Abalone
Wellness Suite

For hotel guest bookings please dial 200
Alternatively please contact us at (022) 752 2044

Abalone Wellness Suite

Experience the sheer bliss of total tranquillity by spoiling yourself and your partner with a selection of body and skin treatments in the peaceful space of our Spa Room.

Leave stress, tension and troubles behind as our experienced therapists help your mind relax and regain its balance. You can choose from a variety of spa treatments and enjoy the benefits of our heated pools and sauna.



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Swedish Massage Treatments

Our innovative water massage technology lends an industry-leading, wellness-focused approach to Relax, Recover and Rejuvenate.

Massages

Soothe tired muscles with a gentle Swedish massage inspired by authentic Western techniques. It is a classic gentle massage that uses oils or lotion to relax muscles, boost circulation, and ease tension. Let our trained therapists massage specific pressure points to release toxins from your body, and bring you into harmonious alignment physically, emotionally and spiritually.

SWEDISH MASSAGE *Full Body*
- Individual - **60min** - R1300 / **90min** - R1650
- Couples - **60min** - R2450 / **90min** - R2850

HOT STONE MASSAGE *Full Body*
- Individual - **60min** - R1350 / **90min** - R1950
- Couples - **60min** - R2650 / **90min** - R3250

SIGNATURE DEEP TISSUE *Full Body*
- Individual - **60min** - R1350 / **90min** - R1950
- Couples - **60min** - R2650 / **90min** - R3250

ABALONE SPA PACKAGE
Individual - R1750 / **Couples** - R2850
60min Massage & 30min Body Scrub (90min)
A glorious experience created by bringing together hot and cold therapy, for deep relaxation. A gorgeous experience created by bringing together hot and cold therapy, for deep relaxation

ABALONE DELIGHT SPA PACKAGE
Individual - R1950 / **Couples** - R3800
60min Massage & 60min Facial (120min)
The perfect package to disconnect from the stresses of life. Includes a relaxing Swedish body massage and hydrating facial treatment.

INDOCEANE RITUAL SPA PACKAGE

Individual - R2300 / **Couples** - R3950
60min Massage, 30min Body Scrub & 30min Wrap (120min)
Close your eyes and be swept away in a dream of serenity on a journey to the Far East: with each stop over, rich fragrances and gorgeous colours intertwine with the wealth of the sea, so that the body can let go in total harmony.

Facials

Award winning skincare quality you deserve!
Dr Grandel provides a true process of revitalization, through holistic practices and modern innovative technology. Our facials will deliver results and we aim to give you the ultimate glow and unforgettable experience.

HYDRO ANTI-AGEING

- **Individual** - 60min - R1250
- **Couples** - 60min - R2500

Post Treatment Relaxation

After your treatment indulge in a refreshing drink or try our selection of the Cape's finest wines, which we have sourced from estates with a view to complementing our food and ambience.

Following your spa appointment, further release muscle tension in our sauna or plunge into one of the heated pools or jacuzzi to further boost your circulation. Replenish your energy with some food from our restaurant.





DR. GRANDEL
KOSMETIK

THALGO
LA BEAUTÉ MARINE