, brunch, lunch, picnics & dinner by arrangement.
- * A robe, slippers and disposable underwear are available for your use.
- * Regular clients may apply for our membership programme and enjoy great privileges.
- * The order of the treatments specified may change at the discretion of the therapist and all times specified are guidelines only.
- * A 25% surcharge will be levied on rates for appointments made outside of the normal operating hours or for off-site treatments and groups.
- * Prices are subject to change without notice.

CANCELLATION POLICY

- * Bookings cancelled with less than 5 hours notice, will be charged at 50% at the discretion of the Spa Manager.
- * For non arrivals, the full treatment charge will apply.
- * Late arrivals' treatment time will be reduced accordingly but will still be charged at full price.

- Only available at Mint Wellness @ The Bay Hotel
- Only available at Mint Wellness @ Camps Bay Retreat

THE BAY HOTEL +27 21 438 4444
 CAMPS BAY RETREAT +27 21 437 8300
 THE FARMHOUSE HOTEL +27 22 772 2062
 MANAGER ALL HOURS +27 82 825 8393
 www.mintwellness.com

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