

MEN'S GROOMING

Hand Grooming

30 mins R135

With Moisturising and Massage

45 mins R170

Foot Grooming

30 mins R200

With Moisturising and Massage

45 mins R230

Babor Express Facial

Deep cleanse, tone and moisturize

Products adapted to your skin type

30 mins R350

Pure Treatment Facial – by Babor

This treatment is for problematic skin; this comprehensive treatment effectively balances the skin flora and leaves the complexion looking defined and refreshed

60 mins R600

Babor Men's Relaxing Treatment

Daily shaving takes its toll, and often injures the skin, this treatment thoroughly moisturizes, desensitizes and restores the skin's elasticity

90 mins R600

Phytomer Express Facial

Cleanse, exfoliate and moisturize

Leaves skin revitalised

30 mins R330

Rejuvenating Men's Facial with Back Detox - by Phytomer

A holistic treatment for the face that targets areas of concern. Cleansing, purifying and rejuvenating. The treatment begins with a back scrub, then a self-heating mud is applied to the back that relaxes muscles and detoxifies.

75 mins R700



SUNCOAST HOTEL & TOWERS

Open seven days a week

08h00 - 21h00

9th Floor, The Towers

Tel: (031) 314 7900

email: suncoastspa1@southern.sun.com

The treatments you select are reserved especially for you.

Guests will be charged 50% cancellation fee for treatments

cancelled less than 6 hours in advance.

BODY TREATMENTS

BABOR

Khanya of Africa

A mysterious and mystical journey to Africa. Awaken your body's energies with a salt exfoliation and African massage.

90 minutes R600

Shadiva of India

An holistic top to toe treatment, to create inner balance and harmony.

90 minutes R600

Algae Firming Wrap

This treatment includes an exfoliation, promotes the circulation, relaxes the muscles and leaves the skin feeling warm, nourished, moisturized and comfortable.

60 mins R500

Babor Herbal Scrub with Bath

This intensive exfoliation leaves your skin beautifully soft and supple. An infusion of your selected herbs is prepared in a warm bath. Relax and enjoy the view of the Indian Ocean from your private spa.

60 mins R500

Cleopatra Milk Wrap

Feel like she did! Queen for the day, this treatment, cleansers, exfoliates and moisturises the entire body, leaving your skin replenished, nourished satin smooth and caressed.

60 mins R400

Spa Bath Therapy

Cleopatra Milk – relaxing and moisturising - R200

Oligomer – de-stressing, invigorating & remineralising - R200

Alguomer – detoxifying and contouring - R200

Crystal – lavender infused bath releasing hundreds of relaxing bubbles - R200

BODY TREATMENTS

PHYTOMER

Sea Satin Treatment

This body exfoliation has marine salt crystals to polish your entire body, then moisturise and your skin is left re-mineralised, soft and silky

30 mins R250

Remineralizing Body Wrap

This treatment begins with a gentle exfoliation, followed with a warm aromatic body mask, which combines trace elements from seawater and essential oils. Your skin is enveloped in a luxurious body cream, leaving you feeling invigorated and relaxed

60 mins R450

Body Cocooning Treatment

The exfoliation rids the body of dry and dead skin cells and prepares the skin for absorption of the oils and nutrients, whilst the muscles relax, then followed by a warm marine based wrap for either detoxification or contouring

60 mins R550

MASSAGE OFFERINGS

The Sea Whisperer

Relax to the flowing sequence of this our Signature massage, a fusion of massage styles from around the world to lull you into a blissfully relaxed state.

60 mins R500 75 mins R550 90 mins R660

Serene Soul Massage

This intuitive massage can be designed with you in mind, your practitioner will concentrate on your specific needs, should it be extra attention to the back, deep tissue or de-stress. Please discuss with your practitioner.

60 mins R480 75 mins R520

Rhythm of the Back

A favourite for 'busy' people! This relaxing experience is a massage for the entire back of the body and directs most attention to the back and neck, finishing with the head and feet.

45 mins R450

Dancing Fingers

Two therapists, massage in tandem and harmony. This massage will transport you to Indian islands of peace and tranquility.

45 mins R800

Ayurveda - Shirodhara Treatment

This treatment drips oil in a steady stream onto the forehead, this therapy works on a deep level to quiet the mind and is calming and relaxing, freeing the mind and enhancing concentration and induces a good sleep.

45 mins R400

Back massage	30 mins	R300
Indian head massage	30 mins	R250
Reflexology	30 mins	R250
Revive leg massage	30 mins	R250
Foot massage	30 mins	R150

FACIALS

Radiance facial - by Phytomer

This express treatment leaves the skin cleansed, soft and restored

30 mins R330

Sea water pearl facial - by Phytomer

This unique treatment increases the skins hydration levels by infusing sea water pearls through a marine bolus system.

The skin is left hydrated, supple and glowing

60 mins R500

Whitening treatment - by Phytomer

A facial specifically aimed at pigmentation, reducing dark marks and bringing uniformity to the complexion whilst enhancing brightness and radiance

60 mins R550

Anti-Ageing facial - by Phytomer

This treatment is designed to transform the skin as it firms, refines and tones. This facial combats the signs of ageing & loss of elasticity by balancing the skin and hydrating with marine water.

75 mins R680

System gold express facial - by Babor

Cleanse, exfoliate, mask and moisturise, products will be adapted for your skin type

30 mins R350

Pure Treatment Facial - by Babor

This treatment is for problematic skin; a comprehensive treatment effectively balances the skin flora and leaves the complexion looking defined and refreshed

60 mins R450

Energising Oxygenating Treatment - by Babor

Boosts the skins own energy, and has a powerful regenerating effect. For an instant radiance that lasts.

90 mins R650

Moist Intense Treatment - by Babor

This intensively hydrating facial, saturates the skin with moisture, plumping it up & leaves the skin moist, smooth & rejuvenated

90 mins R700

HAND AND FOOT CARE

Manicure and Polish

60 mins R200

Spa Manicure and polish with moisturising and massage

75 mins R240

Pedicure and Polish

60 mins R220

Spa Pedicure with mask and leg massage

75 mins R320

WAXING

Yes we do! Please enquire at reception

TINTING

Eyebrows

20 mins R45

Eyelashes

20/30 mins R55

10/10/10

SPA "COLLECTIONS"

Pursuit

Babor express facial

Back massage

1 hour R550

Mood

Phytomer Men's rejuvenating facial

Sea Whisperer Massage

2 hours R1000

Reflect

Shirodhara Treatment

Dancing fingers massage (two therapists)

1½ hours R1100

Gaze

Manicure and polish

Pedicure and polish

Seawater pearls – hydrating facial- by Phytomer

Rhythm the back massage

4 hours R1250

Repair

Phytomer anti-ageing facial

Phytomer body wrap

Serene soul sequence massage

3½ hours R1500

Indian Ocean Dream

Sea Whisper Massage – 90 minutes

Babor Oxygenating facial

Cleopatra Milk Wrap

Manicure and polish

Pedicure and polish

7 hours R2000