



MOUNT NELSON

A BELMONT HOTEL
CAPE TOWN

LIBRISA SPA MENU AND
WELLNESS PROGRAMME

SPA MENU

WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga in our picturesque gardens or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh your body, mind and soul.

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O1 RELAX AND REVIVE AT LIBRISA SPA

We invite you to unwind in our healing sanctuary, housed in three stylishly restored Victorian heritage homes near our main pool. Dedicated to the harmony and wellbeing of yourself, the earth and our environment, it's a place to indulge your senses and rejuvenate your body.

Enjoy restorative rituals inspired by African healing techniques and featuring nourishing local botanicals. Choose from a blissful range of massages, body wraps and facials, as well as dedicated treatments for teenagers. We offer eight treatment rooms, including two couple's rooms, a tranquil conservatory where you can enjoy a selection of herbal teas, a plunge pool, steam bath and Finnish sauna.

Please enjoy the complimentary use of all our spaces during your visit.

All treatments are suitable for both men and women, unless otherwise stated.

Opening times: Monday to Sunday 09:00-19:00.

Access: Find us next to the main swimming pool.

Reservations: Extension 1553/1554

02 **MASSAGES**

HOT STONE MASSAGE

60 / 90 MINUTES

Prepare to loosen up as heated stones are placed on your body and used in combination with our therapist's healing hands to release tension, soothe aching muscles and leave you feeling wonderfully relaxed. Choose from a 90-minute or 60-minute full body massage

DEEP TISSUE MASSAGE

60 / 90 MINUTES

Target specific areas of tension with this firm massage that focuses on the deep layers of muscle and tissue. Your body will feel more flexible, supple and stress-free. Choose from a 90-minute or 60-minute full body massage.

AROMATHERAPY MASSAGE

60 / 90 MINUTES

Breathe deeply as, in combination with gentle strokes, we use a blend of essential oils to rebalance, revitalise or purify the body. Choose from a 90-minute or 60-minute full body massage.

FOOT REFLEXOLOGY

40 / 60 MINUTES

By placing pressure on different areas of the feet, we can restore the flow of energy throughout the entire body and restore a sense of balance.

PRENATAL MASSAGE

75 MINUTES

Mothers-to-be need extra care and this therapy, devised especially for pregnant women, can reduce anxiety while relieving muscle aches and joint pain.

03 **BODY RITUALS**

DESERT GLOW

40 MINUTES

Treat your body to a marula and sugar full-body exfoliation. Extracted from the kernel of the eponymous fruit, marula is so rich in antioxidants it's known as "miracle" oil in the beauty industry. Emerge super-smooth and glowing.

BOUTIQUE SPA

90 MINUTES

Tailor your bespoke spa experience by selecting three 30-minute treatments from the following:

Full body scrub

Back, neck and shoulder massage with Bellabaci cupping

Customised facial

Therapeutic pressure point foot massage

04 FACIAL THERAPIES

SOTHYS FACIALS

FUNDAMENTAL FACIAL

60 MINUTES

Our expert somatologist will adapt this treatment to your skin's individual needs. Select from Anti-Ageing, Ultra Soothing, Moisturising/Hydrating and Deep Cleanse to maintain and improve a beautiful and healthy complexion.

BRIGHTENING ADVANCED TREATMENT

60 MINUTES

This brightening treatment combines Pure Vitamin C concentrate with Alpha and Beta Hydroxyl acids for intensive cellular renewal, and is designed to target uneven complexions with hyperpigmentation as well as sun-damaged skin lacking in energy and vitality.

P3 TRI-COMPLEX YOUTH INTENSIVE TREATMENT

90 MINUTES

Combined with a scientific approach, Sothys anti-ageing Intensive Treatment uses the P3 tri-complex of saffron, sophora and peptides to restore the skin's youth. Fight against oxidative stress and biological ageing with this scientifically proven facial treatment. An exfoliating, stimulating massage and double dermo filling mask leaves the skin feeling fresh, plump and youthful.

ENERGISING INTENSIVE TREATMENT

90 MINUTES

Give tired, dull complexions a rejuvenating boost with this intensive treatment. Siberian Ginseng envelops the skin in a wave of light and reveals its youthfulness. The skin is highlighted and its natural beauty is revealed. It optimises the skin's resistance to daily stress and restores the skin's energy. Suitable for all skin types, ages and seasons.

05 **PACKAGES OF BLISS**

LIBRISA SPA JOURNEY OF DISCOVERY

180 / 240 MINUTES

Treat yourself to a full or half day of spa bliss. The full day includes four treatments of your choice while the half day includes two.

Manicure or pedicure
Bespoke facial
Aromatherapy Massage
Full Body Polish with body wrap

RESTORATIVE BODY AND FACE RITUAL

120 MINUTES

Harmonise your body's energy field with this therapy using African ingredients selected for their potent healing power. Naturally rich plant-based oils and botanicals are used to buff and soothe your body and leave your complexion radiant and glowing. The ritual includes a 30-minute body exfoliation, 30-minute body wrap and 60-minute facial.

06 **HAND AND FOOT TREATMENTS**

SPA MANICURE

60 MINUTES

Treat your hands and fingernails to a massage and manicure, choosing between French, varnish or a men's manicure.

SPA PEDICURE

60 MINUTES

Enhance the appearance of your feet and toenails with a massage and pedicure. Choose between French, varnish or a men's pedicure.

07 FINISHING TOUCHES

TINTING

Lash Tint	30 MINUTES
Brow Tint	20 MINUTES
Lash & Brow Tint	45 MINUTES

WAXING

Hollywood (including full frontal and G-string area)	60 MINUTES
Brazilian (full frontal)	45 MINUTES
Standard bikini (sides only)	30 MINUTES
Full leg	60 MINUTES
1/2 leg (top or bottom)	30 MINUTES
Back wax	60 MINUTES

09 **PRICE LIST**

CANCELLATIONS

We ask that you make any cancellation or changes to treatments at least 24 hours before your appointment to avoid a 50% cancellation charge. A no-show will result in a full charge.

ARRIVAL

We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort, we provide a bathrobe, slippers and disposable undergarments, as well as complimentary shampoo and spa body products. Do bring your own bathing costume to enjoy our plunge pool. As a courtesy to other guests, should you arrive late, we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

Our spa is a non-smoking facility and consumption of alcohol is prohibited. It's advisable to avoid consuming alcohol or heavy foods prior to or directly after a spa treatment. For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like special attention, and of any areas to be avoided. During your treatment, please let the therapist know if you might feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

GRATUITIES

Our prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

GIFT CARDS

Our gift certificates make perfect presents for spa lovers and fitness fans. Choose an individual treatment, a special package or a voucher for a specific denomination.

09 PRICE LIST

HOT STONE MASSAGE	60 MINUTES	1190
HOT STONE MASSAGE	90 MINUTES	1420
DEEP TISSUE MASSAGE	60 MINUTES	1190
DEEP TISSUE MASSAGE	90 MINUTES	1420
AROMATHERAPY MASSAGE	60 MINUTES	1160
AROMATHERAPY MASSAGE	90 MINUTES	1240
REFLEXOLOGY	40 MINUTES	865
REFLEXOLOGY	60 MINUTES	1170
PRENATAL MASSAGE	60 MINUTES	1150

BODY RITUALS

DESERT GLOW		690
BOUTIQUE SPA		2020

SOTHYS FACIALS

FUNDEMENTAL FACIAL	60 MINUTES	810
BRIGHTENING ADVANCED TREATMENT	60 MINUTES	810
BP3 TRI-COMPLEX YOUTH INTENSIVE TREATMENT	90 MINUTES	970
ENERGISING INTENSIVE TREATMENT	90 MINUTES	970

09 PRICE LIST

SPA DAY PACKAGES

LIBRISA SPA JOURNEY OF DISCOVERY	180 MINUTES	2970
LIBRISA SPA JOURNEY OF DISCOVERY	240 MINUTES	4780
RESTORATIVE FACE AND BODY RITUAL	120 MINUTES	1980

FINISHING TOUCHES

SPA MANICURE	60 MINUTES	540
SPA PEDICURE	60 MINUTES	670
LASH TINT	30 MINUTES	175
BROW TINT	20 MINUTES	130
LASH AND BROW TINT	45 MINUTES	250

WAXING

HOLLYWOOD	60 MINUTES	390
BRAZILIAN	45 MINUTES	370
STANDARD BIKINI	30 MINUTES	240
FULL LEG	60 MINUTES	410
½ LEG	30 MINUTES	240
BACK WAX	60 MINUTES	440

