

spa at
the cole.

TREATMENT LIST



WELCOME TO THE COLE SPA.

At The Cole Spa, we've carefully curated QMS Medicosmetics, Bellabaci, and Bio Sculpture for their exceptional results and commitment to wellbeing. QMS Medicosmetics brings advanced, medical-grade German skincare rooted in innovative collagen technology to hydrate, firm, and rejuvenate the skin. Bellabaci, a Cape Town-born holistic wellness brand, enhances circulation, relieves tension, and supports detoxification through modern cupping therapy and organic face and body products.

Complementing these is Bio Sculpture, a pioneering South African nail-care brand offering non-toxic, vegan, 10-free gel systems that strengthen natural nails while leaving hands and feet beautifully conditioned and polished

 Sauna

 Ice Bath

 Three single treatment rooms

 One couple's treatment room

MASSAGES

Sunset Aromatherapy

A full-body massage, including scalp and feet, using a balm chosen to match your mood. Soothing, flowing strokes guide you into stillness, like sinking into a Sea Point sunset.

60min

R1 100

90min

R1 500

Urban Reset Deep Tissue

Deep, targeted pressure releases chronic tension, stubborn knots, and overworked muscles, leaving your body lighter, stronger, and beautifully aligned.

60min

R1 300

90min

R1 650

Warm Stone Therapy

Smooth, heated stones glide across the body, melting tension and improving circulation. A grounding ritual that anchors the mind and softens your muscles.

60min

R1 300

90min

R1 650

Magnesium Therapy

Designed to soothe tired muscles, relieve tension, and restore natural balance. As warm light surrounds you, magnesium is gently massaged into the skin. Feel the tension melt away as your body is uplifted and your energy renewed.

60min

R1 300

90min

R1 650

Solar Flow Detox Therapy

A gentle lymphatic drainage massage that stimulates circulation, reduces swelling, and flushes out toxins. Ideal for deep relaxation, rejuvenation, and restoring balance. Enhance your treatment with a Gua Sha tool.

60min

R1 300

90min

R1 650

Solar Targeted Massage

A results-driven sports massage focusing on the areas you need most. Combining firm pressure with calming solar-inspired energy, this treatment releases knots, eases stiffness, and restores mobility - delivering immediate relief and revitalisation. Elevate your massage with CBD oil.

75min

R1 450

90min

R1 850

MASSAGES ...

Radiant Bump Therapy

Celebrate motherhood with a nurturing pregnancy massage designed to ease tension, reduce swelling, and support comfort. Includes a gentle foot pressure-point massage and exfoliation that uplifts the spirit and leaves you glowing.

60min	R1 300
90min	R1 650

Radiant Calm Indian Therapy

A soothing head massage crafted to relieve stress, ease headaches, and calm the nervous system. Perfect for restoring clarity, balance, and a radiant sense of wellbeing.

45min	R720
-------	------

Urban Reset Pressure Point Therapy

A therapeutic experience including a soak, exfoliation, and focused pressure-point massage. Designed to melt away tension from fast-paced days, improve circulation, and restore the body's natural flow.

45min	R850
-------	------

Cellulite Leg Therapy

A lipo-sculpting technique using hands and innovative silicone cups to stimulate lymphatic drainage, boost circulation, and detoxify the tissues. This treatment helps reduce the appearance of cellulite while firming and smoothing the skin.

45min	R850
-------	------

Abdominal Detox Therapy

A gentle, targeted abdominal massage that releases tension, supports digestion, and calms the body from within. Using circular movements, warm oil, and focused pressure, it softens tight abdominal muscles, reduces bloating, and enhances natural digestive flow. Effective for symptoms of IBS, constipation, spastic colon, menstrual pain, and cramps.

30min	R550
-------	------

ENHANCEMENTS

CBD oil	R300	Hot Stone	R250
Magnesium	R350	Gua Sha	R400

QMS FACIALS

Express Facial

A quick yet effective treatment featuring a deep cleanse, exfoliation, and hydration for instantly radiant skin.

	30min	R700
--	-------	------

Pure Youth Facial

A gentle yet powerful facial designed for younger skin. Helps clear impurities, control excess oil, prevent breakouts, and maintain balanced hydration.

	45min	R990
--	-------	------

Collagen Reset Facial

A rejuvenating treatment that restores balance, replenishes moisture, and revitalises dull or tired skin. Includes a mask tailored to your specific needs for enhanced results.

	60min	R1 500
--	-------	--------

Collagen Repair Facial

Our *Collagen Repair Facial* strengthens your skin's protective layer, reduces inflammation, and delivers deep hydration. This treatment incorporates lymphatic massage techniques and reparative formulas to calm redness, boost resilience, and promote detoxification.

	75min	R1 750
--	-------	--------

Collagen Contour Facial

A luxurious anti-ageing treatment that restores definition and firmness. The treatment combines advanced collagen formulas, lifting massage techniques, and contouring masks, providing relaxation and relief, especially around the jaw and neck. Ideal for mature skin

	75min	R1 950
--	-------	--------

Collagen Restore Facial

An anti-aging facial designed to restore firmness, volume and radiant hydration. This signature treatment features an intensive collage mask, and a sculpt defining massage to lift and contour. It improves skin elasticity by boosting collagen and elastin, and provides relaxation and relief around the jaw and neck.

	90min	R3 100
--	-------	--------

QMS...

Collagen Stem Cells Mask

Advanced repair, anti-aging and regeneration. 15min R750

QMS Activator Mask

Intense hydration and radiance regeneration. 15min R550

Collagen Lip mask

Smooths fine lines, plumps and deeply hydrates lips. 15min R450

Bright Eye Revive

Targets puffiness, dark circles and tired eyes. 15min R450

Dermaplaning

Extra exfoliation and removes fine hairs. 15min R450

GROOMING

HANDS AND FEET BY BIOSCULPTURE

Signature Manicure

Nail care, scrub, massage and polish R850

Signature Pedicure

Nail care, scrub, massage and polish R890

Essential Manicure

Nail care and polish R550

Essential Pedicure

Nail care and polish R550

Ultimate Manicure

Nail care, scrub, Himalayan stone massage,
hand mask, polish or gel R990

Ultimate Pedicure

Nail care, scrub, Himalayan stone massage,
foot mask, polish or gel R950

Soak off Gel

Soak and nail treatment R300

Quick fix

One or two nails chipped R150

HANDS AND FEET ENHANCEMENTS

Bio-Sculpture gel polish 20min R200

Medi heel peel 15min R250

French nails 20min R200

GROOMING...

WAXING

Brow Lip Chin Nose	15min	R250
Full face	20min	R450
Bikini	15min	R390
Hollywood	20min	R500
Half leg	20min	R400
Full leg	45min	R500
Half arm	30min	R350
Full arm	45min	R450
Underarm	20min	R300
Chest	30min	R450
Back	45min	R550

THREADING

Brow lip chin sides	20min	R200
Full face	30min	R500

DERMAPLAN

Cleanse, tone & dermaplan	30min	R450
---------------------------	-------	------

GROOMING...

LASHES AND BROWS

Brow tint	15min	R250
-----------	-------	------

Lash tint	15min	R250
-----------	-------	------

Brow & lash tint	15min	R390
------------------	-------	------

Brow Lamination

Shapes, smooths and sets brows for a more polished & full look.	45min	R500
---	-------	------

Lash Lift

Curled and lifts your natural lashes for a wide-eyed look.	45min	R500
--	-------	------

Brow and Lash Combo

Complete eye refresh.	50min	R850
-----------------------	-------	------

THE COLE SIGNATURE PACKAGES

Create Your Own Spa Journey

Choose any three 30min treatments or two 45min treatments to make the full 90 minutes. 90min R1 850

- Back and neck massage | 30min
- Express facial | 45min
- Essential mani | 30min
- Essential pedi | 30min
- Back scrub | 30min
- Radiant calm Indian therapy | 45min
- Urban reset pressure point therapy | 45min

Mummy Makeover Package

A beautifully curated treatment to prepare you for your special day. Enjoy a full body massage with gentle foot pressure-point therapy to relieve swelling and restore comfort. Followed by professional waxing to leave your skin smooth and ready for your next chapter. Finish with a manicure or pedicure for perfectly polished hands or feet. 150min R2 150

The Supreme Gentleman

Indulge in the ultimate men's grooming experience. This package includes a 90-minute full body massage to relax and rejuvenate tired muscles, followed by an express facial to cleanse, refresh, and revitalise the skin. Complete your experience with an express manicure and pedicure, including a buff and shine, for perfectly groomed hands and feet. Perfect for the modern gentleman who wants to look and feel his best. 150min R2 650

The Cole Thermal Immersion Experience

Immerse yourself in the ultimate journey of relaxation and rejuvenation. Begin with a soothing full body massage to melt away tension, followed by a revitalising full body scrub to reveal glowing, silky-smooth skin. Then, enjoy a therapeutic mud application that detoxifies, nourishes, and envelops your body in warmth, enhanced by a session in the sauna to awaken your senses. After a refreshing shower, you'll leave feeling relaxed, renewed, and radiant. 180min R2 950

MINI MENU

Ages 6-12 years old.

Mini Mani

Soak, scrub & polish.

30min

R350

Mini Pedi

Soak, scrub & polish.

30min

R350

Mini Mani & Pedi

Soak, scrub & polish.

45min

R600

Mini Massage

Soothing massage using our hydration & relaxation
Bellabaci ointment.

45min

R650

Little Glow Facial

Cleansing & relaxing facial using RITES children's range.

30min

R550

Terms & Conditions.

Children under the age of 12 must be accompanied by an adult at all times.

TERMS & CONDITIONS

Arrival & Check-In

We kindly request that you arrive at least 15 minutes before your scheduled treatment. This allows you time to unwind and fully prepare for your experience.

Please note that late arrivals may result in a shortened service to ensure all guests receive the full attention they deserve.

Sacred Silence & Atmosphere

Our spa is a serene sanctuary of tranquility. We invite you to lower your voice, set your phone to silent, and fully immerse yourself in the calming ambiance.

Allow yourself to disconnect and embrace the stillness of your spa journey.

Use of Spa Facilities

For your comfort and the enjoyment of all guests, we kindly ask that you shower before entering hydrotherapy areas. Please respect our shared spaces by keeping them pristine and using amenities thoughtfully.

Cancellations & Rescheduling

We kindly request 24 hours notice for any cancellations or rescheduling.

This allows us the opportunity to offer the appointment to other guests.

Please note that late cancellations may incur a service fee.

Gratuities & Service Excellence

Gratuities are entirely at your discretion and are always deeply appreciated by our dedicated therapists. Your feedback is invaluable and we warmly welcome any comments or feedback that may enhance your future spa experience.

A Note of Gratitude

Thank you for honoring the sacredness of this space.

We are delighted to welcome you into our sanctuary to rest, rejuvenate, and reset.

 [thecolecapetown](https://www.facebook.com/thecolecapetown)

 [@thecolecapetown](https://www.instagram.com/thecolecapetown)

Email: spa@thecole.co.za

Tel: +27 (0) 21 013 8999

 +27 (0) 60 846 0529

1 Church Road, Sea Point, Cape Town, 8005