



WHALE VIEW MANOR AND SPA



402 Main Road, Murdock Valley, Simon's Town, Cape Town  
Email :[spa@whaleviewmanor.co.za](mailto:spa@whaleviewmanor.co.za) [www.whaleviewmanor.co.za](http://www.whaleviewmanor.co.za)  
Tel: 021-786 3291



## **BODY EXPERIENCE**

### **Bespoke Herbal Oil Massage**

30 min Back, Neck & Shoulder	R660
45 min Back Neck and Shoulder	R790
60 min Full Body Massage	R890
90 min Full Body Massage	R975
120 min Full Body Massage	R1620

You may choose from a range of AFRICOLOGY aromatherapy-infused massage oils, which are warmly applied and massaged deeply onto the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies

### **Body Bliss**

60 min R1050

Includes a skin polish using Marula & Walnut micro particles, for your back with your choice of wrap to provide maximum nutrition and refresh the skin.

Complete your pampering with a 30 min Back, Neck and Shoulder Massage using our range of botanical oils and balms

### **Balancing Scalp and Leg Ritual**

45 min

R790

A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance.

With a cooling coffee and mint wrap applied to legs to reduce water retention and combat the ailments of jet lag

### **A Perfect Pamper**

45 min

R975

This treatment begins with a 30 min Back, Neck and Shoulder Massage, and includes a 15 min foot and leg massage.

Book for Breakfast or a Cheese Board with your choice of beverage

### **Petit Pamper Package**

130 min

R1580

When time is of the essence –Petit Manicure, Petit Pedicure, Facial and Back, Neck and Shoulder Massage delivered in 130 minutes

## **FACIAL EXPERIENCE**

### **Petit Facial**

30 min

R550

A petit facial treatment designed to give the skin a boost

### **Bespoke Facial**

60 min

R890

Focus on your skins specific needs, with our Botanical wonder serums  
Includes any combination of anti-ageing, balancing, boosting and soothing

### **Signature Facial**

90 min

R1570

Our de-stressing, anti-ageing, cell renewal facial is rich in natural oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. This signature treatment includes a back scrub and massage, facial as well as foot & leg scrub with massage. Making it the most indulgent experience.

## **HAND AND FEET TREATMENT**

### **Petit Manicure**

30 min R395

Exfoliation of hands, nail and cuticle cut and file and ending with a nail colour of your choice.

### **Luxury Manicure**

60 min R525

Hands are exfoliated to remove all dead skin cells, for an enhanced treatment. We treat, cut and file your nails and cuticles, followed by a relaxing hand massage and ending with a nail colour of your choice.

### **Petit Pedicure**

30 min R476

Exfoliation of feet, nail and cuticle cut and file and ending with a nail colour of your choice.

### **Luxury Pedicure**

60 min R595

Feet are exfoliated to remove all dead skin cells, for an enhanced treatment. We treat, cut and file your cuticles, followed by a relaxing foot massage and ending with a nail colour of your choice.

### **Reflexology**

60 min R790

Relaxing feet treatment which balances body systems and encourages self healing.

### **Head To Foot Harmony**

90 min R1255

Foot Reflexology including a Back and Neck massage and a Relaxing Shiatsu Scalp massage.

### **Spa Ritual**

2.5 hours R1900

Foot Cleanse Ritual, including a Facial and Full Body Massage.

## **Whale View Manor Signature Day Package**

3 hours

R2500

Starting with a Hand and Foot Ritual we will get you ready to be renewed. You will then be treated to an invigorating Back Polish that will leave your skin feeling rejuvenated

Now, with the soft sounds of nature in your ears, the fragrance of our amazing African Organic Blends that will make you feel relaxed and feel the calming application of our botanical body wrap. Your therapist will wrap and warm you up, while your mind drifts.

Feel the soothing hands of your therapist as she applies warm oil and balms then experience the relaxing Full Body Massage as the final treat, waking you gently from your slumber.

Then join us on the balcony (weather dependent) for a delicious Cheese and Fruit Platter with a glass of wine

### **TREATMENT BOOSTERS**

Hand Scrub and Massage	15 min <b>R276</b>
Foot Scrub and Massage	15 min <b>R276</b>
Scalp Massage	15 min <b>R276</b>
Back Scrub	15 min <b>R276</b>
Back Wrap	15 min <b>R276</b>
Nail File & Paint	15min <b>R287</b>
Gel Application	<b>R476</b>
Gel Add on to Luxury Mani or Pedi	<b>R240</b>
Gel Removal includes buff, file and paint	<b>R476</b>
Soak-off	<b>R146</b>

### **GROOMING**

Eyebrow Tint	<b>R152</b>
Eyelash Tint	<b>R175</b>
Brow & Lash Tint	<b>R287</b>
Eyebrow Shape	<b>R152</b>

### **EYELASH EXTENSION**

Full Set	<b>R1080</b>
Half Set/Fill	<b>R632</b>
Removal	<b>R476</b>

Whale View Manor warmly welcomes you to our Spa, and trust you will enjoy your experience with us. Please take note of the following:

1. All spa treatments will be confirmed within 48 hours of the date booked
2. Please note that a 48 hour cancellation policy applies
3. Operating hours : Mon – Sat 9am until 5pm, closed on Sundays and Public Holidays
4. Credit card number required to secure your booking. Cancellations on the day or no show will result in the full amount being processed
5. Any packages, couple or group bookings will require full payment on booking
6. Arrive at least 10 minutes prior to your treatment
7. Late arrivals will unfortunately mean reduced treatment times
8. Cellular phones to be on silent or turned off
9. Minors should be accompanied by an adult
10. Please inform us of any health conditions, allergies or injuries that could affect your treatment, or if you are pregnant
11. Gift vouchers are non-refundable and should be used within the 3 month period
12. Vouchers may not be exchanged for cash
13. Please ensure when booking your voucher number is stated and the voucher handed in on the day of the treatment
14. Prices for treatments are subject to change on our website without notice
15. Couples treatments are subject to availability
16. We have the right to refuse service to any client
17. Inappropriate conduct or language during a treatment will result in immediate termination of the treatment