
THE
grotto
WELLNESS SPA
THE CAPITAL
15 ON ORANGE
Award-winning
oasis of wellness
All prices are starting prices and may vary during peak periods.

A world within.

Welcome to The Grotto Wellness Spa, where tranquillity and relaxation meet in a quiet oasis.

Inspired by the enchanting allure of grottos, it is a place where nature’s beauty and soothing waters come together.

Leave the pace of the city outside. Explore massages, facials and body treatments at The Capital 15 on Orange in Cape Town, with warm water, steam and quieter spaces to make time your own.



Contents.

Facilities	01
Our partners	01
Gifts & vouchers	02
Night spa & events	02
Facilities & experiences	03
Signature treatments	05
Skin treatments	07
Massage therapy	10
Body treatments	12
Hands & feet therapy	15
For the gentlemen	18
Spa policy	20
Trading hours	21

BOOK NOW

Our facilities.

A thermal circuit of soothing heat from the steam room and sauna, followed by an invigorating plunge in the polar pool. Leave revitalised and at ease.



Serenity Nest



Obsidian Prelude Lounge



Grotto Spa Bar



Sauna Oasis



Reflection Heated Hydrotherapy Pool



Steam Retreat



Mineral Mist Rasul



Hand & Foot Oasis



Polar Plunge Pool

Our partners.

Our therapists are extensively trained and keep learning, staying current with the latest treatments and products so you receive expert, personalised care. We partner with the best professional brands and support local businesses wherever we can to reduce our carbon footprint.

SIX® MOCKANA™ Spaman gabrielle swimwear KULU SWIMWEAR HEALING earth™

BIO SCULPTURE BREAZIES SALT ROCK THERAVINE™ SKIN SCIENCE inbellysh gelish®

Gifts & vouchers.

Give them time within.

Gift vouchers are delivered straight to your recipient in digital format, as part of our paperless approach.

Choose your vouchers at **thegrottospa.co.za**

Beautifully packaged wellness gifts, made to be remembered.

BUY VOUCHER

Night spa & events.

Our underground oasis, after dark. Night Spa experiences bring celebration, relaxation and romance together in one space, every night.

Let us host your downtime, book club, bachelorette, baby shower or games night.

BOOK NOW

Facilities & experiences

BOOK NOW

Facilities access

Includes use of the Sauna Oasis, Steam Retreat, Reflection Heated Hydrotherapy Pool and Polar Plunge Pool.

TREATMENT	TIME	FROM
Facilities access	1 hour	R 550
Facilities access	4 hours	R 750

Mineral mist rasul

A social, self-guided ritual. Enjoy a full-body exfoliation and a hot shower, then apply nourishing body masks and let the steam gently open the pores. Finish with a refreshing rain shower for silky-smooth skin and a calm, clear mind.

TREATMENT	TIME	FROM
Per person	45 min	R 550
Per group (4 guests)	45 min	R 1900

Serenity nest

Your personal cocoon of calm. Wrap up in a soft, comforting covering and choose a restorative 30-minute journey.

TREATMENT	TIME	FROM
Sound Therapy Drift into a meditative state with immersive sound frequencies, calming body and mind.	30 min	R 495
Red Light Therapy Blanket Support recovery and relaxation after your treatment. This full-body experience promotes circulation, helps reduce inflammation, supports skin rejuvenation and helps regulate the nervous system.	30 min	R 495

Signature treatments

BOOK NOW

Obsidian renewal ritual

TREATMENT	TIME	FROM
Begin with ten minutes of gentle heat in the sauna, warming the body and preparing the senses for deep renewal. Move into the heated Mineral Mist Rasul for a self-led exfoliation and a warm shower. Choose from nourishing body masks and let the steam help them absorb before a soft rain shower completes this purifying phase. Finish with a full-body massage using heated obsidian stones and sculpting wood therapy to stimulate circulation, encourage lymphatic flow and release deep-held tension. Ninety minutes of heat, mineral therapy and grounding touch. Leave restored, balanced and radiant.	90 min	R 2150

Immersive bubble butter massage

TREATMENT	TIME	FROM
Ninety minutes of sensory luxury, where personalised scent, sound and layered touch create a deeply restorative experience. Your ritual begins with an aromatherapy mist in the fragrance of your choice, while your selected music plays softly in the background. A warming sugar polish gently exfoliates and stimulates circulation. A shea-butter massage follows, blended into a rich, frothy foam. Warm compresses cleanse the skin before a final layer of hydra moisture therapy leaves it silky, luminous and beautifully hydrated.	90 min	R 1950

Skin treatments

BOOK NOW

Facial therapy

Your skin, considered. Every facial is carefully personalised to your skin's concerns for a truly bespoke experience. All our facials include a complimentary MedSkin scan and a thorough consultation with our skin therapist, who will guide you to the advanced upgrade that best complements your chosen facial.

TREATMENT	TIME	FROM
SIX Double Exfoliation	45 min	R 950
SIX Deep Cleaning Teen	45 min	R 950
SIX Rejuvenating	60 min	R 1650
SIX Intelligent	90 min	R 1800
SIX Cryo Lift Skin Treatment & Massage	90 min	R 1800
THERAVINE® Balancing Facial A deep-cleansing facial that gently lifts surface impurities with a customised purifying mask, while specially selected aromatic botanicals restore balance to the skin.	60 min	R 1350
HYDRAVINE® Facial A cloth mask with hyaluronic acid intensely moisturises and helps lock in active ingredients for up to three weeks. Made for very dry, sensitive skin in need of intense hydration.	60 min 90 min	R 1350 R 1650
THERAVINE® Deluxe Anti-Aging Facial A replenishing facial with peptide-rich boosters and serums to soften the look of fine lines and wrinkles, finished with a plasticising mask that enhances the active ingredients.	60 min 90 min	R 1350 R 1650
ULTRAVINE® Advance Cellular Gold Facial TheraVine's antioxidant technology meets a soft 24K gold and diamond dust collagen film mask to support the skin's natural repair. Delicately scented creams, serums and balms leave skin looking renewed.	90 min	R 1850

TheraVine targeted treatment enhancements

TREATMENT	TIME	FROM
ULTRAVINE® Advance Contouring Retinol Eye Treatment (add-on) An advanced eye mask with a supercharged serum to smooth the look of lines and wrinkles for a fresh, radiant eye contour. Add to a facial or book as an individual treatment.	20 min	R 750
CIRCULA-VAC Facial Cupping Therapy (add-on) Gentle localised suction boosts microcirculation to brighten and rejuvenate the skin. With regular treatments, it helps support collagen and reduce the appearance of fine lines, pore size, puffiness and dark circles.	-	R 550

Treatment upgrades

TREATMENT	TIME	FROM
Glycolic Acid 30% Skin Peel (resurfacing & anti-ageing)	15 min	R 400
Lactic Acid 30% Skin Peel (hydration)	15 min	R 400
Advanced Peels Azelaic 25% (acne, large pores & rosacea) Glutathione Peel (brightening, radiance & hydration) LuminRx Progressive Peel (stubborn pigmentation & advanced anti-ageing)	15 min	R 750
Advanced Active Moulding Mask	15 min	R 350
Dermaplaning A revitalising treatment that removes the outermost layer of dead skin cells and fine vellus hair. It prepares the skin for treatments such as a peel or anti-ageing facial and helps active ingredients absorb.	15 min	R 450
Collagen Induction Therapy (Microneedling) Fine needles create microscopic channels in the skin, which are then treated with a customised active-ingredient booster. Softens the look of fine lines, wrinkles, pigmentation and enlarged pores for firmer, younger-looking skin with an even complexion, and helps reduce the appearance of scars and stretch marks.	30 min	R 650

Massage therapy

BOOK NOW

Personalised massage

Choose your preferred massage time, then personalise it with upgrades tailored to your body's needs.

TREATMENT	TIME	FROM
Back, neck, and shoulders	30 min	R 700
Back of body (back, neck, shoulders & back of legs)	45 min	R 1000
Full body, including scalp	60 min	R 1500
Full body, including scalp	90 min	R 2250

Massage upgrades

TREATMENT	TIME	FROM
Deep Tissue	-	R 900
Hot Stones	-	R 400
Massage Cups	-	R 400
Wood Therapy	-	R 400
Anti-Cellulite Massage	-	R 300
Anti-Cellulite Exfoliation & Massage	-	R 400
Self-Heating Back Exfoliation	-	R 300
Self-Heating Back Exfoliation & Mask	15 min	R 400
CBD Full Body Exfoliation	15 min	R 400
Red Light Therapy Blanket Muscle recovery · Deep relaxation · Cellular repair 2,500 red and near-infrared lights cocoon the body in restorative warmth, reaching deep into the tissue to improve circulation, ease muscle tension and support natural cellular renewal.	30 min	R 495
Red Light Therapy Wrap A focused wrap for areas such as the back, shoulders or hamstrings during your massage, reaching deep into the tissue to support muscle recovery, circulation and healing.	20 min	R 395

Body treatments

BOOK NOW

TheraVine body treatments

TREATMENT	TIME	FROM
THERAVINE® Body Buff Cleanse Skin Renewal A gentle body exfoliation with grapeseeds in a botanical-rich cleansing cream. Leave invigorated, with skin polished to a glow.	30 min	R 550
THERAVINE® Luxurious Pinotage and Lime Salt Glow A luxurious salt scrub of refined marine salts, grape extracts and honey, infused with lemon, lime and sweet orange.	30 min	R 550
AROMAVINE® Lemon Zest Soy Candle Massage A complete body and wellbeing massage using a 100% natural blend of plant waxes and butters, infused with lime, sweet orange and lemongrass.	60 min	R 1500
THERAVINE® Recharge Body Clay Wrap For when you need a boost. Clary sage, rose and jasmine essential oils enliven the senses while a remineralising clay cocoon leaves skin smoother, hydrated and radiant-looking.	60 min	R 1500
THERAVINE® Purifying Body Clay Wrap A cleansing body oil of lemongrass, fennel and rosemary supports circulation, followed by a warm remineralising clay wrap that draws out impurities and clarifies the skin.	60 min	R 1500
THERAVINE® Hair and Scalp Treatment A stress-relieving scalp massage with a stimulating tonic, followed by a conditioning hair oil and intensive mask for silky, shining hair.	30 min	R 400

Body treatments

TREATMENT	TIME	FROM
Self-Heating Body Buff A luxury self-heating body exfoliation. The sugar-based warming formula gently exfoliates to improve circulation, leaving your skin smooth and soft.	30 min	R 750
Light Legs Treatment An invigorating exfoliation stimulates circulation and prepares the skin for active ingredients. Alternating hot and cold sensations support lymph flow and detoxification, followed by a vigorous massage with sweet fennel oil. An orange & ivy contour cream with firming ingredients completes the treatment. Ideal for water retention or the appearance of cellulite.	45 min	R 750
Cellulite Melting Wrap A stimulating, fast-acting wrap developed to target cellulite and promote firmness. Cellulite is a skin concern, not a fat concern, so the focus is on smoothing the dimpled, orange-peel look of the skin. Each step follows a precise order and timing, for smoother, more toned-looking skin.	60 min	R 1000

Body cocoon wrap

Begin with an exhilarating exfoliation that boosts circulation and prepares your skin for active ingredients. Alternating hot and cold sensations during the cocooning wrap support lymph flow and circulation for a revitalising effect. A spritz of mandarin and sandalwood dry body oil leaves your skin soft and renewed.

TREATMENT	TIME	FROM
Anti-stress Peppermint	60 min	R 1500
Firming Fit Milk Chocolate	60 min	R 1500
Detox Mandarin & Sandalwood	60 min	R 1500

Hands & feet therapy

BOOK NOW

Hands & feet therapy

Welcome to our hand and foot oasis, beside The Grotto spa bar, where our liquid chef serves a curated selection of wellness beverages.

TREATMENT	TIME	FROM
File, Buff & Paint (hands/feet)	30 min	R 350
Gel Overlay on Natural Nails	45 min	R 350
Gel overlay (add-on)	45 min	R 250
Soak off & gel re-application	60 min	R 550
Acrylic Overlay with Gel	45 min	R 500
Soft Gel Tips	75 min	R 550
Polygel Extensions	75 min	R 550
Classic Manicure Includes soak, exfoliation, massage, file, buff and paint.	60 min	R 650
Classic Pedicure Includes soak, exfoliation, massage, file, buff and paint.	60 min	R 750
Deluxe Pedicure & Lower Leg Treatment Includes soak, exfoliation, massage, mask, serum, file, shape and paint.	75 min	R 895
Medi Solutions Foot Peel	45 min	R 500
Foot & Lower Leg Massage	30 min	R 650

Treatment upgrades

TREATMENT	TIME	FROM
Thermabliss Luxury Paraffin (hands/feet)	30 min	R 650

Tinting

TREATMENT	TIME	FROM
Brow Tint / Lash Tint	15 min	R 220
Lash & Brow Tint	15 min	R 350

Waxing

TREATMENT	TIME	FROM
Half Leg (up to and including knee)	30 min	R 380
Upper Thigh (including knee)	30 min	R 380
Full Leg	45 min	R 550
Bikini	15 min	R 350
Brazilian	30 min	R 450
Hollywood	45 min	R 550
Back / Chest / Stomach	30 min	R 450
Underarm	15 min	R 250
Full Arm	30 min	R 380
Half Arm (including elbow)	15 min	R 320
Brow (thick hair)	30 min	R 300
Brow / Lip / Chin / Cheeks / Nose / Ears (fine hair)	15 min	R 200
Full Face Wax	60 min	R 650



For the gentlemen

BOOK NOW

Skin therapy

Facial treatments designed for the distinct needs of men's skin.
Every treatment is tailored to your concerns, starting with a consultation where your skin therapist will recommend the advanced upgrade that gets the most from your chosen facial.

TREATMENT	TIME	FROM
SIX Man on the Move	30 min	R 750
SIX High Performance AHA Skin Peel	30 min	R 850
SIX Energising Facial	60 min	R 1400
SIX First Class Treatment	90 min	R 1850
THERAVINE® Men Daily Active Facial Three fundamentals — cleanse, hydrate and revitalise — to restore freshness and clarity, leaving the skin comfortable and soothed.	60 min	R 1100

Body treatments

TREATMENT	TIME	FROM
Back Revival A back treatment designed for men. A self-heating sugar scrub exfoliates and revitalises the skin, while a kaolin mask detoxifies and cleanses. A soothing back-of-leg and back massage follows, finished with a dry body spritz to nourish the skin.	45 min	R 950
THERAVINE® Men Clarifying Back Treatment Deep-cleansing exfoliation and detoxifying actives purify the skin and relieve tension areas across the back, neck and shoulders.	45 min	R 950

Grooming

Our Gentleman's Hand and Foot Rejuvenation: expert nail care and cuticle maintenance, with time to relax.

TREATMENT	TIME	FROM
Male Hand Grooming	30 min	R 450
Male Foot Grooming	45 min	R 695
Male Foot Peel	45 min	R 550

Massages are the same for men and women. See Massage therapy from page 10.

Spa policy.

Arrival & reservations

Please arrive 15 minutes before your appointment. We recommend booking before you arrive to secure your treatment. Pre-payment or a gift voucher number is required at the time of booking. Late arrivals will have their treatment time reduced accordingly.

Changes & cancellations

Change or cancel your appointment at no cost at least 24 hours in advance. Cancellations within 24 hours are charged in full, and no-shows are charged the full booking amount. Group bookings require seven days' notice to cancel or reschedule without charge; cancellations within seven days are charged in full.

Prices

All prices are starting prices and may vary during peak periods.

"The art of slowing down."

Treatments & vouchers

Treatments and packages are non-refundable and non-transferable within 24 hours of the appointment, and cannot be exchanged for other treatments or products. Gift vouchers hold value for treatments only and cannot be exchanged for products or cash.

Phones

The spa is a mobile-free zone.

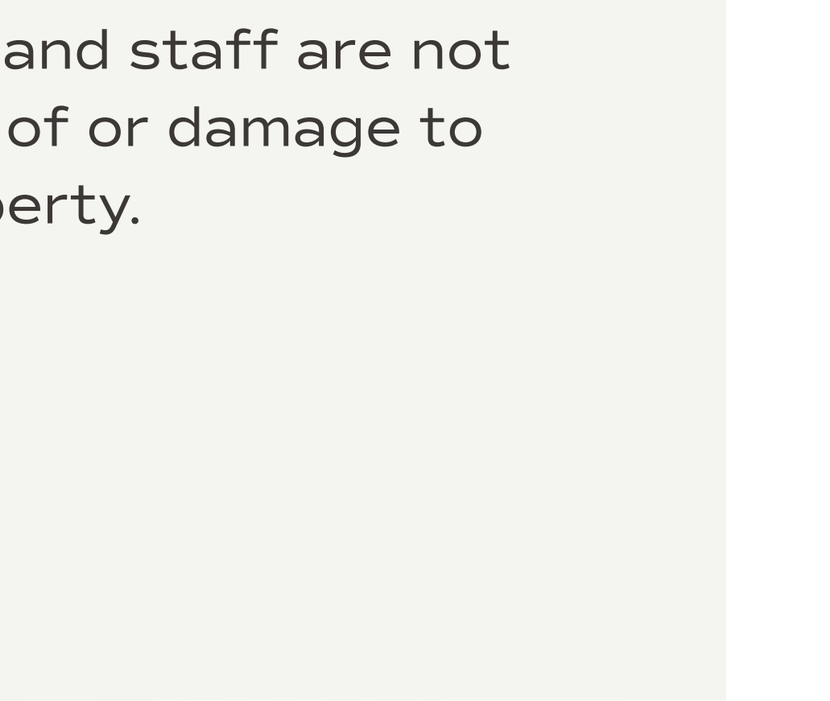
Age & attire

Guests aged 12 and over are warmly welcome, unless a specific promotion or package states otherwise. Please wear appropriate bathing attire.

Health & valuables

For your safety and wellbeing, please tell your therapist about any medical conditions that may be affected by your treatment. Please leave valuables at home; management and staff are not liable for loss of or damage to personal property.





Trading hours & contact.

Spa trading hours

Monday to Sunday, including public holidays: 08:30–20:00

Contact us

The Grotto Wellness Spa at The Capital 15 on Orange, corner of Orange Street and Grey's Pass, Gardens, Cape Town, 8001, South Africa.

T: +27 (0)21 469 8066
WhatsApp: +27 (0)66 467 7399
E: bookings.orange@thegrottospa.co.za

thegrottospa.co.za

