



Romancing a dream

at the One & Only Spa, Cape Town!

Text: Saroni Roy

Photos: One&Only Spa, Cape Town

Located on a private island situated at the heart of Cape Town's harbour, within the charming Victoria & Alfred Waterfront, a spanking new retreat by the One&Only Resorts offers that amorous space. A serene haven amidst the energy of a busy city, the spacious 1,200-square-metre spa is the most expansive in all of Cape Town!

The Spa Philosophy

The One&Only Spa believes in the 'Unwind, Balance and Uplift' philosophy. The spa offers customised treatment plans, making use of powerful authentic techniques, indigenous ingredients and highly natural, paraben-free products produced by ESPA, to deliver deep relaxation to energising revitalisation with every treatment centred on one of the three philosophies:

Unwind – the programme calms the mind and nerves, easing muscle tension to achieve a sense of deep relaxation and peace. Activities include a variety of spa treatments, meditation, nutrition and yoga.

Balance - designed to cleanse and purify both mind and body, restoring the body's natural equilibrium. The full menu of spa treatments is complemented by exercise such as cardiovascular fitness and cleansing nutrition.

Uplift – the programme can be experienced through body massage, facial treatments, Tai Chi and energising nutrition. Focus is given to pressure points and energy centres of the body resulting in a sense of wellbeing and vitality.



Romantic Couple Packages

PRECIOUS MOMENTS (3 ½ hours - R 4500 – for two guests) Whether you are celebrating your Honeymoon, Wedding Anniversary, or simply taking special time together, this Spa Experience allows total indulgence with your beloved. It entails one hour of relaxation time followed by two hours of treatment. You can enjoy some precious and beautiful moments in your own Private Spa Suite with soaking bath, steam shower and relaxation area, followed by two hours of treatment tailored to your individual needs and demands and lunch served at the ISOLA restaurant.



The ambience is energized with highlights of natural greens, watery blues, and earthy shades of copper and orange details. Sheer white linen frames the windows in the treatment rooms with spectacular landscape views. Changing room floors and walls are coated in cream marble whilst red copper leather inserts inside locker doors offer a subtle burst of colour. Geometric wooden screens featuring a hint of African motif mingle with African art and accessories.

The beautifully landscaped spa gardens enhance the tranquillity of the spa with integrated seating areas allowing guests to relax completely being surrounded by unique sculptures from the African continent. Designed by Bangkok-based, Bensley Design, the gardens lead to the peaceful Chi Studio Yoga Pavilion offering one to one couples sessions and classes for different levels involving calming sequences of postures (asanas), breathing exercises (pranayama) and relaxation of body tension.

Design

Set on an exotic private island, calming and neutral tones are to be found throughout the resort including dark brown finished woods and cream marbles. Geometric wooden screens featuring a hint of African motif mingle with African art and accessories.

The palette of materials include natural sandstone, dark woods, pewter and wood statues, lots of glass to utilise the location and daylight, rich textured fabrics in neutral and earthy tones with shots of burnt orange and copper. The majority of materials are sourced from its home - South Africa.

The Spa features artwork by Berni Searle from her Home and Away series - a collection of six photographs featuring the artist floating in the Mediterranean Sea.

Spanning more than 13,000 square feet, the Spa includes: a Salon, Relaxation room, Treatment rooms, Special Pedicure Treatments, Wet areas, Vitality pools, Steam rooms and Saunas.

Rituals

The One&Only Cape Town Essence of Earth and Ocean Experience (R1500 – per person), captures the spa's use of local African ingredients. Offering 120 minutes of pure therapy, it is the Signature Treatment on the spa menu. Inspired by the Bushmen of the Cape Peninsula who relied on seashore ingredients, this ritual makes use of therapeutic plants, seaweed and salts to soothe, hydrate and nourish the skin. Local sea salt exfoliates and Baobab Tree Oil is used to massage and a re-mineralizing South African seaweed wrap provides conditioning effects. Warmed sea shells melt away tension and stress before the comforting conclusion of the treatment – a serving of soothing Rooibos tea.**SS**

Fact File:

Architect : Dennis Fabian, **Interior Designer**: Adam D. Tihany **Number of treatment rooms**: 12 - includes two couple suites. **Area**: 1,200 sq. m **Therapists**: 10 **Timings**: **Spa Opening Hours**: 7:00am – 11pm **Treatment Opening Hours**: 8:00am – 10pm **Contact**: Tel: +27 21 431 5810 **E-mail**: spa.reservations@oneandonlycapetown.com