



SPA MENU

THE SILO HOTEL

PACKAGES

Includes special gift

BREAKFAST & SPA FOR TWO

Start the perfect day with a Tension Release Massage to relax the body and reduce stress, along with breakfast for two. Includes harvest table and hot breakfast.

R4,750

LUXURY LUNCH & SPA

This package is designed to offer a full sensory experience, combining gourmet dining with an indulgent spa treatment. Includes a choice of a 60-minute traditional massage or a QMS Urban Repair Facial, along with a two-course lunch.

R2,350

ROOFTOP RENDEZVOUS

A luxurious experience that combines relaxation, indulgence, and breathtaking views. Enjoy a soothing 45-minute massage to relieve tension, followed by a 45-minute foot treatment designed to enhance circulation and promote relaxation. Includes lunch (main meal) and access to the pool.

R2,850

SUMMER SENSATION

A luxurious experience that combines relaxation, indulgence, and breathtaking views. A 30-minute hot oil scalp massage and a 60-minute relaxing massage. Includes lunch (main meal) on the Rooftop with one of The Silo's signature cocktails, and access to the pool.

R3,250

ROYAL TEA AFFAIR

Enjoy a 45-minute destress back, neck, and shoulder massage with heated quartz, followed by a decadent Royal Tea on the sixth floor of The Silo Hotel.

R2,100

Available from 14h30 - 16h30 Thursday to Sunday only.

PACKAGES

Includes special gift

DELUXE DINNER & SPA

Your choice of a 90-minute traditional massage or WOW Triple Peel facial, followed by a three-course meal at the Granary Café, including a starter, main, dessert, and a glass of house wine. For the ultimate relaxation and indulgent experience.

R3,250

360 HALF DAY

A premium skincare experience designed to rejuvenate and restore the skin's vitality. Enzymatic, acid-based exfoliants are used to refine skin texture, while hyaluronic acid and other nourishing ingredients plump and smooth the skin. Includes a full-body polish, 45-minute back massage, Instant Oxygen Facial, express manicure and pedicure, and a specially selected gift.

R4,950

GOLD PACKAGE

A 90-minute traditional massage to relax tired muscles and Collagen Reset Facial. This perfectly tailored treatment is ideal for regenerating, training, and restructuring the skin. It rebalances the complexion, replenishes moisture reserves and delivers essential nutrients.

2.5 HRS | R4,100

CREATE YOUR OWN PACKAGE

Whether you are celebrating a special occasion or are 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
- Oil Scalp Treatment and Head Massage
- Express Manicure or Pedicure

90 MINS | R2,500

MASSAGE JOURNEYS

Includes special gift

TRADITIONAL MASSAGE

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

60 MINS | R1,750

90 MINS | R2,250

TENSION RELEASE MASSAGE

A combination of techniques, trigger point therapy and cross-muscle fibre techniques are used alongside heated quartz and Revival Gel to release tension. This massage can reduce discomfort caused by poor posture, repetitive strain, and tension build-up. Its relaxing effect often clears the mind, improves focus and reduces anxiety. Ideal for a sore body and jet lag.

60 MINS | R2,000

90 MINS | R2,500

DEEP TISSUE MASSAGE

A warm aroma blend infused with circulatory-boosting essential oils to relieve muscle pain. A therapeutic technique that alleviates chronic muscle pain, designed to target the deeper layers of muscle and work on connective tissue. Note: Heated quartz and TheraNaka™ cups are used throughout this treatment to assist with manual lymphatic drainage.

60 MINS | R2,400

90 MINS | R2,800

AROMATHERAPY MASSAGE

Guests choose one essential oil from a selection of five. Each bottle is label-free, so guests choose purely on the olfactory experience and not preconceived ideas about the oils.

60 MINS | R1,900

90 MINS | R2,400

MASSAGE JOURNEYS

Includes special gift

GOLDEN SUSPENDISSE 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 | R2,150

90 MINS | R2,600

HOT OIL SCALP MASSAGE

This deeply relaxing scalp treatment begins with a hot oil acupressure massage to strengthen, rejuvenate, and repair the hair and scalp. A hydrating keratin treatment is then applied to treat the length of the hair.

45 MINS | R1,200

MASSAGE JOURNEYS

Includes special gift

THERANAKA™ CBD-INFUSED HEATED BALM MASSAGE

Melt away the troubles of life with gentle stroking movements using a heated, pure CBD-infused balm to help 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 enliven your senses.

Contains the legal limit dose of 20mg CBD.

60 MINS | R2,150
90 MINS | R2,600

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 | R1,900
90 MINS | R2,400

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 | R1,900
90 MINS | R2,400

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 | R2,000
90 MINS | R2,500

MASSAGE JOURNEYS

Includes special gift

THERANAKA™ AFRICAN WOOD MASSAGE

An immersive journey into relaxation, the TheraNaka™ African Wood Massage blends light stretching techniques with specially designed body and facial wooden implements to relax and restore your weary body. A warm olive and shea butter balm nourishes the skin, leaving you restored, relaxed, and radiant.

90 MINS | R2,700



BLACK PEARL TREATMENTS

Includes special gift

24-KARAT LUMINESCENCE RITUAL

An ultra-luxurious experience designed to rejuvenate, brighten, and nourish the skin using the power of pure 24-karat gold. This gold-infused facial enhances radiance, improves elasticity, and reduces fine lines. A full-body exfoliation promotes a smooth, glowing complexion, followed by a massage to stimulate circulation and provide a luminous finish.

120 MINS | R4,900

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 that encourages the relaxation of tired muscles.

90 MINS | R2,900



BLACK PEARL FACIALS

Includes special gift

LUX BRILLIANCE

The exceptional Miracle Facial Mask is an innovative marine algae treatment 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 | R2,150

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 | R2,150

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. A luxurious skincare treatment that combines the radiance-enhancing properties of 24-karat gold with the nourishing benefits of Black Pearl extracts. This facial is designed to rejuvenate, hydrate and brighten the skin, leaving it with a luminous glow.

60 MINS | R2,150

24-KARAT SKIN ARCHITECTURE FACIAL

The quintessential anti-ageing, 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 | R3,850



24k
GOLD

Cleopatra Mask
For all skin types

LING NEW YORK FACIALS

Includes special gift

WOW TRIPLE PEEL FACIAL

This transformative treatment features LING's Signature Triple Peel to refine and brighten, followed by a gua sha sculpting acupressure massage to lift and tone. A trio of targeted masks—including the soothing Ginseng Therapy Moisture Mask—deeply hydrates and calms. Culminating in an oxygen mega boost infusion, this treatment leaves the complexion firmer, brighter, and completely awakened.

90 MINS | R2,500

INSTANT OXYGEN

Instantly bring your skin back to life with our award-winning Sparkling Makeover O₂ Mask and our advanced 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 | R1,750

CALMING VITAMIN K FACIAL BY LING

This calming facial is designed for sensitive skin, harnessing the healing power of Vitamin K to reduce redness and irritation. The treatment begins with a gentle cleanse, followed by a Vitamin K serum to soothe and strengthen the skin. A calming mask is then applied to hydrate and restore balance, leaving the complexion calm, refreshed, and comfortable. Ideal for easily irritated skin, this facial promotes healing without triggering further sensitivity.

60 MINS | R2,350

INSTANT EYE REVIVE - ADD ON TO ANY TREATMENT

Instantly rejuvenate tired eyes with soothing Far Infrared Ray energy and cooling Jade Rollers. Reduces puffiness, under-eye bags, dark circles, and wrinkles while lifting the brow area.

30 MINS | R950

LING NEW YORK FACIALS

Includes special gift

CAVIAR SCULPT FACIAL BY LING

Indulge in the luxury of our Caviar and Collagen Facial. Begin with a deep cleanse and exfoliation, preparing your skin for caviar and collagen-infused products that hydrate, firm, and brighten. Enjoy a transformative acupressure massage that tightens and contours the facial muscles for a lifted appearance. The LING tourmaline energy lift device further sculpts and energises the skin while enhancing lymphatic drainage.

90 MINS | R2,600

HYDRAGLOW FACIAL BY LING

Revitalise your skin with our Ultimate Hydrating & Glow-Inducing Facial, designed to deliver deep hydration and a radiant glow. The treatment begins with a gentle cleanse and exfoliation, followed by a nourishing hydrating mask. LED light therapy improves circulation and enhances hydration for a dewy, youthful complexion. Finally, a rejuvenating serum and moisturiser are applied to lock in moisture and leave your skin glowing.

75 MINS | R2,450



QMS FACIALS

Includes special gift

COLLAGEN RESTORE FACIAL

Experience the rejuvenating effects of our Sculpt and Define Massage to optimise your facial contours. For enhanced relaxation and recovery, the treatment can be complemented with a specialised intraoral massage, offering a truly indulgent experience while releasing tension in the jaw. Elevate your skincare ritual to the next level.

90 MINS | R3,100

COLLAGEN REPAIR FACIAL

Skin that is out of balance often lacks essential nutrients. To restore its natural radiance and vitality, the first step is to repair the skin's barrier function. This facial treatment uses a harmonious blend of soothing and restorative products to accelerate the skin's natural detoxification process and promote epidermal repair. The result is rejuvenated, radiant, and healthier-looking skin.

90 MINS | R2,650

COLLAGEN CONTOUR FACIAL

Defy gravity and loss of volume with our unique facial treatment that regenerates, revitalises, and boosts your skin's moisture levels using our feel-good masks and legendary collagen. Our exclusive lifting massage technique enhances circulation, redefines facial contours, and leaves the skin visibly firmer, plumper, and more radiant. This powerful anti-ageing treatment delivers lasting rejuvenation and glow.

90 MINS | R2,650

COLLAGEN REVIVE FACIAL

Want to improve your skin's natural radiance from the inside out? Our treatment is designed to stimulate the skin's condition by intensifying circulation without damaging the protective barrier. At the same time, muscle tension in the face, which is a cause of fine lines and wrinkles, is released. The result is visibly more vital and youthful skin that has regained its natural, healthy glow.

90 MINS | R2,200

QMS FACIALS

Includes special gift

COLLAGEN RESET

This perfectly tailored treatment is ideal for regenerating, training, and restructuring the skin. It rebalances the complexion, replenishes moisture reserves, and delivers essential nutrients. Experience a holistic synergy that revitalises your skin, offering a comprehensive and effective treatment in just 60 minutes.

60 MINS | R1,950

TREATMENT ADD ONS

OXYGEN BOOST

R500

EYE REVIVER

R350

COLLAGEN & STEM CELL BOOST

R650



NAIL TREATMENTS

Includes special gift

LUXURY MANICURE

Includes lacquer application.

60 MINS | R800

LUXURY PEDICURE

Includes lacquer application.

75 MINS | R950

GEL REMOVAL

30 MINS | R150-R400

MANICURE WITH GEL

75 MINS | R900

PEDICURE WITH GEL

75 MINS | R1,100

EXPRESS NAIL CARE

30 MINS | R600



WAXING

Includes special gift

BROW/LIP WAXING

30 MINS | R250

UNDERARM

30 MINS | R250

BRAZILIAN

45 MINS | R500

HOLLYWOOD

60 MINS | R600

BIKINI

45 MINS | R375

HALF LEG

30 MINS | R470

FULL LEG

50 MINS | R580





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-hour 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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