

## Signature Experiences

Each signature experience starts off with our welcome ritual on the feet and ends off with the sound of a Tibetan Tingsha Bell, taking you on a deep sense of tranquility. Sound healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and creating a deep sense of peace, wellbeing and better health.

### **Tata Harper Bespoke Experience** (170 min)

**R 4 200** per person

Beginning with the gentle placement of a singing bowl on the body, soft vibrations and sounds resonate from the bowl's performance as the therapist begins to play. A full body exfoliation prepares the skin for a traditional body massage designed to energize and revitalize the body's natural rhythm. The experience includes an advanced skincare facial combining Tata Harper's signature face massage techniques into one treatment. Benefits: does everything that a good vacation retreat should offer, the body will be buffed and nourished, face will be treated with different massages and mask treatments for ultimate hydration and health.

### **The Mountain Serenade** (90 min)

**R 2 300** per person

Lose yourself in the breathtaking views of the Twelve Apostles Mountain Range and the Atlantic Ocean as you and your partner are relaxed and then revitalised in our outdoor Spa Mountain Gazebos with a 90 minute 'his and hers' Hot stone Massage. The package includes strawberries dipped in chocolate and a glass of sparkling wine to be enjoyed inside The Spa after your treatment.

### **The Escape by Elemis** (90 min)

**R 2 700** per person

Developed by Elemis exclusively for The Spa at The Twelve Apostles, this treatment has been designed to achieve deep relaxation, harnessing the power of facial and body massage by employing stones along the Hawaiian Lomi. Gentle body brushing and the traditional Elemis Welcome Touch precede the Full Body Massage and Facial. Stones are bathed in warm water, anointed with spicy, sensual aromas of the Orient and then placed on the key energy points of the body to bring about harmony.

### **The Apostles Touch** (105 min)

**R 2 700** per person

Designed to attain deep relaxation, harnessing the power of body, mind and soul. Only here at The Twelve Apostles Hotel and Spa will you experience the true feeling of nature's sound and touch, using fynbos and shells, we take you on a journey of profound relaxation. As your treatment commences, breathing techniques are used to ease you into the treatment, with an invigorating waterless back of the body Scrub using calico bags, with specifically formulated essential oil and fynbos while flowing massage techniques with heated shells and stones targeting specific problem areas while healing and comforting the body from all tension. The Scalp Massage will soothe all senses so you can float away smoothly in a deep relaxing sleep while the foot massage using heated stones ends The Apostles Touch Treatment.

**Please note:** Treatment time includes consultation and welcoming foot ritual.

The spa treatment menu is valid from 01 April 2023 – 31 March 2024 • Seasonal rates apply from 15 December 2023 – 15 January 2024  
All prices are quoted in South African Rand (ZAR) • All prices are quoted per person, per treatment unless specified otherwise.