

WONDERLAND
CAPE TOWN

WINTER SPA MENU

RELAX

REJUVENATE

RESTORE

TREATMENTS

Wonderland Relaxation Massage

A GENTLE MASSAGE TREATMENT DESIGNED TO REDUCE MUSCLE TENSION, IMPROVE CIRCULATION, AND PROMOTE A SENSE OF CALM AND RELAXATION. IT USES SWEDISH TECHNIQUES, LIKE LONG STROKES AND CIRCULAR MOVEMENTS, TO WORK THE SUPERFICIAL LAYERS OF MUSCLES WITHOUT INTENSE PRESSURE.

60 MINS: R1 200 / 90 MINS: R1 500

Couple's Wonderland Relaxation Massage

A COUPLE'S RELAXATION MASSAGE FOR TWO.

A GENTLE MASSAGE TREATMENT DESIGNED TO REDUCE MUSCLE TENSION, IMPROVE CIRCULATION, AND PROMOTE A SENSE OF CALM AND RELAXATION.

60 MINS: R2 400 / 90 MINS: R2 950

Sports Massage

SPORTS MASSAGE IS A TARGETED MASSAGE THAT INVOLVES TECHNIQUES SUCH AS DEEP TISSUE WORK, TRIGGER POINT THERAPY, STRETCHING, COMPRESSION, TONING, AND MYOFASCIAL RELEASE.

60 MINS: R1 400 / 90 MINS: R1 850

Deep Tissue Massage

DEEP TISSUE MASSAGE USES FIRM, SLOW PRESSURE TO TARGET DEEP MUSCLE LAYERS AND CONNECTIVE TISSUE. IT EFFECTIVELY BREAKS DOWN CHRONIC TENSION AND SCAR TISSUE TO RELIEVE PERSISTENT PAIN AND IMPROVE MOBILITY.

60 MINS: R1 400 / 90 MINS: R1 850

Hot Stone Massage

THIS TREATMENT USES HEATED STONES TO LOOSEN TIGHT MUSCLES, IMPROVE CIRCULATION, AND MELT AWAY TENSION. COMBINED WITH EXPERT TECHNIQUES, IT PROMOTES LASTING CALM, BALANCE, AND DEEP RELAXATION.

60 MINS: R1 400 / 90 MINS: R1 850

Lymphatic Drainage Massage

A GENTLE, RHYTHMIC MASSAGE THAT STIMULATES LYMPH FLOW TO HELP FLUSH OUT WASTE AND TOXINS, REDUCE SWELLING, AND IMPROVE CIRCULATION. BY GUIDING LYMPH TOWARD THE NODES, IT SUPPORTS DETOXIFICATION AND BOOSTS THE IMMUNE SYSTEM.

45 MINS: R1 100

Maderotherapy Therapy

A MASSAGE TECHNIQUE USING WOODEN TOOLS TO SCULPT AND TONE THE BODY, REDUCE CELLULITE, AND PROMOTE LYMPHATIC DRAINAGE BY APPLYING TARGETED PRESSURE TO AREAS LIKE THE THIGHS, BUTTOCKS, AND ABDOMEN HELPING TO BREAK DOWN FAT DEPOSITS AND IMPROVE CIRCULATION.

45 MINS: R1 100

Therapeutic Reflexology

THIS HOLISTIC TREATMENT USES GENTLE PRESSURE ON SPECIFIC POINTS OF THE FEET THAT CORRESPOND TO DIFFERENT ORGANS AND SYSTEMS IN THE BODY, HELPING TO STIMULATE NATURAL HEALING AND RESTORE BALANCE.

90 MINS: R1 400



Olivia's Signature Flow

OLIVIA'S FLOW IS A SIGNATURE WONDERLAND MASSAGE THAT COMBINES INTUITIVE, FLOWING TECHNIQUES TO MELT AWAY STRESS AND QUIET THE MIND. THIS NURTURING TREATMENT HARMONIZES THE BODY, LEAVING YOU FEELING DEEPLY GROUNDED AND RENEWED.

60 MINS: R1 400 / 90 MINS: R1 800

Kahuna Massage

USING FLOWING, DEEP STROKES WITH THE FOREARMS, HANDS, AND ELBOWS, THE PRACTITIONER COMBINES TECHNIQUE, INTUITION, AND FOCUSED INTENTION TO RELEASE PHYSICAL AND ENERGETIC BLOCKAGES. THIS RHYTHMIC, OCEAN-LIKE MOVEMENT PROMOTES DEEP RELAXATION, REDUCES STRESS, AND ENHANCES SELF-AWARENESS, SUPPORTING BALANCE IN BODY, MIND, AND SPIRIT.

60 MINS: R1 400 / 90 MINS: R1 850

Kahuna Pregnancy Massage

DURING PREGNANCY, THE BODY FACES MANY STRESSFUL AND UNCOMFORTABLE CHANGES. KAHUNA PREGNANCY MASSAGE OFFERS A SAFE, HONOURING WAY TO RELEASE TENSION AND SUPPORT PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING. IT PREPARES THE MOTHER-TO-BE FOR BIRTH AND MOTHERHOOD WHILE STRENGTHENING THE BOND WITH HER BABY.

75 MINS: R1 600

Polynesian Floor Treatment

FOCUSING ON MOBILIZING JOINTS AND STIMULATING ENERGY FLOW ALONG THE MERIDIAN LINES, THIS NURTURING, ENERGIZING SESSION IS PERFORMED FULLY CLOTHED ON A COMFORTABLE FLOOR MAT. IT IS DEEPLY RELAXING FOR THE NERVOUS SYSTEM, ESPECIALLY DURING PERIODS OF HIGH STRESS OR TRAUMA.

75 MINS: R1 050

Kahuna Deep Tissue Release

THIS 2 HOUR SESSION RELEASES PHYSICAL, ENERGETIC, AND EMOTIONAL BLOCKAGES. IDEAL FOR TIGHT BODIES OR WHEN FEELING STUCK, THIS DEEP TISSUE RELEASE WORK STRIPS AWAY OLD PATTERNS TO RESTORE FREEDOM, POWER, AND AUTHENTICITY. PERFECT FOR TRUE RENEWAL AND RELEASE.

2 HRS: R1 550

Kahuna Opu Huli Deep Abdominal Work

THERE IS A POWERHOUSE OF ENERGY STORED IN THE ABDOMEN, PHYSICALLY & EMOTIONALLY. RECONNECT WITH THE SOURCE OF YOUR BEING, RELEASE DEEP TENSION, RELIEVE LOWER BACK PAIN & IMPROVE PROPER FUNCTION OF THE DIGESTIVE & NERVOUS SYSTEMS. REVITALISING & PROFOUNDLY HEALING.

45 MINS: R850

Kahuna Bone Washing Skeletal Massage

ANCIENT HAWAIIANS BELIEVED OUR BONES STORE BOTH PERSONAL AND ANCESTRAL MEMORIES, INCLUDING "CHERISHED WOUNDS." THIS DEEPLY RELAXING TREATMENT USES A LIGHT TOUCH ON THE PERIOSTEUM (THE FASCIA SURROUNDING THE BONES) TO RELEASE STORED PAIN AND MEMORIES, OFFERING PHYSICAL, MENTAL, AND EMOTIONAL RELIEF.

75 MINS: R1 050



Brazilian Contour Signature Therapy

A BRAZILIAN LYMPHATIC BODY CONTOURING MASSAGE COMBINING DRAINAGE AND SCULPTING TECHNIQUES TO REDUCE FLUID RETENTION, BLOATING, AND CELLULITE, ENHANCING CIRCULATION AND DEFINITION IN AREAS LIKE THE ABDOMEN AND THIGHS. INCLUDES MADEROTHERAPY (WOOD THERAPY) TO FURTHER SCULPT, TONE, AND STIMULATE LYMPHATIC FLOW.

60 MINS: R1 400 / 90 MINS: R1 900

Brazilian Contour Dry Body Brushing

CAN ONLY BE BOOKED AS ADD-ON WITH BRAZILIAN CONTOUR

DRY BODY BRUSHING USES A NATURAL BRISTLE BRUSH TO EXFOLIATE SKIN, BOOST CIRCULATION, AND STIMULATE LYMPHATIC DRAINAGE. IT HELPS REMOVE DEAD CELLS, PROMOTE COLLAGEN, REDUCE CELLULITE, AND SUPPORT DETOXIFICATION FOR SMOOTHER, BRIGHTER SKIN.

30 MINS: R500

Rejuvenating Full Body Polish

CAN ONLY BE BOOKED AS ADD-ON WITH BRAZILIAN CONTOUR

A REJUVENATING FULL BODY EXFOLIATION IS A SPA TREATMENT THAT INVOLVES REMOVING DEAD SKIN CELLS FROM THE BODY'S SURFACE USING A SCRUB, TO REVEAL SMOOTHER, HEALTHIER, AND MORE RADIANT SKIN. THIS PROCESS ALSO PROMOTES CIRCULATION, IMPROVES LYMPHATIC DRAINAGE, AND CAN EVEN HELP WITH CELLULITE AND SKIN TONE.

45 MINS: R700

Red Cell / Light Therapy

AT THE CELLULAR LEVEL, EVERYTHING BEGINS WITH ENERGY. RED CELL THERAPY HARNESSSES RED AND NEAR-INFRARED LIGHT TO ACTIVATE YOUR MITOCHONDRIA—THE ENERGY CENTERS OF YOUR CELLS, TRIGGERING A CASCADE OF RESTORATION FROM THE INSIDE OUT.

IN JUST TWENTY MINUTES, YOUR BODY ENTERS A STATE OF DEEP BIOLOGICAL REPAIR. INFLAMMATION QUIETS, MUSCLES RECOVER, SKIN RENEWS, AND SLEEP DEEPENS. THIS IS NOT TEMPORARY RELIEF; IT IS MEASURABLE CELLULAR RESTORATION.

VALIDATED ACROSS HUNDREDS OF PEER-REVIEWED CLINICAL TRIALS AND REFINED AT CAPE TOWN'S LEADING LONGEVITY PRACTICE, THIS THERAPY DELIVERS RESULTS THAT GO BEYOND HOW YOU FEEL DURING YOUR SESSION. IT CHANGES HOW YOU FUNCTION WHEN YOU LEAVE.

WINTER DRAWS ENERGY INWARD. RED CELL THERAPY MEETS THAT MOMENT: RESTORING VITALITY, SUPPORTING IMMUNITY, AND REBUILDING FROM WITHIN WHEN YOUR BODY NEEDS IT MOST.

20 MINS: R400

NO DOWNTIME – IMMEDIATE BENEFIT



ATLAS - LSV Experience

LSV IS AN IMMERSIVE EXPERIENCE OF *LIGHT, SOUND AND VIBRATION*,
DESIGNED TO BRING THE BODY INTO DEEP RELAXATION AND THE MIND
INTO A MEDITATIVE, RESTORATIVE STATE.

HELD ON A SPECIALLY DESIGNED WATER BED, FELT IN EVERY CELL. WHERE SOUND
FREQUENCIES, LIGHT AND VIBRATION WORK TOGETHER TO GUIDE YOUR NERVOUS
SYSTEM INTO A STATE OF PROFOUND REST. IT'S A POWERFUL JOURNEY FOR
ANYONE WANTING TO RESET, SOFTEN, RECONNECT AND EXPERIENCE
SOMETHING TRULY UNIQUE.

2 HRS: R950 P/PERSON

UP TO 8 PEOPLE PER SESSION - ONLY AVAILABLE UPON PRE-BOOKING



EXPERIENCES

Private Yoga Session

A PERSONALISED SEQUENCE OF MINDFUL MOVEMENT DESIGNED TO OPEN THE BODY, BUILD GENTLE STRENGTH, AND AWAKEN ENERGY.

UP TO 4 PAX / 60 MINS: FROM R1 500

Private Trainer

A PERSONALISED WORKOUT SESSION CRAFTED TO STRENGTHEN, ENERGISE, AND ELEVATE YOUR BODY WITH MINDFUL PRECISION.

UP TO 4 PAX / 90 MINS: FROM R1 500

Breathwork

A TRANSFORMATIVE PRACTICE USING THE POWER OF BREATH TO RELEASE, RESET, AND RETURN YOU TO A STATE OF EASE.

UP TO 4 PAX / 60 MINS: FROM R2 000

Sound Healing

A RESTORATIVE IMMERSION OF VIBRATION AND FREQUENCY, GUIDING YOU INTO CALM, CLARITY, AND DEEP INNER HARMONY.

UP TO 4 PAX / 90 MINS: FROM R3 000

Cacao Ceremony

A HEART-OPENING RITUAL THAT BLENDS INTENTION, STILLNESS, AND THE MAGIC OF CEREMONIAL CACAO TO AWAKEN DEEPER CONNECTION.

UP TO 8 PAX / 60 MINS: FROM R5 300

WELLNESS DAY PASS

GUESTS ARE WELCOME TO EXTEND THEIR SPA EXPERIENCE AND STEP INTO THE WORLD OF WONDERLAND FOR THE DAY AND EXPERIENCE OUR WIDE RANGE OF FACILITIES:

JACUZZI 01 (DINING TERRACE)

JACUZZI 02 (BY THE POOL)

JACUZZI 03 (ETERNAL)

ZIP LINE & SLIDE

POOL AREA & SUN BEDS

COLD PLUNGE (ETERNAL SUITE)

STEAM ROOM

KOI SAUNA

ETERNAL SAUNA

GYM

GAME ROOM WITH DIFFERENT BOOKS & BOARD GAMES

RELAXATION ZONES

R400 P/PERSON











Bar & Restaurant

SIP. SAVOUR. STAY A LITTLE LONGER.

BECAUSE THE BEST DAYS DON'T END AT THE TREATMENT ROOM.

AFTER YOUR MASSAGE, SOAK, AND STILLNESS, LET THE MAGIC OF WONDERLAND EXTEND TO THE TABLE. OUR BAR AND RESTAURANT IS A SUN-WARMED, UNHURRIED SPACE TO LINGER—ALIVE WITH THE EASY PLEASURE THAT COMES WHEN YOU'VE TRULY LET GO.

BEHIND THE BAR, OUR RESIDENT MIXOLOGIST CRAFTS BESPOKE COCKTAILS YOU WON'T FIND ANYWHERE ELSE IN CAPE TOWN. BUILT WITH SEASONAL INGREDIENTS, UNEXPECTED COMBINATIONS, AND QUIET CREATIVITY, EACH DRINK IS AN EXPERIENCE. JUST TELL HIM WHAT YOU'RE FEELING... HE'LL FIND YOUR FLAVOUR.

IN THE KITCHEN, OUR CHEF PREPARES FRESH, DEEPLY SATISFYING DISHES WORTH WAITING FOR. WHETHER YOU CRAVE A FULL MEAL OR A BEAUTIFUL PLATE TO GRAZE ON BETWEEN SESSIONS, EVERY BITE IS CRAFTED WITH CARE.

ADD A WELLNESS DAY PASS AND THE WHOLE WORLD OPENS UP.

PICTURE THIS: A ROUND IN THE JACUZZI, A BOARD GAME, A COLD PLUNGE, A COCKTAIL, THEN BACK TO THE SAUNA. NO RUSH, NO AGENDA—JUST A FULL DAY OF FEELING ALIVE. ORDER AT THE BAR BETWEEN ADVENTURES OR LET US BRING IT STRAIGHT TO YOUR SUNBED, JACUZZI EDGE, OR FAVOURITE CORNER OF WONDERLAND. HOWEVER YOU SPEND YOUR DAY, GOOD FOOD AND GREAT DRINKS WILL FIND YOU.

COME FOR THE WELLNESS. STAY FOR THE COCKTAILS.





Relax & Rejuvenate

A HEALING SANCTUARY THAT WILL INDULGE YOUR SENSES AND
REJUVENATE YOUR BODY.

GUESTS ARE WELCOME TO EXTEND THEIR SPA EXPERIENCE WITH FULL ACCESS TO
OUR WELLNESS FACILITIES - INCLUDING THE JACUZZI, SAUNA, STEAM ROOM, GYM,
AND RELAXATION ZONES - REFER TO OUR DAY PASS INFO.

Opening Times

MONDAY TO SUNDAY: 08:30 - 18:00
UNDER RESERVATION ONLY

FOR BOOKINGS CONTACT

071 945 9246
spa@wonderland-capetown.co.za

Cancellation Policy

CANCELLATIONS WITHIN 24 HOURS WILL INCUR A 50% FEE,
AND NO-SHOWS WILL BE CHARGED IN FULL.

LATE ARRIVALS MAY SHORTEN TREATMENT TIME OUT OF RESPECT
FOR OTHER GUESTS.

W O N D E R L A N D
CAPE TOWN