



Hout Bay Manor

C A P E T O W N

Beauty Boutique

Relaxation is the focal point of our treatments at Hout Bay Manor. Our skilled therapists will craft custom treatments just for you, blending luxury and sensory elements to create a serene escape.

Book our twin treatment room for a pampering session with your loved one or friend. Our massage beds are adjustable for tension relief and maximum comfort during your relaxation experience.

MASSAGE TREATMENTS

Back, Neck, Head and Shoulder Massage R 750

This 45-min massage treatment targets the head, shoulders, upper and lower back to ease muscle tension.

The Therapeutic Touch R 950

Unwind with a 60-minute massage that targets relaxation and rejuvenation, using a gentle to moderate pressure.

Full Body Relaxation 60-min R 950 / 90-min R 1400

A massage designed to induce relaxation and release, featuring a gentle to moderate pressure, and including a foot and scalp massage.

Prenatal Massage R 950

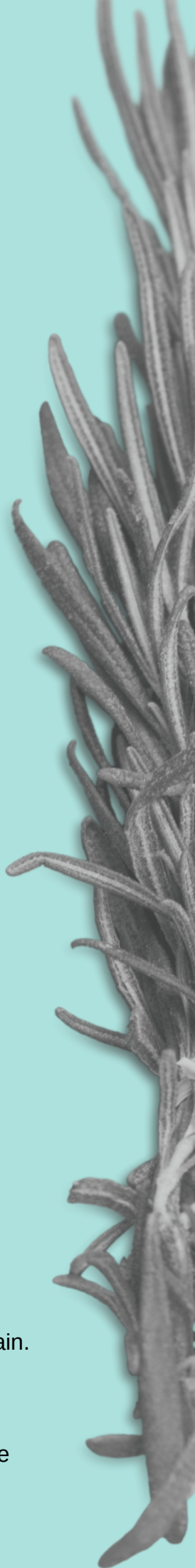
Applying delicate pressure to stimulate the body's soft tissues for alleviating swelling and discomfort. 60 minutes.

Deep Tissue Massage 60-min R 1100 / 90-min R 1500

This 60 or 90-minute treatment improves blood flow, relaxes muscles, and relieves pain.

Hot Stone Massage 60-min R 1200 / 90-min R 1550

Experience a sense of well-being and sensory delight as heated basalt stones release muscle tension and restore tranquillity. Available in 60 or 90-minute sessions.





Nimue is renowned for its expert understanding of the skin and the effective treatment of various skin conditions. The Nimue refill system is both environmentally friendly and cost-effective.

A skincare range that focuses on resolving the root cause, rather than simply addressing the concern.

FACIAL TREATMENTS

Mist Hydrating Boost Facial R 750

This 30-minute treatment, we cleanse and exfoliate your skin, preparing it to absorb a powerful Hyaluronic Acid formula that deeply hydrates, giving you a radiant complexion. This treatment complements any massage or body treatment, leaving your skin nourished and revitalised.

Mist Signature Remedy Facial R 990

Our expert therapist will treat you and your skin during this 60-minute personalised treatment, addressing your specific needs. Customised massage techniques and products combine to create an indulgent experience.

Mist Memorable Facial R 1750

Immerse yourself in our 90-minute facial, where you'll enjoy décolleté, shoulder, scalp, hand, and foot massages, as well as our distinctive Mist facial pressure point massage sequence, specially formulated to relax your mind and body completely.

PACKAGES

Signature Relaxation Retreat 90 minutes R 1900

Experience our exclusive relaxation retreat and escape from reality. Two therapists accompany you through a holistic journey, beginning with a massage for the back, neck, and shoulders, followed by a hydrating foot soak, a facial, and a massage for the feet and legs.

The Ultimate Spoil R 1900 p/p or R 3800 for couples

Two hours of complete bliss! Experience a complete relaxation package with a full body massage and a hydrating, relaxing Mist facial, suitable for singles or couples. Feel completely rejuvenated with a radiant glow after the treatment, as if floating on a cloud of tranquillity.

