



INTERCONTINENTAL®
TABLE BAY CAPE TOWN



SPA MENU



A Haven of Wellness

Nestled in the heart of the hotel, SPA InterContinental® Cape Town is a sanctuary where stillness is restored and renewal is intentional. Guided by the intuitive touch and mindful care of our skilled and passionate therapists, each treatment is an opportunity to pause, rebalance and restore your sense of wellbeing.

Drawing from global wellness traditions and enriched by the Cape's indigenous botanicals, every ritual is tailored to reflect your personal rhythm. The journey is one of harmony, where nature, care and sensation converge to awaken energy and deepen calm.

In partnership with locally rooted and internationally acclaimed brands, we bring you a curated collection of trusted favourites and inspired discoveries, each chosen to elevate your experience and restore balance and clarity to body, mind and soul.

SIGNATURE RITUALS

Atlantic Awakening 90 minutes R3 100

Like the ebb and flow of the Atlantic, this multi-sensory journey restores a deep sense of renewal to both body and mind.

The journey begins with a cool, hydrating tonic to gently awaken the senses before enjoying the timeless rhythm of a traditional hammam ceremony. The body is then polished, and a soothing soap massage, nourishing body mask and renewing hair treatment follow to awaken the mind and restore vitality.

The ritual concludes with a rich hydrating body balm, sealing in moisture and serenity. As you emerge, your skin feels silken and your spirit is rebalanced.

Silence and Stone 90 minutes R2 100

A deeply restorative journey designed to cultivate stillness and balance.

Your experience begins with gentle, guided breathwork to centre the mind and awaken the senses. A full-body dry brush follows, stimulating circulation and preparing the skin for renewal. A calming hot stone massage then melts away tension and restores inner harmony.

SIGNATURE RITUALS

Golden Glow 105 minutes R2 800

Inspired by the radiant beauty of Cape Town's golden hour, this illuminating ritual restores your natural luminosity and energises you for the adventures ahead.

Your journey begins with a gentle full-body polish to refine and awaken the skin, followed by the soothing application of rich, hydrating shea butter. A brightening facial then unveils a fresh, healthy glow.

The ritual closes with a cup of Bright Balancing Tea, a fragrant infusion that mirrors the experience's warmth.

Nocturna 90 minutes R2 100

This deeply restorative massage invites the body to unwind and the mind to still for a gentle return to restfulness and balance, promoting quality sleep.

With a soft cadence of touch, acupressure and sound therapy, the nervous system harmonises and the day's tension is released. The subtle infusion of essential oils envelops you in warmth and guides you toward a state of deep calm, resetting the body's natural rhythm.

The journey concludes with a cup of soothing herbal tea, the perfect companion for peaceful dreams. This ritual is ideal for those seeking to restore natural rhythm, dissolve jet lag or find true rest.

BODY RITUALS

Body Polish and Mask 75 minutes R2 700

Begin with gentle yet effective body polish, an application of a cleansing white earth mask and finally, a rich and nourishing touch of Omumbiri butter. The result is a naturally radiant and blissfully renewed you.

Body Polish 45 minutes R950

To start, rooibos and sugar combined with Namibian Myrr is used to soften the skin, followed by an application of creamy body butter for a soothing result.

Add Steam Shower 30 minutes R600



HAMMAM RITUALS

Couples Hammam Journey 60 minutes R4 500 p/c

A unique hammam experience for two, combined with a body polish, foam massage and hydrating balm application.

Add Tension Release Massage 60 minutes R2 100 p/c

Hammam Foam Massage 60 minutes R2 100

Clouds of foam envelop the body and is incorporated into a head to toe massage. A combination of pressure points and classic fluid movements encourage a blissfully relaxed state. The ritual concludes with an enriching hair mask and scalp massage.

Myrr Body Polish 45 minutes R1 550

An invigorating ritual that begins with time in the hammam, followed by body exfoliation and stimulating scalp massage. We end off with an application of Shea Butter for radiant skin.

MASSAGES

Couples Massage

60 minutes R2 900 p/c 90 minutes R4 300 p/c

A side-by-side massage shared with someone precious. Select any two massages to experience in our dedicated couple's suite.

Add Steam Shower 30 minutes R1200 p/c

Deep Tissue Massage

60 minutes R1 450 90 minutes R2 150

Ideal for deep seeded muscle fatigue. A combination of stretching, trigger point therapy and cross-fibre techniques are used alongside heat and arnica gel to release muscle stiffness.

Heated Basalt Stone Massage

60 minutes R1 450 90 minutes R2 150

Gently heated basalt stones are introduced into this massage. The subtle warmth aids in relaxation while combating muscle discomfort.

Tri-Touch Massage

60 minutes R1 450 90 minutes R2 150

A lymphatic draining massage incorporating pressure point techniques and a Terres d'Afriques Tri-touch massage tool to assist the body in eliminating toxins.

MASSAGES

Tension Release Massage

60 minutes R1 250 90 minutes R1 950

A traditional full body Swedish massage that aims to promote relaxation. Medium pressure combined with timeless techniques release muscle tension caused by modern life.

Pre-Natal Massage

60 minutes R1 450

A soothing, nourishing and restorative ritual combining the healing power of shea butter with the nurturing energy of rose quartz to help ease pregnancy aches and reduce discomfort. No essential oils are used in the ritual.

Back Massage

45 minutes R990

A focused massage, ideal for postural fatigue after a long flight or extended hours spent at a desk. Swedish style massage movements are used to encourage healing and wellbeing.

African Head Massage

30 minutes R950

Nourishing organic coconut oil and stimulating menthol are featured in this deeply relaxing scalp, neck and shoulder massage.

FACIALS BY COMFORT ZONE

Founded in Italy in 1996 by Dr Davide Bollati, a pharmacist and cosmetic chemist, Comfort Zone harmoniously blends science with sustainability to create high performance, regenerative skincare and wellness solutions. With over 25 years of experience in the spa industry, a trusted ally for those pursuing eco-conscious, natural beauty.

The Joy of Beauty 75 minutes R1 650

A bespoke facial ritual tailored to your skin's unique needs, whether focused on deep hydration, purification, or calming care. Following a personalised consultation, your therapist will curate the ideal treatment to achieve your skincare goals.

Sublime Skin Solutions

A new generation of peels combined with advanced lifting technologies to address visible signs of aging. These corrective treatments restore tone and radiance, for a more youthful complexion.

Super Peel

60 minutes R1 450

An intensive double peel system suitable for all skin types. Delivers immediate smoothness and radiance. Especially beneficial during seasonal changes, particularly effective on mature skin and visible expression lines caused by photo-aging.

Ultra Glow

60 minutes R1 450

An advanced brightening peel designed to promote an even and luminous complexion. Beneficial to those with uneven skin tone and hyperpigmentation, it helps restore clarity and radiance for visibly revitalised skin.

50+ Repair 60 minutes R2 100

The ultimate treatment to counter skin thinning due to dryness and loss of density. Innovative oil-based textures and special massage techniques reactivate and reidentify the skin.

ADVANCED FACIALS BY DR LEVY

A focused line of Medi Lux skincare. Combining the best in clinical grade ingredients with sensorial, luxurious experiences, the facials activate the skin's own source of youth for instant, visible and long-term results. The treatments are enhanced with innovative epigenetic technology and contrast therapy, otherwise known as biohacking. Developed and manufactured in Switzerland by Dr Philip Levy.

Medi Lux Experience 90 minutes R3 350

A hero treatment combining age-reversing plant stem cells, plumping hyaluronic acid and the signature Levy-Tate Lift Massage. A powerful three-level peel actively reboots the skin while firming microcurrent with regenerating radiofrequency visibly sculpts. The experience is concluded with cryo skin setting to yield a firmer, more youthful looking skin.

Fire and Snow Glow 90 minutes R3 350

Thermal precision for timeless renewal. Masterfully choreographed contrast therapy is designed to awaken cellular vitality and promote skin longevity. By harnessing alternating hot and cold therapy alongside innovative epigenetic technology, it reveals your most youthful, radiant complexion.

Time ReverCell 60 minutes R2 750

Harnessing the power of age-reversing plant stem cells, this treatment uses the signature Levy-Tate Lift Massage designed to stimulate and tone the neck, jawline, forehead, lips and eyes, in combination with microcurrent therapy for deep muscle activation. Emerge with a lifted, sculpted facial contour.

Power Lift 60 minutes R2 600

Targeted towards male-centric skincare needs, this carefully crafted treatment deep cleanses and revitalises the skin. Your eyes are treated to a depuffing and wrinkle-reducing enhancer, while age-reversing plant stem cells are infused with toning microcurrent, for a visibly refreshed look.

ESSENTIAL GROOMING

Manicure

75 minutes R650 Gel | 60 minutes R550 Lacquer

Includes cuticle care, nail shaping, exfoliation and a hydrating massage, finished with your choice of colour for perfectly groomed hands.

Pedicure

75 minutes R690 Gel | 60 minutes R590 Lacquer

Includes nail and cuticle care, exfoliation, callus smoothing, and a relaxing massage, finished with your choice of colour for beautifully renewed feet.

Soak Off

30 minutes R180

Removal of gel polish only.

Soak Off with Nail Care

45 minutes R280

Removal of gel polish, cuticle and care, finished off with a nail strengthener.

Gel Application 45 minutes R450

Includes nail and cuticle care, finished with your choice of gel colour.

Hair removal

Waxing services are available. Pricing on request.

MINI SPA

Curated for 5- to 12-year-olds accompanied by an adult.

Reflections 30 minutes R650

A gentle facial for younger skin. Starting with a cleanse and massage followed by a soothing mask.

Magical Manicure 45 minutes R450

Includes a bubbly soak and gentle exfoliation followed by a soothing massage and colour application.

Petals Pedicure 45 minutes R450

Rose petal foot soak and exfoliation followed by gentle nail care and a soothing foot massage. End off with a colour application.



SPA PAIRINGS

Couples Escape 2 hours R5 000 p/c

Share a moment of tranquility with someone special in our couple's suite.

Begin your journey with a body polish, followed by a soothing steam shower to awaken the senses. A 60-minute full body massage of your choice concludes the experience.

Include a set menu lunch for two R1 000 p/c (excludes drinks)

Include a set menu dinner for two R1 600 p/c (excludes drinks)

Curated Escape 3 hours R3 750 or 5½ hours R5 500

Create a personalised treatment journey by selecting either three or all of the following services. Includes a two course lunch at Flint & Fennel.

Excludes drinks.

Massage / Bespoke Facial / Gel Manicure / Pedicure / Body Polish

Afternoon Escape 2½ hours R3 750

A collection of treatments perfectly suited to unwind and reset.

An invigorating body polish precedes a relaxing back and neck massage.

Glowing skin is achieved with a custom Joy of Beauty facial. Includes our curated afternoon tea experience at Flint & Fennel.

YOUR SPA INTERCONTINENTAL® JOURNEY

We are delighted to welcome you to SPA InterContinental® Cape Town, a place of calm and renewal. To help you make the most of your visit, we've put together a few gentle guidelines that will ensure your time with us is as serene and seamless as possible.

Reservations and arrival

When planning your visit, we always recommend reserving your treatments in advance so that we can secure the time that best suits you. A 50% deposit is required to confirm your booking.

On the day, we invite you to arrive at least 15 minutes before your scheduled appointment. This allows you the chance to slow down, enjoy the space and ease into your treatment without any rush. If you do arrive late, please know that your treatment time may be reduced to honour the time of our next guest.

Cancellations

Should you need to reschedule or cancel your appointment, we kindly ask for at least 24 hours notice. Without sufficient notice, the full treatment cost may still apply, as we reserve the time especially for you.

Attire

For your comfort, robes and slippers are provided, and we kindly request that swimwear is worn when enjoying the hammam and accompanying rituals. We encourage you to leave jewellery and valuables in your room or at home, as the spa cannot accept responsibility for any personal belongings.

Wellbeing

Your health and wellbeing are our top priority. Please let us know of any medical conditions,

allergies or if you are expecting, so that we may tailor your treatments with care. We recommend avoiding alcohol or heavy meals before your visit, and we remind you that our spa is a tranquil, non-smoking environment.

Spa environment

To preserve the calm atmosphere, we ask that mobile devices be silenced and that voices remain soft, in respect of fellow guests who are here to relax.

Children policy

To maintain a serene and safe environment, guests must be at least 13 years old to enjoy full spa treatments. Children between the ages of 5 and 12 are welcome to experience our Mini SPA services. For safety reasons, all children under 16 must remain under adult supervision at all times and may be restricted from certain areas of the spa.

Service charges and gratuities

Our prices are listed in South African Rands and may be subject to change. Gratuities are not included and may be offered at your discretion.

Gift cards

Gift vouchers are also available, offering your loved ones the gift of time, care and wellbeing.

Lost property

If you happen to misplace an item during your visit, please let us know and we will do our best to reunite you with it.

Most importantly, we thank you for helping us maintain a space of serenity. We look forward to guiding you on your journey of relaxation and renewal.

InterContinental Table Bay Cape Town
Quay 6, Breakwater Boulevard
V&A Waterfront, Cape Town, 8001, South Africa
T: +27 (0)21 406 5000
spa@ictablebay.com
InterContinental.com/tblbaycapetown