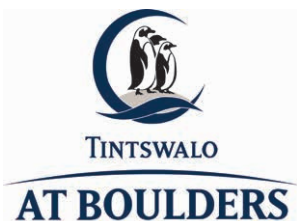
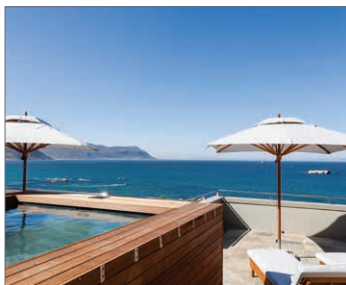


# Spa Services



Tintswalo at Boulders  
7 Gay Road, Simon's Town, Cape Town  
Tel 021 612 0113  
[www.tintswalo.com](http://www.tintswalo.com)

## Massages

Full Body Massage	60min	R1 050
	90 min	R1 500

A deeply relaxing and pampering massage suitable for all needs. Soft, medium or firm pressure can be applied according to your preference.

Lava Shell (Hot Stone)	60min	R1 050
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Heated porcelain lava shell massage will ease tension & stiff muscles. A relaxing treat for a tired body.

Lymph Drainage	60min	R1 050
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This is a gentle and light, yet relaxing massage in creating blood circulation and lymph.

Mommy-To-Be Message	60min	R1 050
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Pre-natal massage shares many of the goals of regular massage – to relax tense muscles, ease sore spots, improve circulation and mobility and just to make you feel good. A non-aromatic oil will be used

## Facial Treatments

Aromatic Facial	60min	R 1 200
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A facial that leaves skin feeling rejuvenated & revitalized. A deep ex-foliation, followed by aromatic complexes, facial massage and appropriate mask is applied to hydrate and treat the skin.

Advance Hydrating Facial	80min	R1 450
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## Hand & Foot Treatments

Our hands speak volumes, nurture yourself right down to your fingertips and toes. A complete treat for the hands and feet concentrating on the heels, cuticle work and a relaxing massage.

Luxury spa pedicure & express mani	85 min	R1 000
Luxury spa manicure & express pedi	85min	R1 000
Luxury Spa Manicure & Pedicure	1h45mins	R1 450

## Add On's - To any of the above treatments

30 min massage	R 550
30 min coconut scalp massage	R 550
30 min reflexology	R 550
45 min massage	R 650
30 min express facial	R 550
Luxury spa manicure or pedicure	R 550
Mini manicure or pedicure	R 400
Mini manicure/pedicure with Gelish application	R 500
Spa manicure/pedicure with Gelish application	R 650
Gel soak off	R 180
Medi heel treatment (severe dry & cracked heels)	R 200
Lash tint / brow tint	R 210
Full body ex-foliation	R 380

## Packages

Atlantic Ocean Pamper me package 2h45min R2 200

Aromatic facial, pamper manicure & pedicure.

A customized, aromatic facial, using blends of aromatic, complexes, ending off with a Spa manicure and pedicure. The perfect treat.

Indian Ocean Pamper me Package 2h30min R2 200

Full body massage, mini facial, manicure or pedicure.

This package will leave you feeling refreshed and revitalized. Getting pampered with a relaxing massage, a customized aroma facial, and your choice of a manicure or pedicure.

Two Oceans Pamper me package 1h30min R1 900

Pick 3 of three of the following 5 treatments.

30 minute neck and back massage, express facial, mini manicure, mini pedicure or a relaxing coconut scalp massage.

## Spa Etiquette & Policy

We offer an environment of tranquility and relaxation. Robes, towels & slippers are provided for your convenience in the spa suite. You are welcome to wear these back to your suite after your treatment, if you choose not to, then simply place them in the bath once you have dressed back into your own attire. You may consult with the Therapist directly about style and depth of pressure prior to your treatment. Please advise of any health conditions, allergies, injuries or special needs which may affect your services.



## Arrival Time

If your treatment is in your room, your therapist will arrive 15mins prior to your scheduled treatment time in order to set up the area. If your treatment is in an area of the lodge other than in your room you will be called in person just prior to the commencement time of your treatment and accompanied to the treatment space. Your therapist will have a short discussion with you in order to tailor your treatments to suit your personal needs.

## Late Arrival

All spa appointments have been designed to allow appropriate time for full enjoyment of each service. Your late arrival may limit our ability to offer the fullest possible experience. Please be aware that late arrivals cannot be afforded extension of scheduled treatments due to having an effect on the next treatment booked. Your treatment will be rendered for the remainder of the scheduled appointment and charged at the full service rate.

## Cancellation Policy

Scheduled treatments are reserved especially for you. We require 24 hour advance notice in order to cancel any service with no charge. If your appointment is not canceled within this notification period, your appointment will be considered confirmed. Any changes or cancellations made after the 24 hour window are subject to a charge for each service.