

MOREA HOUSE

35 Victoria Road, Camps Bay
8040 Cape town
(021) 892-2980

SPA TREATMENT MENU

WELCOME TO MOREA HOUSE SPA

WHERE THE RHYTHM OF THE ATLANTIC MEETS THE CALM OF THE MOUNTAINS.

Morea House Spa is a sanctuary of balance – a place where nature’s raw energy and refined serenity converge. Here, the invigorating freshness of the ocean blends with the warmth of curated heat rituals, awakening both body and mind. Nestled within Morea House, Camps Bay, our spa reflects the soul of its surroundings: natural textures, coastal light, and the scent of fynbos carried by the sea breeze. Every treatment is crafted to restore harmony and reveal a deeper sense of well-being. At Morea House Spa, rejuvenation goes beyond relaxation, it’s a journey of reconnection. Step in, slow down, and let the essence of the Cape renew you, long after you leave our haven by the shore.

Drift between heat and cold – from the deep warmth of our signature sauna to the invigorating embrace of the Atlantic-inspired cold plunge. Our science-led, botanically infused Face & Body treatments draw from the natural rhythm of the South African coastline, the sun’s southern glow, the ocean’s untamed pulse, and the grounding energy of the earth. Each ritual is designed to restore harmony, vitality, and presence. All treatments can be thoughtfully tailored for couples, as well as for expecting and nursing mothers

MOREA SIGNATURE JOURNEYS

Our signature rituals embody our holistic philosophy – a complete journey designed to awaken and align all five senses. At Morea House, we go beyond the ordinary: our guests experience a sixth sense – a feeling of true belonging, unique to our sanctuary.

Each experience begins with a 15-minute guided session in the sauna, cold plunge, or sensory shower, preparing body and mind for deep renewal. The journey concludes with a warm beverage and a light bite, inviting you to linger in a state of calm and connection.

MOREA ELEMENTAL FLOW

A Harmonizing Whole-Body Therapy

Single journey	90 minutes	R 2200 per person
Couples journey	90 minutes	R 2000 per person / sharing

Drawing inspiration from the natural flow between ocean and mountain in Camps Bay, the Morea Elemental Flow invites the body and mind into a state of deep renewal and balanced tranquillity. Flowing massage techniques and oils infused with indigenous fynbos essences enhance lymphatic flow, circulation, and life force energy, while sound vibrations restore resonance and inner balance — inviting you to surrender to the natural rhythm of Cape Town's coastal flow.

MOREA ILLUMINATE

A Facial Ritual to Reawaken and Renew

Single journey	90 minutes	R 2200 per person
Couples journey	90 minutes	R 2000 per person / sharing

Inspired by sunlight dancing on the ocean's surface, Illuminate is a revitalising facial that restores radiance, harmony, and flow. Using naturally active botanicals, ancient gua-sha rituals, and soothing sound frequencies, this experience enhances circulation, supports cellular renewal, and reveals a luminous, light-filled glow. Optional: Every detail is designed to awaken your senses and cultivate the Morea House sixth sense of belonging.

MOREA OCEAN RADIANCE

A Head to Toe Journey of Harmony and Renewal

Single journey	150 minutes	R 2600 per person
Couples journey	150 minutes	R 2400 per person / sharing

Our signature head-to-toe ritual combines the grounding bodywork of Elemental Flow with the radiance-enhancing Illuminate facial. Your journey begins with a soothing thermal circuit of sauna and cold plunge, awakening circulation and preparing body and mind. Flowing techniques, gua sha, and harmonizing sound frequencies then restore balance, vitality, and luminosity, leaving you completely renewed, from head to toe.

FACE TREATMENTS

MOREA AESTHETICS FACE

Biologique Recherche is revered as a purveyor of haute-couture skincare, distinguished by its uncompromisingly clinical and personalized methodology. Renowned as the pinnacle of haute-couture skincare, Biologique Recherche embodies a rigorously personalized and results-driven approach. The brand's philosophy centres on the unique and ever-changing "Skin Instant"[®]—a recognition that skin condition evolves daily due to internal and external factors. Formulated in France with extraordinary concentrations of potent, raw active ingredients and preserved through cold-processing techniques, these products deliver transformative efficacy while remaining free of unnecessary fragrances. This rigorous, scent-free approach transcends conventional beauty to recondition the epidermis, restore its foundational health, and deliver a balanced, visible radiance that is customized to the needs of the individual.

Skin Instant Lab Skin

A full skin analysis & Consultation

30 minutes **R 450**

Soin Restructuring & Lissant Facial

Restructuring & soothing

60 minutes **R 2900**

Soin Lotion MCC110 Facial

Balancing & Plumping

60 minutes **R 2900**

Soin Lift C.V.S. Facial

Lifting & Tightening

60 minutes **R 2900**

MOREA ORGANIC FACE

Team Dr Joseph is an eloquent dedication to the symbiotic harmony between nature's profound wisdom and pioneering scientific mastery. The brand stands as a trailblazer of High-tech Natural Cosmetics®, meticulously fusing exquisite, sustainably sourced botanicals with advanced dermatological research. This philosophy honours the holistic intelligence of the skin, offering certified natural, efficacious, and responsible skincare designed not just for immediate radiance, but for enduring vitality and balance. It is a commitment to quality, respect for the natural world, and a forward-looking vision of beauty rooted in purity and profound efficacy.

Team Dr Joseph 30' Facial

30 minutes **R 750**

Perfect for a quick yet effective skin boost

Team Dr Joseph 60' Facial

60 minutes **R 1500**

Ideal for those seeking visible results and deep relaxation in one luxurious experience.

Team Dr Joseph 90' Facial

90 minutes **R 2000**

The ultimate luxurious holistic treatment, for skin and soul renewal

Dynamic Back Treatment

50 minutes **R 1500**

This powerful, restorative back treatment is designed to release tension, boost circulation, and promote deep muscular recovery. Perfect for anyone in need of deep relaxation and muscular regeneration.

Holistic Face & Back Treatment

80 minutes **R 2200**

Reconnect with your inner harmony through this deeply revitalising face-and-body journey, designed to detoxify, de-stress, and restore natural vitality. The experience begins with an express deep-cleansing facial, purifying the skin and awakening the senses. Gentle lymphatic drainage follows, stimulating detoxification and reducing puffiness, preparing your body for deeper renewal. The ritual concludes with a revitalising back herbal stamp massage, using warm, nutrient-rich herbal bundles to release tension, stimulate energy flow, and restore balance. Emerge renewed, grounded, and radiant, fully attuned to the Morea House sixth sense of belonging, presence, and wellbeing.

Organic Top to Toe Treatment

120 minutes **R 2200**

A regenerating body wrap, rich in active botanicals, follows, deeply nourishing and restoring vitality. While your body is cocooned, enjoy a 30-minute facial, harmonizing and enhancing your natural radiance. This holistic Morea House experience leaves your skin refined, body renewed, and mind completely relaxed, awakening the sanctuary's sixth sense of belonging and inner balance.

BODY TREATMENTS

MOREA BODY / MASSAGES

Experience the artistry of true personalization at Morea Spa. Each body treatment is thoughtfully curated to reflect your individual needs, guided by our philosophy of balance and renewal inspired by the meeting of ocean and mountain. Our expert therapists blend intuitive touch with refined technique to restore harmony and vitality from within. To complete your journey, each treatment includes a complimentary 15-minute sauna session — an invitation to deepen relaxation and embrace the Morea state of calm.

Aromatic Lymph Drainage	<i>75 minutes</i>	R 1800
Swedish & Deep Tissue Massage	<i>30 minutes</i>	R 1400
	<i>60 minutes</i>	R 1800
	<i>90 minutes</i>	R 2100
Warm Lava Stone Massage	<i>60 minutes</i>	R 1800
Scalp Massage Travelers	<i>30 minutes</i>	R 1400
Fatigue Leg massage	<i>30 minutes</i>	R 1400

HANDS & FEET TREATMENTS

MOREA HANDS

Spa Manicure

45 minutes **R 700**

Give your hands the care they deserve with this targeted express spa manicure. Including a gentle exfoliating scrub, nail & cuticle preparation, nourishing hand serum, gentle hand cream application and nail paint.

Deluxe Spa Manicure

60 minutes **R 950**

Treat your hands to the ultimate in care and relaxation with this luxurious manicure. Including gentle exfoliation scrub, nail & cuticle preparation, nourishing serum, hand and arm massage using warm lava stones and nail paint.

Add on

available:

Gel Soak off Gel

15 minutes **R 250**

**Polish Overlay Nail Fix
per nail**

20 minutes **R 250**

10 minutes **R 75**

MOREA FEET

Spa Pedicure

60 minutes **R 900**

Give your feet the care they deserve with this targeted express spa pedicure. Including a gentle exfoliating scrub, nail & cuticle preparation, nourishing skin serum, gentle foot cream application and nail paint.

Deluxe Spa Pedicure

75 minutes **R 1100**

Treat your feet and legs to the ultimate in care and relaxation with this luxurious spa pedicure. Including gentle exfoliation scrub, nail & cuticle preparation, nourishing serum, foot and leg massage using warm lava stones and nail paint.

Add on

available:

Gel Soak off Gel

15 minutes **R 250**

Polish Overlay

20 minutes **R 250**

MOREA GROOMING

TINTING

Brow tint	<i>15 minutes</i>	R 220
Lash Tint	<i>15 minutes</i>	R 220
Brow & Lash Tint	<i>30 minutes</i>	R 400
Brow shaping – tweezer	<i>15 minutes</i>	R 350

WAXING

Full Leg	<i>30 minutes</i>	R 550
Half Leg	<i>15 minutes</i>	R 450
Full Arm	<i>30 minutes</i>	R 400
Half Arm	<i>15 minutes</i>	R 360
Fingers or Toes	<i>15 minutes</i>	R 220
Underarm	<i>15 minutes</i>	R 225
Back Wax	<i>30 minutes</i>	R 570
Chest Wax	<i>30 minutes</i>	R 480
Stomach	<i>15 minutes</i>	R 200
Lip	<i>10 minutes</i>	R 225
Brow	<i>10 minutes</i>	R 225
Chin	<i>10 minutes</i>	R 225
Nose	<i>10 minutes</i>	R 225
Ears both	<i>10 minutes</i>	R 225
Full Face	<i>20 minutes</i>	R 350
Bikini	<i>15 minutes</i>	R 395
Brazilian	<i>25 minutes</i>	R 450
Hollywood	<i>30 minutes</i>	R 550

ADDITIONAL SPA SERVICE

Available by appointment only.
No children under 12 years allowed

COUPLES TREATMENT ROOM

All our treatments can be tailored for couples seeking a shared wellness experience. Our elegant double treatment room accommodates two guests for simultaneous treatments in complete comfort. For personalised recommendations, please visit our spa reception – our Spa Supervisors will be delighted to assist in curating your perfect couple's journey.

SAUNA

Immerse yourself in gentle warmth and tranquillity within our spacious sauna – a serene prelude to your spa journey. Available by appointment, the sauna is offered with our compliments to all hotel guests, as well as spa guests enjoying treatments valued at R1 000 or more.

We recommend a calming 15-minute session before your treatment to prepare the body, soothe the mind, and enhance the therapeutic benefits that follow. For your wellbeing, please note that sauna use may not be suitable for certain medical conditions. Our knowledgeable spa team will be pleased to offer guidance and personalised advice.

COLD PLUNGE

Inspired by the invigorating spirit of the Atlantic, our beautifully designed cold plunge invites you to experience the revitalising power of a three-minute immersion in chilled waters, carefully regulated for your comfort and wellbeing.

Available by appointment, the cold plunge is complimentary for all hotel guests and for spa guests enjoying treatments valued at R1 000 or more. This refreshing ritual awakens the senses, enhances circulation, and restores balance – a perfect counterpart to the warmth of our sauna experience. For your safety, please note that cold-water immersion may not be suitable for certain medical conditions. Our spa team will be delighted to offer guidance and personalised recommendations.

SPA ETIQUETTE

BOOKING

Pre-booking is required at spa reception to secure your perfect spa day. Please speak to one of our spa supervisors to assist you in planning your spa visit. To assist the process, please fill in your consultation card on-line, before arriving for your spa treatment menu. The link will be shared with you when confirmation of your treatment booked is sent to you.

YOUR ARRIVAL

Please arrive at least 15 minutes before your treatment commences, to enjoy our sauna, plunge pool or beverage station. On your arrival, you will be allocated a locker for your valuables, a luxurious gown and slippers for your full spa journey. If you have not completed your consultation card, you will be required to do so before your treatment.

POST TREATMENT

You are welcome to enjoy a shower after each treatment or return to your own hotel suite for further relaxation.

GIFTING

Morea House Spa gift vouchers are available from the spa reception. The gift voucher will be able to be redeemed against either a spa treatment or spa product.

BUSINESS HOURS

**Spa Treatments: Monday - Sunday 9am – 6pm Sauna, Showers
& Plunge Facilities: Monday – Sunday 6am – 8pm South African
Public Holiday – Please check with the spa reception.**

SPA CONSIDERATIONS

CHILDREN:

Please be advised no children under the age of 12 allowed in the spa

MOBILE PHONES:

To respect the privacy of all guests, no photos will be allowed to be taken of people or in treatment rooms. To achieve maximum relaxation, we advise that you place your phone in your secure locker and on silent mode.

PUNCTUALITY:

Please arrive 15-30 minutes prior to your treatments and check in at the reception. In the spirit of mutual respect, we kindly request punctuality.

HEALTH CONDITIONS:

Kindly advise us of any health conditions, allergies or injuries that could affect your treatment.

GRATUITIES:

are not included in treatment price. It is at your own discretion to add a gratuity for treatment excellence.

HYGIENE:

Please note we follow strict hygiene protocols. If you experience any symptoms of COVID19 or flu-like symptoms before your treatment, please rather postpone your appointment for the safety of others.

WELLNESS:

No alcohol will be served or allowed in the spa.

NUDITY

Please note our facilities are suitable for male and female clientele, thus no nudity will be allowed during the use of the facilities or treatments. Please use bathing suit when using our Sauna, pool or steam room. Please use suitable underwear for your treatments or alternatively we can provide you with disposable underwear.

Please Note:

The use of the facilities is at your own risk. Morea House Hotel & Spa, its owners, affiliates, any of its employees or suppliers, may not be held responsible, should there be any unfavourable outcome, result, personal injury, mental anguish, damage or loss of any kind whatsoever caused during and after such treatments performed.