

One&Only Spa



One&Only

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PHILOSOPHY REJUVENATE Unwind. Restore. Elevate. These are the guiding principals around which all spa therapies and treatments are created. Each features its own specialised set of holistic programmes designed to guide guests in choosing the experiences best suited to their particular needs. An oasis of serenity nestled on a private island at the heart of One&Only Cape Town, lies an exclusive, unparalleled spa retreat. Surrounded by water and lush vegetation, One&Only Spa offers tailored holistic experiences, ranging from pure relaxation to unique wellness journeys. In this extraordinary tranquil setting, we invite you to indulge in a spa experience tailored to your specific needs and desires, choosing from a treatment menu of specialised therapies, or one of our unique personalised spa journeys. Utilising indigenous and authentic techniques, these treatments encourage you to immerse yourself in our One&Only experience to truly understand and embrace the exquisite environment. We have created a collection of 'Only Here' spa experiences exclusive to One&Only Cape Town, each carefully crafted to enhance your journey of personal rejuvenation and renewal. With hand-picked, highly trained therapists and ESPA products featuring only the purest extracts of natural ingredients, the experience is both holistically therapeutic and very personal. 'Only Body' collection will elevate and optimise your body experience. Believing in the pure power of massage and how we can enhance its benefits, the techniques are wonderfully familiar and

luxurious; however, built upon ancient knowledge and wisdom. The experience delivered is a true reward and the well-known benefits of such massage treatments are unsurpassed. Gents are not forgotten – do not miss our ‘Only For Him’ spa experiences, with hand-picked treatments to ensure our male guests enjoy the benefit of our expertise.

Map: gbay_big.gif

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