



# SPA MENU

THE SILO HOTEL

# 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 RITUAL120 MINS | R3,500

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 FACIAL75 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 RITUAL90 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, followed by a 24-Carat 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 effective.

COLLAGEN REJUVENATION90 MINS | R1,700

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

URBAN REPAIR60MIN | R1,050

Targets the damaging effects of daily pollutants on the skin and helps to repair the cellular structure. QMS Oxygen Applicator is combined with skin refining Alpha-hydroxy acids for an advanced treatment. Skin is left more radiant, visibly brighter and smooth.

ACTIVATOR PLUS75 MINS | R1,100

The perfect post flight or pre occasion treatment. High concentrations of collagen and our QMS Oxygen Applicator, delivers 95% pure oxygen to the skin for the ultimate boost in hydration.

PIGMENT CORRECTOR75MIN | R1,550

This facial aims to assist with excessive or irregular pigmentation on the skin. Specialized serums are used to even out and brighten the complexion. The addition of our QMS Oxygen applicator aids in boosting the effects of the treatment.

CHARCOAL DETOX60 MINS | R975

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.

WOW TRIPLE PEEL FACIAL90 MINS | R1,350

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.

OXYGEN GLOW75 MINS | R1,250

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.

.

# 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 skin 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 45 MINS | R750

Instantly bring your skin back to life with our award-winning SparkLING Makeover O<sup>2</sup> Mask and our advance Oxygen applicator to stimulate circulation and boost skin radiance. Far Infrared Ray energy is infused 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.

# ENHANCE YOUR FACIAL

ADVANCED OXYGEN MACHINE 15 MINS | R325

A refreshing application of 95% pure oxygen is applied to the skin, improving tone, texture and overall well-being. This treatment is suitable for any skin type and can be added on to all facial treatments.



# MASSAGE THERAPIES

## FYNBOS CRUSH MASSAGE

60 MINS | R1,050  
90 MINS | R1,300

A detox massage, ideal for lymphatic drainage and improved circulation.

## DESERT CRYSTAL MASSAGE

60 MINS | R1,050  
90 MINS | R1,300

Focused on boosting energy levels and stimulating the immune system. It combines aromatherapy, acupressure and reflexology techniques.

## TENSION RELEASE MASSAGE

60 MINS | R1,150  
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.

## TRADITIONAL MASSAGE

45 MINS | R790  
60 MINS | R950  
90 MINS | R1,250

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 Marula and Sandalwood polish, followed by a customised mud mask application. During this time choose between a soothing head massage or pressure point foot therapy, to lower stress levels and aid relaxation. The treatment ends with an application of nourishing Argan rich body butter. Select one of the following muds for your ritual:

- DETOXING
- UPLIFTING

## PRESSURE POINT FOOT THERAPY

30 MINS | R550  
45 MINS | R650

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 | R690

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   R475
TOTAL PEDICURE Includes lacquer application.	60 MINS   R510
GEL POLISH APPLICATION Soft gel, applied like polish. Gentle on the nail and with long lasting colour.	45 MINS   R400
GEL REMOVAL	30 MINS   R100
MANICURE WITH GEL POLISH	75 MINS   R575
PEDICURE WITH GEL POLISH	75 MINS   R610
EXPRESS NAIL CARE	30 MINS   R370

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 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

24 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](mailto:spa@thesilohotel.com)

[WWW.THEROYALPORTFOLIO.COM](http://WWW.THEROYALPORTFOLIO.COM)



*Cape Town*

