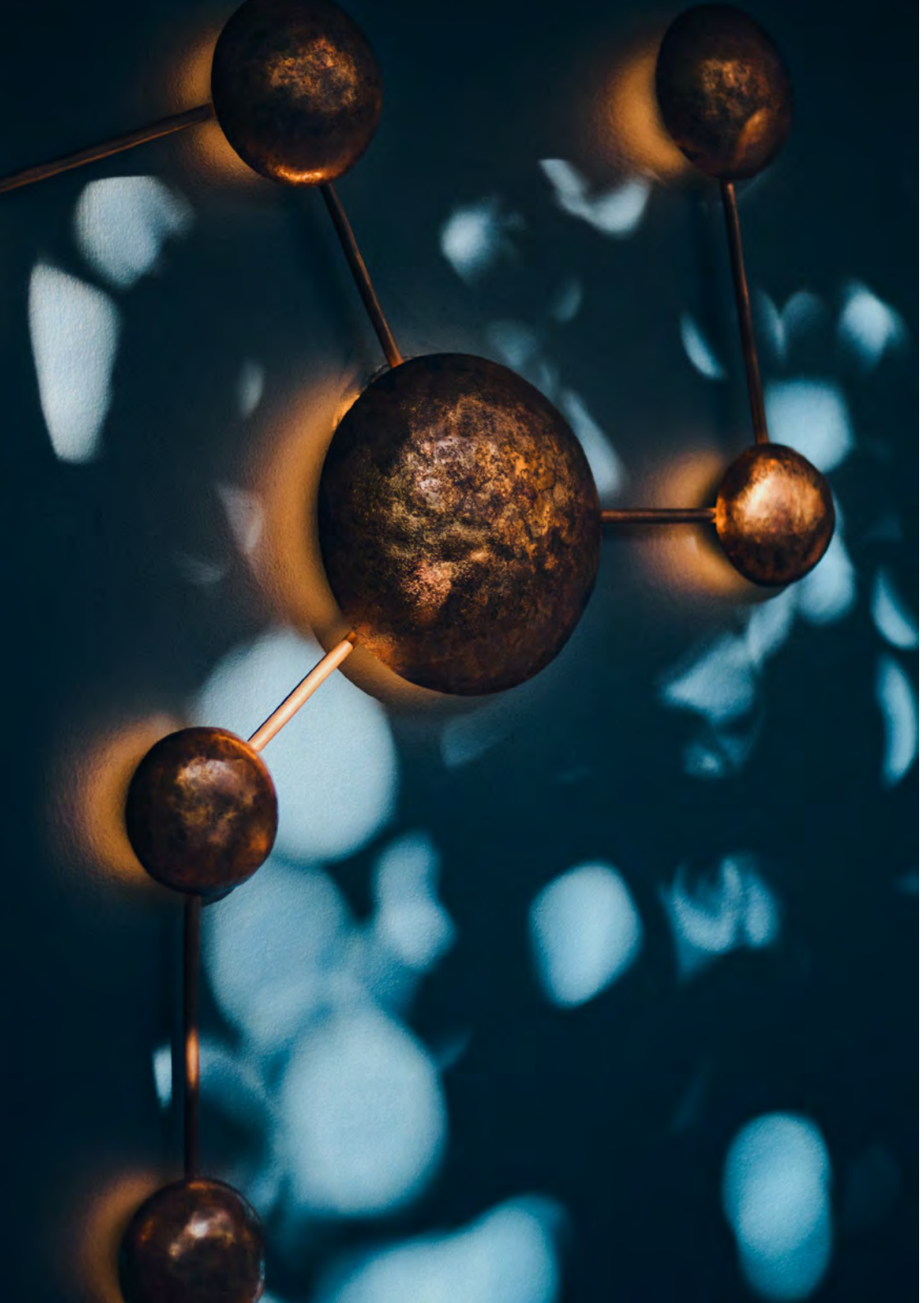

One&Only
Spa & Wellness



Invite balance
and rejuvenation in,
inspired by the
soothing energies
of the southern skies
and nature's calming
gifts

One&Only
CAPE TOWN
South Africa



CONTENTS

Nature	9
Glow	13
Conscious Rest	14
Conscious Feeling	17
Together	18
Invigorate	21
Biologique Recherche	22
Pedi:Mani:Cure by Bastien Gonzalez	25
Retreats	27
One&Only Fitness	29





NATURE

Inspired by time-honoured techniques, the Mother City's natural surroundings, indigenous ingredients, and days spent soaking up Cape Town's coastal elements, discover our collection of specially-curated treatments, exclusive to One&Only Cape Town.

AFRICAN JOURNEY
90 minutes

A bespoke, proudly South African full body treatment created to prepare your skin for a nourished sunkissed glow. Combining scents of sweet orange and baobab oil to uplift your senses, begin with a rock salt scrub to encourage radiant skin, flowing into a massage experience with the African Rungu Stick to key areas of tension, before ending off with a Rooibos tea ceremony to complete your African Journey. This indulgent treatment offers the ultimate relaxation and fully restores your body to a peaceful state once more.

ESSENCE OF CAPE TOWN
120 minutes

This deluxe, full-body signature treatment uses a number of healing plants from both the Earth and Ocean to soothe, hydrate and revitalise the skin, whilst simultaneously soothing the body into a state of deep relaxation. Begin with a sea-salt and oil exfoliation to prepare your body for a heated cocooning wrap coupled with a balancing scalp and face massage, followed by a bespoke full body massage. Enjoy as a wave of relaxation melts away any tension and stress, ending with a detoxing green tea, served in the comfort of the relaxation room to complete your journey.

TAILORED TIME
120 minutes

Reserve two hours of Bamford Time and our expert therapists will ensure the most suitable treatment is selected and personalised for you. Tailored Time is the easiest and most flexible way to get the most out of your experience: convenient, stress-free, and proven to maximise your treatment results.





GLOW

Marrying holistic, time-honored practices with modern therapeutic products and techniques, One&Only Spa facials deliver true revitalisation that will leave you looking just as fresh and beautiful as you feel.

BAMFORD WELLNESS FACIAL
90 minutes

Tailored to your skin type and needs, this bespoke facial targets skin health from the outside in. Created to improve gut health and digestion, and release emotional and physical stress; symptoms that can manifest on the surface and skin.

AWAKENING FACIAL
90 minutes

Designed to brighten, smooth and refresh the skin. This signature Bamford facial is particularly recommended to address sun damage and uneven texture, and combines a powerful fruit elixir and exfoliating mask.

WELLNESS FACIAL WITH NUFACE
90 minutes

An advanced facial treatment designed to improve skin tonicity, firmness and enhance cellular regeneration through a specialised massage and NuFace technology which provides micro-currents to lift and firm the skin to achieve the most intensive result possible.

CONSCIOUS REST

Succumb to the pure power of massage, where these body-focused treatments deliver the healing touch of our One&Only Spa Therapists, creating a space where your body repairs, your mind quiets and your nervous system returns to calm.

BAMFORD ULTIMATE SIGNATURE TREATMENT
90 minutes

Our signature treatment combines carefully targeted ancient techniques that nurture your well-being and reduce inflammation, performed with a choice of chamomile, geranium or rosemary body oil.

RECOVERY MASSAGE
60 minutes | 90 minutes

Melt away with this transformative mind and body experience. Focusing on the back of the body, tense muscles are eased and stress levels reduced, while energy is restored and realigned.

JADE STONE MASSAGE
90 minutes

Restore balance and harmony in the body and mind with a relaxing full-body treatment using a combination of hot volcanic and cold jade stones which work deep into your muscles, leaving you with a deep release of tension.

TONIFYING TREATMENT
90 minutes

Energise, tone and detoxify the body with a treatment designed to target specific areas of concern around the hips and legs. Skin brushing stimulates circulation, followed by an invigorating exfoliation to remove dead skin cells and prepare for the massege utilising cupping therapy to drain, detoxify and support the digestive system.

B NOURISHED BODY WRAP
90 minutes

Inspired by ancient healing traditions, this treatment blends mineral-rich clays, nourishing oils and gentle warmth to detoxify, remineralise and soften the skin. Skin brushing stimulates circulation, followed by a body exfoliation to rejuvenate the skin and a body clay mask to enhance skin health, support muscle recovery and reduce inflammation.

MATERNITY MASSAGE
60 minutes

Mend sore muscles with this therapeutic full body massage, enriched with active aromatherapy oils and warm volcanic stones. The heat from the stones penetrate your muscles, soothing away aches and pains, inviting your entire body to unwind.





CONSCIOUS FEELING

Connecting inward for your emotional health to create balance and clarity, these body-focused treatments deliver the healing touch of our One&Only Spa Therapists, tending to your mind as well as body to reduce stress, stabilise moods and support mental wellbeing.

B STRONG
90 minutes

A deeply restorative treatment designed to nurture and heal stressed joints in the neck, shoulders, lower back, arms and legs; as well as to restore and warm up tired muscles and joints.

B SILENT
90 minutes

Chronic stress is one of leading causes of depleted seratonin and the ability to sleep well. B Silent is devoted to relaxing and preparing your body for sound, restful sleep.

B BALANCED
90 minutes

A bespoke, full-body ritual designed to alleviate symptoms brought on by hormonal changes and long-term illnesses. Bamboo tapping improves circulation while a gua sha massage and cooling gel application releases excess heat from the body.

B VIBRANT
90 minutes

Awaken your senses, energise your body and increase positivity with a revitalising experience designed to rebalnce your energy channels, rejuvenate the skin and leave your mind and body invigorated.

TOGETHER

Share the Spa experience with these blissful treatments designed just for two.

RECOVERY EXPERIENCE
180 minutes

Escape to our sanctuary in city with a 120-minute treatment tailored to you and your partner's individual needs, in our couple's suite. The experience continues an indulgent lunch and a bottle of One&Only Brut at our poolside restaurant, Isola.

SLEEP JOURNEY
180 minutes

A journey designed to relieve stress and and prepare your body for a sound, restful sleep. Begin with a 60-minute geranium bath rituals followed by a 90-minute B Silent full-body treatment and conclude the experience with a lunch at our poolside restuarant, Isola.





INVIGORATE

Explore our collection of specialised treatments, designed exclusively for men.

MEN'S RECOVERY MASSAGE
90 minutes

Designed for the modern active man, this full-body treatment combines traditional Japanese and Swedish massage techniques with hot stone therapy, reflexology and an acupressure facial. The recovery massage encourages blood flow through the body, relieves over-tired muscles and pain, reduces stress and promotes deep relaxation.

MEN'S FACIAL
60 minutes

A deep cleanse and steam is followed by facial reflexology to help stimulate cell regeneration. Hot and cold stones aid circulation, soothe and tone.

BIOLOGIQUE RECHERCHE

Using world class innovative products and meticulous protocols, Biologique Recherche products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free. Skin care is provided following a personal derma-cosmetic diagnosis (suitable for both men and women) using a Skin Instant© analysis for each individual to provide clarity on individual needs.

SKIN INSTANT LAB
30 minutes

The first step of Biologique Recherche's Methodology, this unique analysis allows us to identify your Skin Instant© (Type).

MODULAR BOOSTER REMODELLING FACE©
30 minutes

A state-of-the-art bio-electro stimulation that combines the power of three currents (galvanic current, medium and high frequencies) for immediate, long-lasting results.

BIOLOGIQUE RECHERCHE FACIAL TREATMENTS
120 minutes

SOIN RESTRUCTURANT ET LISSANT
Reconditioning, hydrating, lifting, tightening and toning.

A reconditioning treatment with an immediate plumping effect designed for all Skin Instants©. Its draining action on your skin, leaves your face, neck and chest smooth and toned.

SOIN MC 110
Anti-wrinkle, balancing and decongesting.

A treatment for reducing wrinkles and lines designed for lackluster Skin Instants©, leaving the skin on your face, neck and chest more toned and defined.

We recommend three sessions at one-week intervals, followed by one session every three months.

SOIN LIFT C.V.S.
Dynamic lifting, firming and sculpting.

An exfoliating and lifting treatment combined with shaping techniques designed for mature Skin Instants©, leaving the skin on your face, neck and chest smooth, refined and toned.

SOIN OXYGÉNANT VIP O2
Anti-pollution solution, radiance and revitalising.

A regenerating and revitalising treatment for all Skin Instants©, restoring the natural balance of your skin, to leave your face, neck and chest smooth and glowing.

SECONDE PEAU
Revitalising, rejuvenating and renewing.

A genuine alternative to fillers due to its action on the extracellular matrix and a world first in professional aesthetics, this regenerating and lifting treatment is created using an electro spun mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature Skin Instants© damaged by the signs of aging.

We recommend three sessions at one-week intervals, followed by one session every three months.

SOIN HYDRÉCLAT
Hydrating, soothing and calming.

A hydrating and complexion-enhancing treatment designed for dehydrated Skin Instants©. Leave with the skin on your face, neck and décolleté plumped up, moisturised and glowing.

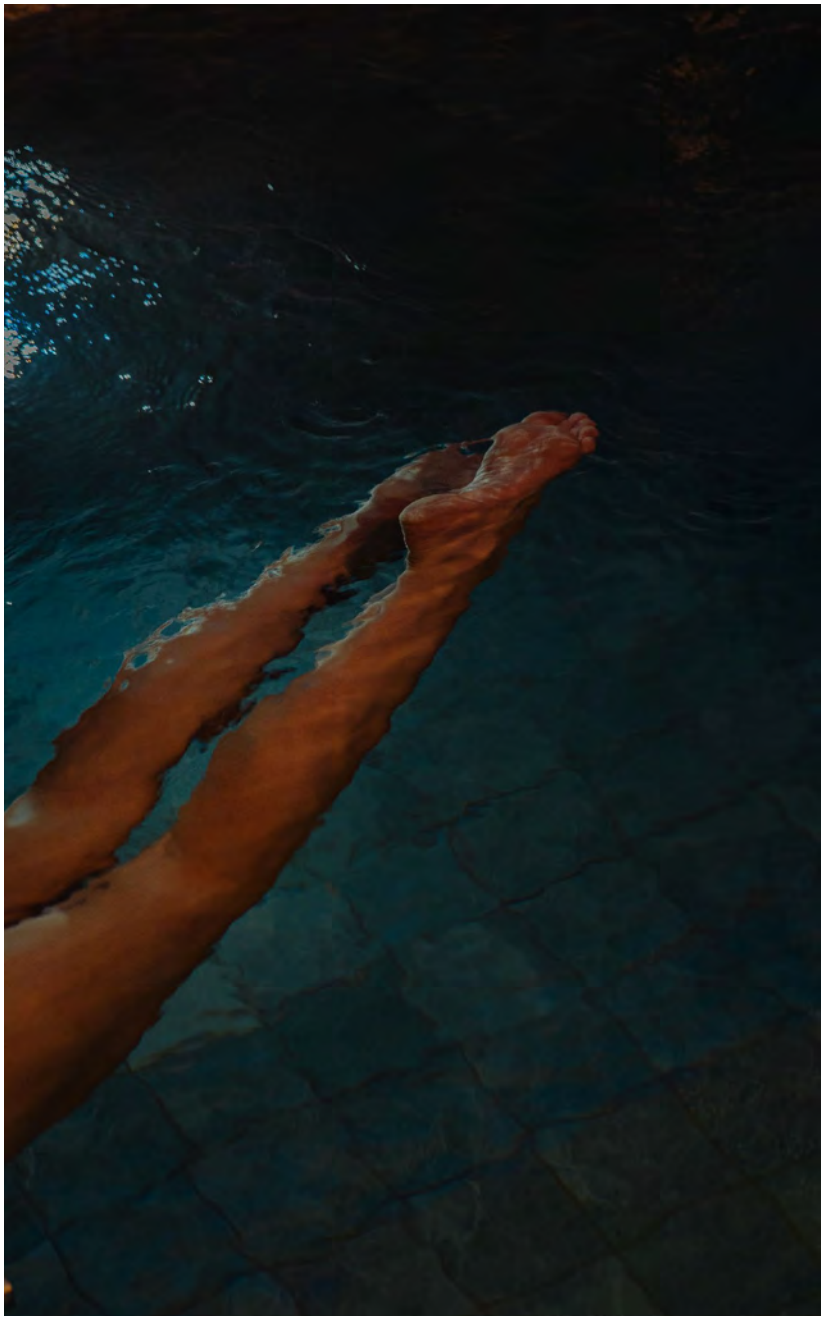
TRIPLE LIFT WITH REMODELING FACE®
Triple lifting, toning and firming.

The ultimate firming and toning treatment for sagging Skin Instants© that lack structure and tone. An exceptional resculpting treatment in which features and contours of the face, neck and décolleté are re-tensed and restructured.

MICRO PUNCTURE LAB
60 minutes

A cutting-edge, minimally invasive procedure that utilises nano needles to puncture the skin, thereby activating and stimulating the production of collagen and elastin. This process enhances skin health and appearance through natural mechanisms.





PEDI: MANI: CURE BY BASTIEN GONZALEZ

Famous all over the world for his unique approach to foot and nail care, Podiatrist Bastien Gonzalez's exclusive, award-winning treatments offer a true fusion of well-being and beauty. Emphasising a holistic regimen that highlights internal health as a foundation, his treatments keep hands, feet and nails looking and feeling their best.

BASTIEN'S DUO
75 minutes

Pamper yourself with this synchronized four-hand mani-pedi treatment that simultaneously shares its focus between your feet, legs, hands, and arms, delivering you the famed Bastien Gonzalez experience, widely known as "The Rolls-Royce of mani-pedis."

BASTIEN'S PEDICURE
60 minutes

Treat your feet right with Bastien's signature pedicure, including a proprietary treatment to gently buff and restore your nails to a healthy, natural shine. A therapeutic skin treatment follows, eliminating dry, hard skin before receiving a tension-relieving massage, from the tips of your toes, up to your knees.

BASTIEN'S MANICURE
45 minutes

Experience one of the world's most talked-about manicures, delivered in three indulgent steps. First, a restorative cuticle and nail treatment, followed by the expert application of a natural nail finish, and finally, a thorough massage to reinvigorate forearms, wrists, hands, and fingers.

FOOT REFOUNDATION
35 minutes

Your journey begins with a penetrating exfoliation using our acclaimed Black Diamond Scrub. Then sit back and luxuriate in a toe-to-knee massage focused on reducing swelling and muscle tension, while maximizing joint mobility, blood circulation, and skin elasticity. It's the ideal cure for jet-lagged feet and legs.

GLOBAL RE-FOUNDATION
35 minutes

A soothing and calming massage from the toes up to the knees and from the fingers to the elbows. As our adept therapists massage your hands and feet at the same time, you'll feel your body become lighter, your skin more supple and your joints relax.

PARAFFIN TOUCH
20 minutes

Intensify any Bastien Gonzalez treatment with the addition of this paraffin touch. Warm, silky paraffin wax aids the penetration of applied moisturizers, allowing for deeper hydration while easing tensions in muscles and joints.

COLOURTOUCH
20 minutes

Select your preferred color from our range of premier nail lacquers, all of which are free of formaldehyde, toluene, DBP and Camphor. Includes nail reshaping.

SCRUB TOUCH
30 minutes

Elevate your pedicure or manicure by adding the Black Diamond Touch; a blend of Black Volcanic Sand and Mother of Pearl particles designed to exfoliate, purify and smooth your skin. This mineral foaming scrub provides a natural exfoliation, aiding in the removal of dead skin cells, while leaving your skin at its best. Essential oils of thyme and sage are also infused to maintain healthy, supple feet and hands.

RETREATS

Discover our destination spa island with a half or full day retreat.

UNWIND
210 minutes

Unwind with a 90-minute B-Balanced ritual designed to alleviate symptoms brought on by hormonal changes and long-term illnesses, while bamboo tapping improves circulation and a gua sha massage and cooling gel application releases excess heat from the body. This is followed by a 60-minute facial, designed to brighten, smooth and refresh the skin. Conclude your half-day retreat with use of our hydrothermal facilities and a lunch at our poolside restuarant, Isola in the summer or from local chef, Karen Dudley's wickedly delicious menu at Vista Bar & Lounge in the winter.

90-Minute B Balanced Ritual | 60-minute Awakening Facial | Lunch

ESCAPE
400 minutes

Escape to our sanctuary in the city, starting with a 90-minute B Nourished body wrap inspired by ancient healing traditions to enhance skin health, support muscle recovery and reduce inflammation. This is followed by a 90-minute Jade Stone massage designed to restore balance and harmony in the body and mind with a relaxing full-body treatment using a combination of hot volcanic and cold jade stones. Break for lunch at our poolside restuarant, Isola in the summer or at Vista Bar & Lounge where local chef, Karen Dudley's wickedly delicious menu awaits in the winter.

Return to One&Only Spa for a 90-minute bespoke wellness facial which targets skin health from the outside in. Created to improve gut health and digestion, and release emotional and physical stress; symptoms that can manifest on the surface and skin. Conclude your retreat with a synchronized four-hand mani-pedi treatment that simultaneously shares its focus between your feet, legs, hands, and arms, delivering you the famed Bastien Gonzalez experience, widely known as "The Rolls-Royce of mani-pedis."

90-Minute B Nourished Body Wrap | 90-minute Jade Stone Massage | Lunch |
90-minute Bamford Wellness Facial | 90-minute Bastien Duo





ONE&ONLY FITNESS

With an integrated collection of Technogym® equipment, it provides the ultimate environment for cardio, strength, and functional training. Or join our fitness team for a myriad of fun group classes, available for all fitness levels in the yoga studio.

PERSONAL TRAINING
30-45 minutes

STRETCH

Begin your day, or your workout, with a focus on flexibility. Let your One&Only Personal Trainer lead you through this dedicated stretching session, working to improve your existing range of motion.

TABATA

Improve endurance, cardiovascular and muscular performance in this highly efficient interval training session.

PYRAMID

Challenge yourself to with this High Intensity Interval Training (HIIT) which uses the method of 30 second maximum effort to 30 seconds rest while adding an additional exercise each round.

BOOTCAMP

A focus on all styles of training in one session, including but not limited to endurance, strength, body weight, functional, power, agility, speed, coordination and flexibility.

BODY CONDITIONING

A training style that focuses on the entire body, through different disciplines to target dierent muscles.

CORE CONDITIONING

A workout that focus on strengthening both the internal core as well as the muscles that assist the core, such as the pelvis, lower back, hips and abdomen through slow, targeted training.

BOXING

A class that focuses on the fundamentals and conditioning aspects of boxing.

STRENGTH TRAINING

A form of training that utilises any form of resistance to contract your muscles. In doing so, you can build muscle endurance, which in turn, aids skeletal muscle as a whole.

AMRAP

Standing for “As Many Rounds As Possible”, this is another form of HIIT.

FUNCTIONAL

A short, 15 minute training session focused on specific bodily areas that assist you with day-to-day tasks.

GROUP PRIVATE TRAINING
4–10 guests | 60-90 minutes

Join one of our daily rotating group sessions or book one of your choice at a time convenient to you. Our personal training specialists offer a vast array of training programs, including:

GROUP YOGA

Engage in a group setting with 60-minute sessions, oering a shared experience of connection and growth, no matter the yoga style chosen.

YOGA FOR COUPLES

Strengthen your bond as our instructors guide you and your partner through synchronised asanas, focusing on mutual support, balance, and relaxation.

OUTDOOR FITNESS

HIKING
CURATED EXPERIENCE

Cape Town boasts some of the most scenic hiking trails in the world. Not only does it play host to one of the World's Natural Wonders, Table Mountain, it has numerous other smaller contour paths, forests and mountain ranges to explore. Embrace the opportunity to summit Lion's Head or tick o that bucket list item with a hike up iconic Table Mountain.

BEGINNER (2-3 HOURS)
120-180 minutes

An easy, flat path for a leisure walk to McClear's Beacon. Enjoy the contour path as well as part of the beloved Newlands Forest hike along the way, embracing the multifaceted areas of nature you'll be travelling through. Another version of this hike is the 'Pipe Track', a stretch of contour pathways with awe-inspiring views of the City and Camps Bay.

INTERMEDIATE (3-4 HOURS)
180-240 minutes

Challenging yet rewarding, the Platteklip Gorge Hiking Trail is a well-trodden route, showcasing breathtaking views of the city and the coastline below. Known for its steep ascent, the trail's path follows through a narrow gorge and ends on top of Table Mountain, where panoramic vistas await. Lion's Headis revered by locals, a moderate yet invigorating hike that winds around Lion's Head Mountain, with a combination of rocky and smooth pathways. Hikers can look forward to panoramic 360 degree views of the city, Table Mountain and Clifton beaches. Be ready for some scrambling and a ladder or two!

MIND & BODY

PRIVATE YOGA
60-90 minutes

Enjoy personalised support as our One&Only Yoga Instructor leads you through a dedicated yoga session of your choice, including:

Vinyasa
A style of flow that encourages seamless movement sequences to enhance rhythm and movement.

Yin
A calming, meditative practice that focuses on flexibility and relaxation through the use of deep, soothing stretches for the muscles.

Hatha
A style with an emphasis on static postures, combined with breathing exercises and meditation to balance strength and mindfulness.

SALUTATIONS IN THE SKY
CURATED EXPERIENCE
60 minutes

Created for those who value the tranquillity that comes withYoga as well as the beautiful views of the majestic mountain ranges of Table Mountain that ensconce the city, this best-of-both-worlds experience allows for Mother Nature to be a part of your guided meditation session on the mountain.

No matter if you come for the breathtaking setting or to work on a more settled mind and body, you will leave having been on a harmonious journey to inner peace and well-being.



One&Only Spa: 8am to 8pm daily
Fitness Center: Open 24 hours with on-site colleagues from 6am–8pm
For off-site spa services, please contact Spa Front Desk.

All prices are listed in South African Rands and include VAT.



SPA ETIQUETTE

APPOINTMENTS

We always recommend booking ahead. To make a reservation, simply call our spa reception on ext. 5810 from within the resort. From outside the resort, call our direct line: +27 21 431 5810 or visit oneandonlycapetown.com or email: Spa.Reservations@oneandonlycapetown.com. We're happy to talk through your goals and find the best treatments for you. One&Only Spa is open from 8am - 8pm, daily. Our Fitness Center is open 24 hours per day with on-site colleagues from 6am-9pm. 50% deposit is required on all bookings.

CANCELLATIONS | RESCHEDULING

Any cancellation made within 24 hours prior to an appointment will incur a fee of 100% of your treatment.

WHEN YOU ARRIVE

We recommend that you arrive at least 60 minutes prior to your appointment. Upon arrival, your spa professional will review the spa consultation form with you to understand your needs and customise your treatment.

You can also enjoy our indulgent facilities, from harnessing the benefits of the vitality pool to relaxing in the steam room. Should you wish to proceed straight to your treatment, please arrive at One&Only Spa 15 minutes prior to your appointment.

All spa appointments have been designed to allow for full enjoyment of each service. Late arrivals will be finished within the scheduled treatment time and the treatment fee will remain the same. Unless a therapist preference is stated at time of booking, treatments are booked with our first available Spa Therapist. All our therapists are female.

AMENITIES

When you arrive, you'll be provided with a robe and slippers and welcomed to male and female changing rooms where you can stow your belongings in lockers. Towels are available throughout the spa and vanities are stocked with a variety of toiletries. We provide disposable undergarments upon request and during your treatment, privacy is assured with discreet draping.

The spa includes a steam room, sauna, vitality pools and a relaxation lounge.

AMBIENCE

Our spa is a tranquil space. To help you sink fully into relaxation, we ask that you speak in a lowered voice and leave your phone or camera in the lockers provided. The spa is completely non-smoking.

PREGNANCY

Our prenatal treatment is perfect for women in their second trimester of pregnancy, or nursing mothers. For your safety, we recommend avoiding treatment 24 hours before or after travelling. We're unable to offer treatments to expectant mothers in their first or third trimester.

MEN'S FACIALS

For the very best results, we recommend you shave a few hours before your treatment.

HEALTH CONDITIONS

Please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, recent surgeries, or pregnancy.

FITNESS PROGRAMS

Our private fitness sessions are available by appointment. Our curated experiences are exclusive to resort guests. Please contact our spa reception for additional information.

AGE REQUIREMENTS

We welcome guests aged 16 and over to the spa and its shared facilities.

GIFT VOUCHERS

Our reception team will be happy to help you gift your loved ones their dream treatment.

BOUTIQUE

Bring your One&Only Spa experience home with our range of bath, body, and home products. Our spa reception team will be happy to guide your choices.

LOSS OR DAMAGE

As we cannot guarantee the safety of your valuables, we recommend you leave these in the lockers or in the safe in your room/suite.

PRICING & GRATUITY

All prices are quoted in South African Rand (ZAR) and are inclusive of government consumption tax.

Prices are subject to change without prior notice. Prices quoted are per person with the exception of the 'Together' treatments.

50% deposit is required on all bookings.

Gratuity is not included in any Spa Experiences and is at your own discretion.





One&Only Cape Town
Dock Road, V&A Waterfront
Cape Town 8001
South Africa

Telephone + 27 21 431 5810
spa.reservations@oneandonlycapetown.com

oneandonlycapetown.com | @OOCapeTown | @OneandOnlyCapeTown

SPA

tariff

ONE&ONLY SPA TREATMENTS	DURATION (MINS)	PRICE (ZAR)
NATURE		
Essence of Cape Town	120	3990
African Journey	90	2850
Tailored Time	120	4000
GLOW		
Bamford Wellness Facial	90	2600
Awakening Facial	60	2260
Wellness Facial with NuFace	90	3050
CONSCIOUS REST		
Bamford Signature Treatment	90	2950
Recovery Massage	60/90	2090/2390
Jade Stone Massage	90	2490
Tonifying Treatment	90	2990
B Nourished Body Wrap	90	1990
Maternity Massage	60	2190
CONSCIOUS FEELING		
B Strong	90	2290
B Silent	90	2290
B Balanced	90	2790
B Vibrant	90	2590
TOGETHER		
Recovery Experience	180	9000
Sleep Journey	180	6590
INVIGORATE		
Men's Signature Facial	60	2160
Men's Recovery Massage	90	2390
BIOLOGIQUE RECHERCHE		
Skin Instant Lab	30	550
Modular Booster Remodelling Face©	30	850
Biologique Recherche Facial Treatments	60	3000
Soin Seconde Peau *(revitalising, rejuventating and renewing)*	90	6990
Soin Triple Lift avec Remodeling Face© *(triple lifting, toning and firming)*	120	5090
Micro Puncture Lab	60	3550
PEDI:MANI:CURE STUDIO		
Bastien Duo	75	1850
Bastien Pedicure	60	1150
Bastien Manicure	45	850
Nail Brightness	45	750
Foot Refoundation Massage	35	850
Global Hand and Foot Massage	35	950
Scrub Touch	10	195
Colour Touch	20	180
Paraffin Touch	20	220
HALF & FULL DAY RETREATS		
Unwind	210	4950
Escape	420	6250

Prices valid until 31 March 2027

FITNESS CENTRE

tariff

ONE&ONLY SPA TREATMENTS	DURATION (MINS)	PRICE (ZAR)
PERSONAL TRAINING	30-45	1050
YOGA		
Personalised Private Session	60 - 90	1050
Salutations in the Sky	180	4620
HIKING		
Table Mountain*	120 - 240	4180
Lion's Head*	120 - 180	2915
*a surcharge of R300 will be charged should the hike be before 6am		
GROUP CLASSES		
Yoga and Pilates for Couples/Groups	60 - 90	1450
Couples Training Session*	60	1950
*a surcharge of R150 will be charged for every guest joining thereafter		
YOUNG FITNESS		
Boxing	30	550
Outdoor Training Session	30	350

Prices valid until 31 March 2027