

Spa Etiquette

- No children under the age of 16 are allowed to use the spa facilities.
- The Spa operates on a strictly no-nudity policy.
- When using the Indoor Pool and Sauna – we kindly ask that you wear a bathing suit.
- Advance bookings prior to your arrival are strongly recommended.
- We request that you arrive 15mins prior to your booking.
- As a courtesy we request that you notify the Spa of any cancellations a minimum of 24 hours prior to your appointment, to avoid a 50% cancellation charge.
- Guests are kindly requested to ensure that they take care of their personal belongings. Simola does not accept responsibility for any loss or damage.
- To ensure all guests benefit from the quiet, tranquil environment in our Spa and Gym, we request all areas & facilities to be shared courteously and respectfully.
- Please ensure that mobile phones are switched off during your visit to the spa.
- Gift vouchers are available from The Spa. The original gift voucher must be presented at the appointment to be honored. Gift vouchers may not be redeemed for cash.
- The consumption of alcohol and smoking are prohibited in our spa and gym.
- We suggest showering before making use of the indoor heated pool.
- Let your therapist know of any skin conditions or allergies you may have.
- Kindly do not remove any spa property when departing.
- Please ensure that you have signed a Simola consultation on arrival.
- Note: Treatment durations are an indication only and may fluctuate.



044 302 9670



spa@simola.co.za



www.simola.co.za



22 Metre Heated Pool · Sauna · Gym

SPA OPERATING HOURS:

Monday – Sunday: 08h00 – 17h00

(extended hours during high season)

Interact with us on



Simola Spa and Gym



@Simola



Simola_spa_gym_

Simola Hotel GPS Co-ordinates: 34° 0'18.82"S · 23° 0'219.04"E

Prices, treatments and offers are subject to change without prior notice. E&OE.



SPA MENU



From HEAD to TOE

(Packages)

Revive 2hrs R 1700

Rasul

Deep Tissue Massage

Renew 3.5hrs R 2000

Back Neck & Shoulder massage · Express facial

Simola Manicure · Simola Deluxe Pedicure

Relax 3hrs R 2340

Rasul · Signature Facial

Hot stone massage

Simola Signature Indulgence 5.5hrs R 3750

Rasul · Signature Massage · Deluxe Manicure

Signature Facial · Deluxe Pedicure (includes Lunch)

Your BODY

Simola Signature Massage

Medium to firm pressure.
90min R1600.00

Deep Tissue Massage

Firm pressure.
60min R1350
90mins R1900

Swedish Massage

Medium pressure.
60mins R1100

Back, Neck and Shoulder Massage

Medium pressure.
30mins R750
60mins R1100

Pressure Point Foot Massage

30mins R750

Aromatic Candle Massage

Includes candle selection.
Medium pressure.
75min R1300

Mom to Be Massage

Pressure tailor-made
to Mamma's needs.
60min R1300

Hot Stone Massage

Medium to firm pressure.
60mins R1300

Indian Head Massage

Medium to firm pressure.
45mins R800

Rasul

Rasul full body exfoliation.
45mins R500

**Some treatments are not suitable for certain medical conditions or during pregnancy.
To avoid disappointment please raise any concerns at the time of the booking.*

Your SKIN

Esse Probiotic Experience 60mins R800

Simola Signature Facial 60mins R850

Simola Signature Deluxe Facial 90mins R1500

The BASICS

Simola Manicure 60mins R500

Cut & File, Cuticles, Massage
and Paint.

Gel Manicure or Pedicure

60mins R680

Simola Pedicure

60mins R550
Cut & File, Cuticles, Foot Filing,
Massage and Paint.

Simola Deluxe Manicure 75mins R600

Cut & File, Cuticles, Scrub, Massage,
Mask and Paint.

Simola Deluxe Pedicure 75mins R650

Cut & File, Cuticles, Foot filing, Scrub,
Massage, Mask and Paint.

Soak Off R200

Add on **Callus Removal** R150

WAXING

Half Leg R270

Full leg R370

Full Arm R330

Half arm R230

Underarm R160

Chest/Back R450

Bikini R250

Brazilian R350

Hollywood R400

Eyebrow wax R120

Lip or Chin wax R120

TINTING

Eyebrow *(includes wax)* R220

Eyelash R140

Lash and Brow
(includes wax) R250