



## The Capital 15 On Orange

Escape to a Luxury hideaway, Mangwanani Signature Spa offers an exclusive sanctuary of relaxation and leisure at The Capital 15 on

Orange

Feel Divine

Elevate your senses and soothe your soul at Mangwanani Signature Spa and treat yourself to our Signature Collection of Traditional African Rituals. Our expert spa therapists specialize in a variety of massage techniques to improve circulation, hasten detoxification, and release tension.

Other services include :

Natural Facials Collection, Babor Facial & Body Rituals , Signature Full Body Massage & Body Rituals, Luxury Nail Bar offering Gelish & Morgan, Naked Cherry Waxing, Executive Man Spa Therapies, Luxury Pod Relaxation Therapy, Exclusive In Spa Facilities : Steam Room / Sauna Room / Rasul Room / Indoor WIM Cold Plunge Pool / Indoor Hot Pool, Male & Female Changerooms, Luxury Bar Lounge & Zen Relaxation Lounges. In Room Treatments available on request & Signature Spa Memberships. Bespoke packages created on request

It is the epitome of a luxury style underground setting for the ultimate destress decadence!

Mangwanani Signature Spa is located within I A spectacular urban oasis – The Capital Hotel, 15 on Orange!

A showstopper with distinctive design. The Capital 15 On Orange Hotel is set within Cape Town's richly historical Company's Garden and anchored by Table Mountain and Lion's Head.

### Mangwanani Signature Spa Treatment Menu

#### Facial Rituals Collection

##### Natural Facial Range

Ultimate Relaxation Facial  
R980 - 60min

Ultimate Relaxation Facial & Therapeutic Foot Massage  
R1650 - 60min

Luxury Champagne Rose Facial  
R1350 - 60min

##### Babor Facial Range

Babor Facial Care SKINOVAGEPX Classic Balancing Facial  
R1250 - 60 min

BABOR Age Control Facial  
R1450 - 60min

Signature Individual Full Body Massage Rituals Collection  
Deep Earth, Warm Lava Stone Full Body Massage  
R1200 - 60min R1499 - 90min

Ocean Serenity Cowrie Shells Massage  
R1350 – 60min

Sports Recovery Magnesium Massage  
R1499 – 90min

Detox Himalayan Salt Crystal Massage  
R1999 – 120min

Ayurveda Herbal Spice Pinda Massage  
R1899 - 90min

Prenatal Marula Full Body Ritual  
R1899 - 90min

(60min Full Body Pregnancy Massage & 30min Foot Massage)

African Oils of Wisdom Massage R1899 - 90min

"African Oils of Wisdom" Aromatherapy Oil Blends Courage /

#### African Traditional Back Rituals

#### African Traditional Head & Shoulder Rituals

Indian Head Massage  
R950 - 60min R599 - 30min

African Oils of Wisdom Head Massage  
R850 - 60min

#### African Traditional Foot Rituals

Therapeutic Pressure - Point Foot Massage  
R950 - 60min R599 - 30min

Cool Rose Quartz Foot Ritual  
R890 - 60min

#### African Traditional Hand Rituals

Harmony Hand Massage  
R750 - 60min R450 - 30min

Heavenly Maracuja Oil Hand Massage  
R890 - 60min

Wellness / Tranquility / Energy / Happiness / Clarity / Balance

### Signature Advanced Full Body Rituals Collection

#### Aqua Body Polish

R1599 105min

Steam / Exfoliation / Full Body Massage  
Soul to Sole (Neroli & Cardamon)  
R2299 120min

Steam / Exfoliation / Full Back Massage  
Detox Back Renewal  
R999 - 60min

Back Exfoliation/ 45min Back Massage  
Champagne & Rose Body Journey  
R2499 -140min

Steam / Exfoliation/ Shower / Wrap/ Massage  
Babor In Shape Anti-Cellulite Fat Burning Treatment  
R1650 – 75min

Steam / Peeling | Wrap | Lymph stimulation  
North Korean Body Scrub  
R1599 - 105min

Sauna /Exfoliation / Shower / Massage  
Luxury Shea Butter Journey  
R2299 - 130min

Steam / Exfoliation / Shower /Wrap /Head Massage/ Full Body Massage

Mangwanani  
*Signature*  
SPA

Body Sensory Detox Journey

R2199 - 130min

Steam / Exfoliation / Shower / Wrap / Serum / Head Massage  
/ Full Body Massage

Detox Himalayan Salt Crystal Journey

R2299 - 105min

Steam / Exfoliation / Shower / Full Body Massage

African Specialised Traditional Rituals

Sinus Relief Massage

R1899 - 90min

Full Body Massage/ Facial Sinus Relief Massage

Cellulite Reduction Massage

R1999- 90min

Body Brushing / Full Body Massage

Hydrotherapy & Massage Rituals

Signature Rasul Journey

R1899 - 120min

Rasul – Exfoliation & Mask Ritual / Full Body Massage

Rejuvenating Hydro Recovery

R2799 - 175min

Hot Plunge Pool / Exfoliation / Massage / Facial

Holistic WIM Hydrotherapy Journey

R 1999 - 120min

Sauna /WIM Cold Plunge Pool / Sauna / Massage

Spa Facilities Only

R599 -30min; R950 – 60min

Use of facilities including WIM Hydrotherapy Pool, Spa Pool, Sauna,  
Rasual, and Steam room. 30-minute Pressure Point Foot Therapy  
available at an additional cost & on request. (pre-booking required)

Selection of Herbal Teas and Flavored Waters.

- WIM cold Plunge Pool, Steam Room, Sauna, Hot Plunge Pool, Rasul  
Note max time in Sauna & Steam Room – 30min

Luxury Pod Relaxation Rituals

Luxury Relaxation Pod Therapy & Moroccan Massage

R2799 – 90min

Relaxation Pod Therapy & Foot Massage

R1599- 60min

Signature Reserve VIP ~ Private Relaxation Pod 1 hour

~ R1999 and R650 per hour thereafter

Private Pod Relaxation & Recovery ~ includes Signature Spa Amenity  
Kit, including relaxation socks, eye mask, ear plugs and Japanese Wrap  
Cotton Pajama Set and Slippers.

Executive Men's Rituals

You're the Man Hand Grooming

R450 - 60 min

Sandalwood Cleansing / Nail Care/ Massage / Buff & Shine

Signature Half Day Relaxation

Half Day AM Session Light Breakfast      Half Day PM Session Includes Light Lunch

Embrace peace and serenity with a half day escape for the ultimate relaxation. Enjoy  
three 60min therapeutic treatments: Deep Earth Lava Stone Full Body Massage:

Relaxation Head Massage & A Therapeutic Foot Massage

3 hours R2999 per person

Weekday -Weekend

Signature Full Day Relaxation

Experience total tranquility & relaxation with our luxurious full day spa package  
which includes a welcome drink/tea on arrival, Light Lunch & enjoy five 60min

Luxurious Spa Relaxation Treatments: Deep Earth Lava Stone Full Body Massage;

Relaxation Head Massage ; Therapeutic Foot Massage; Mangwanani Relaxation

Pressure Point Facial, Korean Body Scrub plus the use of the our in Spa Mineral Pool

6 hours R4999 per person

Weekday -Weekend



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SPA Operating times from Sunday -Thursday 09:00 till 21:00

Friday – Saturday 09:00 till 23:00

Hotel Address: Corner of Orange Street & Grey's Pass, Gardens,  
Cape Town, 8001

Hotel Contact: 021 469 8000

Spa Contact: 021 469 8066

Executive Man's Foot Grooming

R950 - 60min

Sandalwood Cleansing / Nail Care / Foot Care / Massage /  
Buff & Shine

Naked Cherry – Vegan Gent's Waxing

Ear or nose or brows R160 - 15min

Ear and Nose R290 15min

Stomach R380 - 30min

Back R480 - 45min

Chest R450 - 45min

Half Leg R350 - 30min

Full Leg R450 - 60min

Full Arm R420 - 45min

Back, Chest and Stomach R1200 - 75min

Executive Men's Journey R3399 - 220min

Babor Facial / Massage / Gents Manicure / Gents Pedicure

Hand & Foot Grooming Rituals

Signature Spa Nail Care

Morgan Taylor

Buff & Paint R290 - 30min

Buff & Shine Hands/Feet R250 - 30min

Deluxe Spa Manicure R450 - 75min

Deluxe Spa Pedicure R550 - 75min

GELISH

Gelish Deluxe Spa Manicure R550 - 90min

Gelish Deluxe Spa Pedicure R590 - 90min

Soak Off Gel R180 - 30min

Soak Off Acrylic/Soft Gel Tips R230 - 45min

WAXING

FACE:

Brows R120 - 15min

Brows and Lip R190 - 30min

Lip, brows, and Chin R300 - 45min

Full Face R450 - 60min

TINTING

Eyelash Tint R155 - 20min

Brow Tint R155 - 20min

Lash & Brow Tint R260 - 45min

LEGS

Half Leg - 20min R290

Full Leg R390 - 60min

ARMS

Under Arm - 15min R190

Full Arm R370 - 45min

BODY Stomach R250 - 15min

Tummy Line R180 - 15min