



THE SILO HOTEL
SPA MENU

SIGNATURE TREATMENTS

Our spa experts have carefully selected these signature treatments that are exclusively available at The Silo Hotel Spa in Cape Town. These treatments represent the latest innovations in spa technology.

24 CARAT LUMINESENCE RITUAL 120 MINS | R3,250

This ritual encourages absolute luminosity for both body and face. Combining a glowing facial and a healing body ritual utilizing the power of 24-Carat Gold. With anti-oxidant and anti-microbial effects, pure gold helps to improve circulation and alleviate environmental damage. The result is a firmed, toned, more even complexion.

24 CARAT SKIN ARCHITECTURE FACIAL 75 MINS | R2,750

The quintessential anti-aging, firming and renewing facial treatment, for visible results on expression lines and skin texture. Incorporating active ingredients of Marine Collagen and a 24 carat gold mask. Facial features are smoother and the complexion noticeably brighter. The perfect pre-event facial.

24 CARAT BODY RITUAL 90 MINS | R1,950

A deeply relaxing treat for the body and incredibly nourishing for the skin. A beautifully scented vanilla and patchouli body polish reveals youthful skin, before a 24carat gold massage encourages relaxation of tired muscles.



FACIAL THERAPIES

Our classic facial collection has been carefully curated to offer a selection of treatments that are both luxurious and clinically effective.

WOW TRIPLE PEEL FACIAL 90 MINS | R1,250

This complete facial begins with the LING Signature Triple Peel, a Ginseng Therapy Moisture mask instantly soothes, revives and alleviates inflammation. The facial concludes with a champagne-inspired mask and an infusion of chi energy onto facial acupressure points to reveal a slimmer v-shaped contour.

CHARCOAL DETOX 60 MINS | R895

This unique facial will detoxify and clear the pores of impurities and blackheads. Using LING's signature triple peel, thorough extractions and a charcoal therapy mask, the skin is left radiant and healthy.

OXYGEN GLOW 60 MINS | R1,100

The ideal urban skin treatment. An oxygenating facial designed to rejuvenate tired and stressed skin. LING's famous oxygen plasma encourages cell metabolism to trigger collagen production.

DEEP CLEANSING INTENSE 60 MINS | R895

Skin refining alpha hydroxy acids combined with deep penetrating hydrating ingredients. A perfect treatment for combination skin showing the first signs of skin aging.

THE ACTIVATOR 60 MINS | R895

This facial is designed to revitalise dull and stressed skin. The perfect post flight or pre-occasion treatment.

COLLAGEN REJUVENATION 90 MINS | R1,550

Specialised alpha hydroxy peeling systems combined with the QMS collagen serums immediately quench the skin, and offer on-going hydration.

NEO-TISSUEDERMIE 75 MINS | R1,250

This innovative treatment lifts, firms and tones by stimulating the skin's natural collagen production.

EXPRESS FACIAL THERAPIES

INSTANT DETOX

30 MINS | R550

Instantly detox, exfoliate, and purify your complexion with a safe and natural glycolic acid peel to shed away dead cells, impurities, and decongest clogged pores. LING's detoxifying energy lift machine instantly stimulates lymphatic drainage and dispels excess water retention. Complexion will be dramatically cleaner, clearer, and appear healthier.

INSTANT OXYGEN

30 MINS | R550

Instantly bring your skin back to life with our award-winning SparkLING Makeover O2 Mask using carboxy technology to stimulate oxygen circulation to boost skin radiance. Far Infrared Ray energy is infused to increase blood and oxygen circulation to promote rapid skin recovery and stimulate collagen production to reveal a healthier, glowing complexion.

INSTANT EYE REVIVE

30 MINS | R550

Instantly wake up your eyes with a soothing infusion of Far Infrared Ray energy to rejuvenate tired eyes and cooling Jade Rollers to reduce puffiness. Recommended for instantly rejuvenating tired eyes, de-puffing under-eye bags, dark circles, diminishing wrinkles and lifting brow area.



MASSAGE THERAPIES

FYNBOS CRUSH MASSAGE

60 MINS | R950
90 MINS | R1,250

A detox massage, ideal for lymphatic drainage and improved circulation. Okavango Star tea is served after your treatment.

DESERT CRYSTAL MASSAGE

60 MINS | R950
90 MINS | R1,250

Focused on boosting energy levels and stimulating the immune system. It combines aromatherapy, acupressure and reflexology techniques. Ishalo Comet tea is served after your treatment.

TENSION RELEASE MASSAGE

60 MINS | R1,100
90 MINS | R1,350

A combination of stretching and pulling techniques, trigger point therapy and cross muscle fibre techniques are used alongside heat and cooling gel to help release the tension in the muscles. Comoe Sky tea concludes this treatment.

TRADITIONAL MASSAGE

45 MINS | R770
60 MINS | R850
90 MINS | R1,150

A classic massage technique used to relieve deep seated tension, relax tired muscles, or aid relaxation. This massage is easily customised in pressure and length.

ENHANCE YOUR MASSAGE

R150

- HEATED BASALT STONES
- ENERGY LIFT TOURMALINE THERAPY
- 15 MIN SCALP TREATMENT

BODY EXPERIENCES

90 MINS | R1,500

Each journey begins with a Myrrh body polish, followed by a mud mask application. Crystal therapy with either an Indian head massage or reflexology, to lower stress levels and aid relaxation. The treatment ends with an application of nourishing Omumbiri body butter and complementary tea service. Select one of the following muds for your ritual:

- DETOXING
- REJUVENATING
- SUN KISSED/SENSITIVITY

PRESSURE POINT FOOT THERAPY

30 MINS | R490
45 MINS | R595

Perfect for Jetlag. Our fabulous pressure point Foot Massage is guaranteed to relieve and refresh over worked and tired feet. Includes an energizing toe to knee exfoliation.

HOT OIL SCALP MASSAGE

30 MINS | R600

This deeply relaxing scalp treatment begins with a hot oil acupressure massage to strengthen, rejuvenate and repair the hair and scalp. Hydrating Keratin treatment is applied to treat the length of the hair.





NAIL TREATMENTS

TOTAL MANICURE

Includes lacquer application.

60 MINS | R410

TOTAL PEDICURE

Includes lacquer application.

60 MINS | R450

GEL POLISH APPLICATION

Soft gel, applied like polish. Gentle on the nail and with long lasting colour.

30 MINS | R300

GEL REMOVAL MANICURE WITH GEL POLISH PEDICURE WITH GEL POLISH EXPRESS NAIL CARE

30 MINS | R120
75 MINS | R510
75 MINS | R550
40 MINS | R320

CUSTOMISE YOUR NAIL CARE BY SELECTING 4 OF THE FOLLOWING SERVICES:

- Nail shaping
- Cuticle work
- Exfoliation
- Massage
- Lacquer application
- Removal of calloused skin



Speak to our team of expert therapists for advice on the most suitable treatment for your individual skin type and requirements. We look forward to welcoming you to The Silo Spa.

Spa Manager: Asiya

SPA ESSENTIALS

Please alert your therapist of the following conditions:

- High blood pressure or heart conditions
- Recent surgery, muscle or joint injuries
- Allergy to iodine, or other products
- Pregnancy, epilepsy or diabetes

CANCELLATION POLICY

48 Hours advance notice is required for cancellations and rescheduling, if this is not observed, 50% of the treatment fee will be charged.

Late arrival will result in a reduction of treatment time while the full treatment fee will apply.

The Silo Hotel, Silo Square, V&A Waterfront, Cape Town, 8001, South Africa
+27 (0) 21 670 0510 • spa@thesilohotel.com

WWW.THEROYALPORTFOLIO.COM



THE ROYAL PORTFOLIO
THE SILO
HOTEL

★★★★★