



SPA MENU

THE SILO HOTEL

MASSAGE THERAPIES

TRADITIONAL MASSAGE

A classic massage technique using soft to medium pressure to relax tired muscles.

60 MINS | R1,495
90 MINS | R2,000

TENSION RELEASE MASSAGE

A combination of stretching and pulling techniques, trigger points therapy and cross-muscle fibre techniques are used alongside heat, arnica gel and menthol spray to release tension. Essential oils of katrafay, ravenara, and ravintsara are used for their analgesic and anti-inflammatory properties.

60 MINS | R1,750
90 MINS | R2,250

DEEP TISSUE MASSAGE

A warm aroma blend infused with circulatory-boosting essential oils to relieve muscle pain. Techniques involve slow strokes, direct pressure or friction movements that go across the muscle grain. Hot crystals also used to help with circulation and tension. A refreshing gel is applied, leaving your body feeling refreshed and invigorated.

60 MINS | R1,950
90 MINS | R2,400

AROMATHERAPY MASSAGE

Guests choose three essential oils from a selection of nine. Each bottle is unlabelled, so guests choose purely on the olfactory experience and not preconceived ideas about the oils. Based on the oils chosen, the therapist will create a unique blend while explaining the properties of each oil.

60 MINS | R1,650
90 MINS | R2,100

TRI-TOUCH MASSAGE

A lymphatic drainage treatment using Terres d' Afrique signature Tri-Touch tool helps the body eliminate toxins and boost immunity, while pressure points therapy helps release energy blockages in the body.

60 MINS | R1,650

90 MINS | R2,100

DESERT CRYSTAL MASSAGE

An invigorating and immune-boosting treatment featuring hot crystal balls to revitalise the body, senses and stimulate the immune system. This treatment uses a crystal massage oil which contains ylang-ylang, tropical basil and vetiver.

60 MINS | R1,650

90 MINS | R2,100

GOLDEN SUSPENSE MASSAGE

This magnificent massage uses age-defying 24-karat massage oil in a relaxing massage. Velvety and illuminating, the 24-karat body butter delivers the golden rebirth of your skin.

60 MINS | R1,800

THERANAKA™ MASSAGE THERAPIES

THERANAKA™ CBD-INFUSED HEATED BALM MASSAGE

Melt away the troubles of life as gentle stroking movements using a heated pure CBD infused balm helps to relax the body. Indulge in the synergistic calming effect of CBD, ylang-ylang, geranium and lavender as the warmth of the balm caresses your body and your senses.

Contains the legal limit dose of 20mg CBD.

60 MINS | R1,800

THERANAKA™ EXOTIC ISLAND YLANG-YLANG BALM

Be transported to an exotic island experience as your senses are tantalised by this tropical, indulgent, and vegan-friendly massage. This experience flaunts the anti-ageing benefits of coconut oil, the protective properties of shea butter, the moisturising benefits of baobab oil, the balancing effect of ylang-ylang, and the uplifting impact of jasmine. Dry skin is nourished leaving it looking radiant with a natural glow.

60 MINS | R1,650

90 MINS | R2,100

THERANAKA™ AFRICAN RAIN HYDRATING CANDLE MASSAGE

Replenish the skin's moisture barrier and be encompassed by the revitalising aroma that follows a rainstorm with this skin nourishing melted soy oil and shea butter candle massage.

60 MINS | R1,650

90 MINS | R2,100

THERANAKA™ CUPS MASSAGE

A specialised cupping massage which aids with improving blood circulation to help eliminate waste products and promote lymphatic drainage through creating localised suction. Address a range of needs from sluggish circulation causing 'orange peel effect', lethargy, and overall irritability.

60 MINS | R1,750

90 MINS | R2,250



BLACK PEARL TREATMENTS

24-KARAT LUMINESENCE RITUAL

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

120 MINS | R4,400

24-KARAT BODY RITUAL

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-karat gold massage encourages relaxation of tired muscles.

90 MINS | R2,500

GOLDEN SUSPENDISSE

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

60 MINS | R1,700

GOLDEN SPLENDOUR

This exquisite journey comprises of the 24-karat Golden Indulgence treatment 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.

90 MINS | R2,250



BLACK PEARL FACIALS

LUX BRILLIANCE

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.

60 MINS | R1,800

LUX NOURISHMENT

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.

60 MINS | R1,800

GOLDEN INDULGENCE

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.

60 MINS | R1,850

24-KARAT SKIN ARCHITECTURE FACIAL

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-karat gold mask. Facial features are smoother and the complexion noticeably brighter.

The perfect pre-event facial.

75 MINS | R3,400



24k
GOLD

Cleopatra Mask
For all skin types
100g

CB

LING FACIALS

WOW TRIPLE PEEL FACIAL

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.

90 MINS | R1,850

INSTANT OXYGEN

Instantly bring your skin back to life with our award-winning SparkLINGMakeover 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.

45 MINS | R1,100

INSTANT DETOX

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.

30 MINS | R850

INSTANT EYE REVIVE

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.

30 MINS | R850

OXYGEN GLOW

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

75 MINS | R1,900

CHARCOAL DETOX

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.

60 MINS | R1,650



QMS FACIALS

COLLAGEN REJUVENATION

This treatment provides a powerful collagen boost with anti-ageing properties. Revitalize, refresh and restore your skin, helping to improve elasticity. Your skin will appear firmer, plumped and youthful, you will simply be glowing.

90 MINS | R2,100

URBAN REPAIR

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.

60 MINS | R1,500

ACTIVATOR MASK

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.

75 MINS | R1,650

OXYGEN FACIAL

Give your face a breath of fresh air. This highly rejuvenating facial has been uniquely developed to channel ingredients intensively through QMS Medicosmetics Oxygen Concentrator Advanced. It encourages circulation, stimulates the regenerative process and effectively firms the skin for a radiant result.

75 MINS | R1,750

PIGMENT CORRECTOR

This facial aims to assist with excessive or irregular pigmentation on the skin. Specialized serums are used to even out and brighten the complexion.

75 MINS | R1,900

NEO-TISSUEDERMIE FACIAL

This treatment helps to strengthen, lift and revitalize sagging skin, therefore reducing the signs of ageing. Giving you a more vibrant and youthful appearance, by helping to firm and tone the skin.

75 MINS | R2,000



PACKAGES

LUXURY LUNCH & SPA PACKAGE

Your choice of a 60-minute massage or Urban Repair facial, followed by a 2-course lunch.

R1,950

DELUXE DINNER & SPA PACKAGE

Your choice of a 90-minute massage or WOW Triple Peel facial, followed by a 3-course dinner at the Granary Café with a glass of house wine.

R2,550

SUMMER SENSATION

A 30-minute hot oil scalp massage and a 60 minute massage. A lunch on the Rooftop with one of The Silo's signature cocktails, and access to the pool.

Lunch excludes sharing boards.

R2,850

ROOFTOP RENDEZVOUS

A 45-minute back, neck, and shoulder massage, and a 45-minute pressure point foot treatment. Also included is a lunch on the Rooftop with access to the pool.

R2,400

PLATINUM PACKAGE

A 60 minute traditional massage, charcoal detox facial, total manicure and total pedicure.

A light lunch can be included | R4,400

4 HRS | R4,200

GOLD PACKAGE

A 90-minute traditional massage and charcoal detox facial.

2.5 HRS | R3,500

SILVER PACKAGE

A 60-minute signature massage and a total pedicure.

2 HRS | R2,200

MAKE YOUR OWN PACKAGE

Whether you are celebrating a special occasion or just in need of some downtime, we have a custom package to meet your needs. Choose any two treatments (45 min) from the options below:

- Express Facial
- Back Massage
- Pressure Point Foot Massage
- Hot oil scalp treatment and Head Massage
- Express manicure or pedicure

90 MINS | R1,800

WELLNESS PACKAGE

Acupuncture, reflex and an Indian head massage.

75 MINS | R2,700

NAIL TREATMENTS

LUXURY MANICURE

Includes lacquer application.

60 MINS | R595

LUXURY PEDICURE

Includes lacquer application.

75 MINS | R750

GEL REMOVAL

30 MINS | R150-R300

MANICURE WITH SHELLAC

75 MINS | R695

PEDICURE WITH SHELLAC

75 MINS | R850

EXPRESS NAIL CARE

30 MINS | R420



WELLNESS TREATMENTS

REFLEXOLOGY

45 MINS | R1,200

ACUPUNCTURE

45 MINS | R1,200

WAXING

BROW/LIP WAXING

30 MINS | R225

UNDERARM

30 MINS | R225

BRAZILIAN

45 MINS | R450

HOLLYWOOD

60 MINS | R550

BIKINI

45 MINS | R325

HALF LEG

30 MINS | R425

FULL LEG

50 MINS | R525





We look forward to welcoming you to The Silo Spa

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

A 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.



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

Warm wishes
THE SILO HOTEL SPA TEAM

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