



SPA MENU

THE SILO HOTEL

SIGNATURE TREATMENTS

Our spa experts have carefully selected these signature treatments that are exclusively available at The Silo Hotel Spa in Cape Town. These treatments represent the latest innovations in spa technology.

24 CARAT LUMINESENCE RITUAL

120 MINS | R4,000

This ritual encourages absolute luminosity for both body and face. Combining a glowing facial and a healing body ritual utilizing the power of 24-Carat Gold. With anti-oxidant and anti-microbial effects, pure gold helps to improve circulation and alleviate environmental damage. The result is a firmed, toned, more even complexion.

24 CARAT SKIN ARCHITECTURE FACIAL

75 MINS | R3,050

The quintessential anti-aging, firming and renewing facial treatment, for visible results on expression lines and skin texture. Incorporating active ingredients of Marine Collagen and a 24-Carat Gold mask. Facial features are smoother and the complexion noticeably brighter. The perfect pre-event facial.

24 CARAT BODY RITUAL

90 MINS | R2,200

A deeply relaxing treat for the body and incredibly nourishing for the skin. A beautifully scented vanilla and patchouli body polish reveals youthful skin, followed by a 24-Carat Gold massage encourages relaxation of tired muscles.

BLACK PEARL TREATMENTS

Black Pearl treatments are developed according to bespoke standards where your choice is what matters. Technology within the product and the treatment protocols ensure that whether your choice is a low or high touch experience, maximal penetration of product and result is achieved. All treatments include use of ultrasound, oxygen and light therapy combined with sensorial touch and massage with precious stones.

GOLDEN INDULGENCE

60 MINS | R1,650

Indulge your skin with the most advanced in 24 karat gold skincare formulations. This rare and powerful combination of ingredients assures a flawless skin tone and significantly minimises imperfections.

GOLDEN SUSPENDISSE

60 MINS | R1,100

Indulge your body in sensorial 24K gold. This magnificent massage uses age-defying 24K massage oil in a customised tension releasing massage. Velvety and illuminating the 24K body butter delivers the golden rebirth of your skin.

GOLDEN SPLENDOUR

90 MINS | R1,980

This exquisite journey comprises of the 24 karat Golden Indulgence and a massage. The magnificent massage uses anti-ageing 24 karat gold massage oil to stimulate muscle circulation and release tension. Complete the journey with an application of 24 karat Devine Body Butter rich in shea butter, vitamin E and nourishing almond oil and jojoba.

LUX BRILLIANCE

60MIN | R1,650

The exceptional Miracle Facial Mask is an innovative marine algae mask that delivers a combination of natural and soft gold, collagen, minerals and hyaluronate to the face and eye area. The rapid luminescence result is intensified by multi-masking with the Perla Blanca Mask and superlative hydration of the skin is achieved.

LUX NOURISHMENT

60 MINS | R1,650

This skin treatment is based on the restorative power of crushed Tahitian Black Pearl and offers a transformative journey to skin renewal. The treatment uses patented Black Pearl technology to deliver intense nourishment for sensitive skins through lipids, omegas, natural botanical oils and serums.

FACIAL THERAPIES

Our classic facial collection has been carefully curated to offer a selection of treatments that are both luxurious effective.

COLLAGEN REJUVENATION

90 MINS | R1,900

Specialised alpha hydroxy peeling systems combined with the QMS collagen serums immediately quench the skin, and offer on-going hydration.

URBAN REPAIR

60MIN | R1,150

Targets the damaging effects of daily pollutants on the skin and helps to repair the cellular structure. QMS Oxygen Applicator is combined with skin refining Alpha-hydroxy acids for an advanced treatment. Skin is left more radiant, visibly brighter and smooth.

ACTIVATOR MASK

75 MINS | R1,250

The perfect post flight or pre occasion treatment. High concentrations of collagen and our QMS Oxygen Applicator, delivers 95% pure oxygen to the skin for the ultimate boost in hydration.

PIGMENT CORRECTOR

75MIN | R1,700

This facial aims to assist with excessive or irregular pigmentation on the skin. Specialized serums are used to even out and brighten the complexion. The addition of our QMS Oxygen applicator aids in boosting the effects of the treatment.

CHARCOAL DETOX

60 MINS | R1,100

This unique facial will detoxify and clear the pores of impurities and blackheads. Using LING's signature triple peel, thorough extractions and a charcoal therapy mask, the skin is left radiant and healthy.

WOW TRIPLE PEEL FACIAL

90 MINS | R1,500

This complete facial begins with the LING Signature Triple Peel, a Ginseng Therapy Moisture mask instantly soothes, revives and alleviates inflammation. The facial concludes with a champagne-inspired mask and an infusion of chi energy onto facial acupressure points to reveal a slimmer v-shaped contour.

OXYGEN GLOW

75 MINS | R1,400

The ideal urban skin treatment. An oxygenating facial designed to rejuvenate tired and stressed skin. LING's famous oxygen plasma encourages cell metabolism to trigger collagen production.



EXPRESS FACIAL THERAPIES

INSTANT DETOX

30 MINS | R650

Instantly detox, exfoliate, and purify your complexion with a safe and natural glycolic acid peel to shed away dead skin cells, impurities, and decongest clogged pores. LING's detoxifying energy lift machine instantly stimulates lymphatic drainage and dispels excess water retention. Complexion will be dramatically cleaner, clearer, and appear healthier.

INSTANT OXYGEN

45 MINS | R850

Instantly bring your skin back to life with our award-winning SparkLING Makeover O² Mask and our advance Oxygen applicator to stimulate circulation and boost skin radiance. Far Infrared Ray energy is infused to promote rapid skin recovery and stimulate collagen production to reveal a healthier, glowing complexion

INSTANT EYE REVIVE

30 MINS | R650

Instantly wake up your eyes with a soothing infusion of Far Infrared Ray energy to rejuvenate tired eyes and cooling Jade Rollers to reduce puffiness. Recommended for instantly rejuvenating tired eyes, de-puffing under-eye bags, dark circles, diminishing wrinkles and lifting brow area.

ENHANCE YOUR FACIAL

ADVANCED OXYGEN MACHINE

15 MINS | R390

A refreshing application of 95% pure oxygen is applied to the skin, improving tone, texture and overall well-being. This treatment is suitable for any skin type and can be added on to all facial treatments.



MASSAGE THERAPIES

FYNBOS CRUSH MASSAGE

A detox massage, ideal for lymphatic drainage and improved circulation.

60 MINS | R1,200
90 MINS | R1,450

DESERT CRYSTAL MASSAGE

Focused on boosting energy levels and stimulating the immune system. It combines aromatherapy, acupressure and reflexology techniques.

60 MINS | R1,200
90 MINS | R1,450

TENSION RELEASE MASSAGE

A combination of stretching and pulling techniques, trigger point therapy and cross muscle fibre techniques are used alongside heat and cooling gel to help release the tension in the muscles.

60 MINS | R1,300
90 MINS | R1,500

TRADITIONAL MASSAGE

A classic massage technique used to relieve deep seated tension, relax tired muscles, or aid relaxation. This massage is easily customised in pressure and length.

45 MINS | R 890
60 MINS | R1, 100
90 MINS | R1,400

ENHANCE YOUR MASSAGE

R200

- HEATED BASALT STONES
- ENERGY LIFT TOURMALINE THERAPY
- 15 MIN SCALP TREATMENT

BODY EXPERIENCES

90MINS | R1,700

Each journey begins with a Marula and Sandalwood polish, followed by a customised mud mask application. During this time choose between a soothing head massage or pressure point foot therapy, to lower stress levels and aid relaxation. The treatment ends with an application of nourishing Argan rich body butter. **Select one of the following muds for your ritual:**

- **DETOXING**
- **UPLIFTING**

PRESSURE POINT FOOT THERAPY

30 MINS | R650
45 MINS | R750

Perfect for Jetlag. Our fabulous pressure point Foot Massage is guaranteed to relieve and refresh over worked and tired feet. Includes an energizing toe to knee exfoliation.

HOT OIL SCALP MASSAGE

30 MINS | R790

This deeply relaxing scalp treatment begins with a hot oil acupressure massage to strengthen, rejuvenate and repair the hair and scalp. Hydrating Keratin treatment is applied to treat the length of the hair.

NAIL TREATMENTS

LUXURY MANICURE

Includes lacquer application.

60 MINS | R525

LUXURY PEDICURE

Includes lacquer application.

75 MINS | R600

GEL POLISH APPLICATION

Soft gel, applied like polish. Gentle on the nail and with long lasting colour.

45 MINS | R490

GEL REMOVAL

MANICURE WITH SHELLAC

PEDICURE WITH SHELLAC

EXPRESS NAIL CARE

30 MINS | R150

75 MINS | R625

75 MINS | R700

45 MINS | R420

SPA ESSENTIALS

Please alert your therapist of the following conditions:

- High blood pressure or heart conditions
- Recent surgery, muscle or joint injuries
- Allergy to iodine, or other products
- Pregnancy, epilepsy or diabetes

CANCELLATION POLICY

24 Hours advance notice is required for cancellations and rescheduling, if this is not observed, 50% of the treatment fee will be charged.

Late arrival will result in a reduction of treatment time while the full treatment fee will apply.



WE LOOK FORWARD TO WELCOMING YOU TO THE SILO SPA

Speak to our team of expert therapists for advice on the most suitable treatment for your individual skin type and requirements.




THE ROYAL PORTFOLIO
THE SILO
Cape Town
★★★★★

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