

Spa / Salon Name	Special Details	Expiry Date
<p>Angsana Spa Vineyard Hotel and Spa Colinton Road (off Protea Road) 021 657 4500 spa-vineyardcapetown@angsana.com http://www.vineyard.co.za</p>	<p>Couples Massage Package Body Massage (90 Mins) Relaxation Time (30 Mins) R1100 per couple</p>	<p>31/05/2010</p>
<p>Arabella Spa The Westin Grand Cape Town Arabella Quays 1 Lower Long Street Convention Square 021 414 8203 www.westincapetown.com</p>	<p>Book a Anne Simonin Facial and receive a complimentary 100% Active facial serum worth R1800.00 Specialised Facials include:</p> <ul style="list-style-type: none"> • Deep marine purifying facial • Eternal youth cryo-therapy • Soothing sun glow facial • Le experience Facial (A westin Signature treatment) <p>These are available for male and female guests and include use of all spa facilities</p> <p>Lunch Time Special Take a Secret Lunch Hour, choose one luxury treatment and 2 delicious courses from the special menu at the Westin Executive Lunch and within 90 minutes you will be back at your desk feeling fantastic - all for just R500.00. Why not treat your partner to a surprise 'rendezvous for two' and pay R950.00 for both (Valid Monday - Friday)</p>	<p>31/06/2010</p> <p>No specified end date</p>
<p>Chéz Colleen Health & Beauty Salon 32 Kreupelbosch Way Constantia 083 528 0801</p>	<p>Facial/Massage Combo: 30 minute Back, Neck & Shoulders Massage (worth R180) + Basic Facial (worth R275) - R320</p> <p>Winter Warmers: Hot Stone Back Massage (worth R180) - R140 Hot Stone Full Body Massage (worth R320) - R250</p> <p>Relaxation & Revitalisation: Book a 60minute Aromatherapy Massage and receive a FREE 30minute Reflexology treatment (worth R150) - R290</p>	<p>31/08/2010</p>

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<p>Bliss @ Andros The Andros Hotel, Corner of Newlands Road and Phyllis Road, Claremont, 7700 Contact no: (021) 761 1097 / megwale@gmail.com www.andros.co.za</p>	<p>Eyebrow shape and tint R50.00</p> <p>Mini manicure and full pedicure R200.00</p> <p>Vitamin hands on therapy facial, foot file and foot massage R300.00</p> <p>Back and neck massage and Paraffin Pedicure R400.00</p> <p>Back and neck massage and Gatineau Peeling expert facial R550.00</p>	<p>31/10/2010</p>
<p>D&D Spa The Cellars-Hohenort Hotel 93 Brommersvlei Road Constantia 021 794 2785 dndspa@mweb.co.za</p>	<p>Bring a friend and get 2 facials for the price of 1. Choose between a luxurious energising facial or hydrating facial.</p>	<p>10/06/2010</p>
<p>Dante Wellness Spa Shop 12, Piazza Da Luz 94 Regent Rd Sea Point 021 434 1011 info@dantewellness.co.za www.dantewellness.co.za</p>	<p>Foot & Calf Massage Dermalogica Mini Cleansing Facial Indian Head Massage File & Paint on Hands or Feet (90 Minutes) R395.00</p>	<p>31/08/2010</p>
<p>Equinox Spa Cape Royale Hotel Main Road Green Point 021 430 0511 info@equinoxspa.co.za www.equinoxspa.co.za</p>	<p>Basic Facial, Pedicure or Manicure, Aromatherapy Back Compress and Massage + Free Gift of Spa Ritual Nail Colour for R680.00 Complimentary parking on reservation</p>	<p>31/08/2010</p>

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<p>Essenza Skin & Wellness Spa, 23 Draper Square, Stegman Road, Claremont, Tel: 0216746884 Web: www.essenza.co.za</p>	<p>May Mother's Day Special Hot Chocolate on arrival Mini facial Mini manicure Indian head massage & Feet treat A warm snack to end your indulging package, All of this for only R450.00</p> <p>Yummy Mummy Special Hot Chocolate on arrival Mini facial Mini manicure Indian head massage & Feet treat A warm snack to end your Yummy Mummy package, All of this for only R450.00</p>	<p>31/05/2010</p>
<p>Exquisite Skin Therapy 3 Bantry Bay Steps (Access from Victoria Rd) Bantry Bay 072 921 9870 www.exquisiteskintherapy.com</p>	<p>Winter Special Want a facial and massage but can't decide between the two? Exquisite 'Passage' 75 treatment including a Back neck and shoulders massage combined with a facial. R500.</p>	<p>31/08/2010</p>
<p>Ginkgo Spa at The Arniston Spa & Hotel Arniston Spa & Hotel Arniston Bay 028 445 9000 info@arnistonhotel.com www.ginkgospa.com</p>	<p>June Promotion Complimentary sauna session, Hot stone Back & Neck massage + Head & Scalp Massage (1hr 30 min) R400.00</p> <p>Father's Day Special Sports Back & Neck Massage + Express Pedicure R400.00</p> <p>Purchase any Father's Day gift worth R260.00 and receive a FREE Express Pedicure Treatment</p>	<p>30/06/2010</p> <p>30/06/2010</p>
<p>Ginkgo Spa at Steenberg Hotel Steenberg Estate Tokai Road Constantia 021 713 2222 steenberg@ginkgospa.com www.ginkgospa.com</p>	<p>Steenberg Spa Mani, Pedi Madness Deluxe Spa Manicure or Pedicure (1 hour) R220.00</p>	<p>30/06/2010</p>

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<p>Ginkgo Health and Wellness Spa Winchester Mansions 221 Beach Road Sea Point 021 434 2351 spa@winchester.co.za www.ginkgospa.com</p>	<p>June Promotion Father's Day - Environ Back Facial for Men including a Back and Neck Massage (1 Hour) R500.00</p> <p>July Promotion Receive a 10% discount on all Nimue Skincare products when you have a Nimue Specialised facial for R410.00</p>	<p>30/06/2010</p> <p>31/072010</p>
<p>Lanzerac Spa and Wellness Centre Jonkershoek Stellenbosch Lanzerac Estate 021 883 9444 www.lanzeracspa.co.za spa@lanzerac.co.za</p>	<p>Jet Lag Cure</p> <p>Option 1: Welcome Foot soak MusculaVine Back Massage followed by a vitality mask (Clay Body Mask) Scalp & Foot Massage (R499.00)</p> <p>Option 2: Welcome Foot Soak MusculaVine Full Body Massage followed by a vitality mask (Clay Body Mask) Scalp & Foot Massage (R599.00)</p> <p>Option 3: Welcome Foot Soak MusculaVine Full Body Massage followed by a vitality mask (Clay Body Mask) Soothing Eye Treatment (R599.00)</p> <p>All treatments include a 5 minute Dr Fish nibble</p>	<p>30/06/2010</p>
<p>Librisa Spa Mount Nelson Hotel Orange Street Gardens 021 483 1550 www.mountnelson.co.za/librisa</p>	<p>Bliss for Two An hour long therapeutic massage with hydrating and nourishing Mango and Vanilla Body Butter or mood-boosting Neroli Body Balm Full use of Spa Facilities (Plunge pool, sauna, relaxation conservatory) + Afternoon or High Tea for 2 R1000.00 for 2 people</p>	<p>31/05/2010</p>

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<p>Mint Wellness www.mintwellness.com</p> <p>The Bay Hotel 021 438 4444 69 Victoria Road Camps Bay manager@thebay.co.za</p> <p>Camps Bay Retreat 021 437 8300 7 Chilworth Road Camps Bay manager@campsbayretreat.com</p> <p>The Farmhouse Hotel 022 772 2062 5 Egret Street Langebaan</p>	<p>Between May & October, accumulate R2000 worth of treatments & receive 1 night's complimentary stay for 2 people sharing (breakfast incl) at any of our hotels</p>	<p>31 October (excl 10 June - 10 July)</p>
<p>Mooi Hair & Beauty Salon www.mooihairandbeauty.co.za 12-16 Kloof Nek Road Tamboerskloof 021 423 6553 Open 10am-7pm Tues - Fri 8am - 4pm Saturday</p>	<p>Get a Dermalogica Face facial valued at R 300.00 free when you buy 3 or more Dermalogica products.</p> <p>Get a Dermalogica MicroZone facial valued at R 200 free when you buy 2 Dermalogica products.</p> <p>Get a RégimA Peel and Heal valued from R 310.00 free when you buy 4 or more RégimA product</p> <p>Bridal and Pregnancy Packages available too (no end date)</p>	<p>31/10/2010</p>
<p>O'Spa at O on Kloof Boutique Hotel 92 Kloof Road Bantry Bay 021 439 2081 www.oonkloof.co.za</p>	<p>May Special Book in for any treatment over R300 at The O'Spa & receive free consultation, Gift Surprise & 50% off ALL TheraVine products</p> <p>June/July Special Book 60 min African Body Butter, Swedish or Deep Tissue Massage and receive 10% discount, free consultation, welcome drink & World Cup Gift Surprise</p>	<p>31/05/2010</p> <p>31/07/2010</p>

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Romney Park Hotel & Spa Cnr Hill Road & Romney Road Green Point 021 439 4555 wellness@romneypark.co.za www.romneypark.co.za Mon-Sat 8am-8pm Sun 8am-6pm	May Special A 2hr Decleor Aromaplastie Integral facial incl an anti-aging hand treatment R450.00	31/05/2010
	June Special Thai massage and Indian Head Massage (1hr20min) R450.00	30/06/2010
	July Special Herbal Steam, back of the body hot stone massage and an anti-pollution facial (2 hrs) R500.00	31/07/2010
	August Special Skin Glow facial and reflexology treatment (2hrs) R480.00	31/08/2010 30/09/2010
	September Special Hot stone pedicure and Indian Head Massage + complimentary Iced Tea (2hrs) R420.00	
Sanctuary Spa @ The 12 Apostles Hotel Victoria Road 021 437 0677	Book yourself and a friend for the same treatment and YOU will receive 50% off your treatment	31/05/2010
Suntra Spa 7th Floor, 15 on Orange Hotel 15 on Orange Cape Town 021 469 8063/2 relax@suntra.co.za	Hot Stuff Spa Escape (140 minutes) Hot Stone Back Massage using warm coffee & peppermint oil, followed by a Guinot Hydradermie Facial & decadent Scalp Therapy. Topped off with a Milk & Honey fizz ball foot soak, salt scrub & Vanilla Paraffin foot dip. Enjoy a sumptuous Cinnamon Steamer at BLACK Cafe and take home a Guinot Gift to prolong the results. All for R770.00	15/6/2010
	Body, Mind and Soul Ritual (60 minutes) Reflexology with Mind Spa, Energy Balancing using Visualisation & Aura renewal ritual R400.00	
	Bamboo massage to relieve tension (60 minutes) R420.00 Free parking available for spa guests	

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<p>The Oceana Spa 13 Ingleside Road Camps Bay 021 438 0255 theoceanaspa@mweb.co.za www.theoceanaspa.co.za</p>	<p>Deluxe Paraffin Back Treatment (45 mins) Gentle steam and exfoliation of the back, a layer of warm paraffin wax is then applied for 15 minutes. This aides in relieving muscle tension and has deep moisturizing properties. Followed by 15-min hot stone massage. All this will leave your skin velvety soft and body soothed and relaxed. R300.00</p>	<p>31/07/2010</p>
<p>Yemaya Spa & Hair Aquarius Building 87-91 Beach Road Mouille Point 021 439 2266 www.yemaya.co.za relax@yemaya.co.za</p>	<p>2-for-1 Special Treat a friend to a treatment at Yemaya Spa & Hair and enjoy the same for yourself free</p>	<p>31/05/2010</p>

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