

## THE MOUNT NELSON HOTEL IN CAPE TOWN ANNOUNCES THE OPENING OF THE NEW LIBRISA SPA

*Set to Open in December, the Spa Will Offer Holistic Experiences Unique to South Africa*

**Cape Town, South Africa (October 8, 2007)** – The US\$2.5 million **Librisa Spa**, opening in December at The Mount Nelson Hotel in Cape Town, will offer a holistic spa experience unlike any other in South Africa. Natural and organic themes will run throughout, combining local and international products – primarily Africology and Victorian Garden which are both South African companies – with blends of healing herbs, botanical extracts and marine essences. Unique signature treatments will include the **Green Clay Marula Wrap** and the **Bouquet Facial**, as well as vinotherapy treatments. Spa reservations can be made by calling the hotel directly on +27(0) 21 483 1000 or by visiting the website at [www.mountnelson.co.za](http://www.mountnelson.co.za)

“With emphasis on indigenous herbs and flowers, the spa captures the incredible healing essences of Africa, and most importantly, all ingredients are natural and organic, cruelty-free, and free from artificial preservatives and fragrances,” comments Spa Manager Sam Reynolds.

Africology is an anti-aging skin care system using 100% natural plant extracts. Both Africology and The Victorian Garden are South African companies whose products have been created to provide a complete African spa experience.

The 6,100 square-foot development will feature 10 treatment rooms, ample natural light, gentle tones of whites and creams and a soothing setting of potted flowering annuals, topiary and palms. The entrance will be adjacent to the main swimming pool and will consist of a spacious reception area with luxury retail and spa product showcases offering premier international and locally sourced brands and labels.

Stepping further into the spa, there will be a resting area replicating a quintessential English conservatory room. Here, spa guests will be able to enjoy herbal teas while taking in the atmosphere of trickling water and colorful blooms before being met by their therapist. A staircase leads to a second floor of treatment rooms, which offer stunning views of Table Mountain and the hotel’s landscaped gardens.

All spa guests will be invited to enjoy a sauna or steam bath as well as use of hot and cold plunge pools. Treatments will range from massage therapy to wraps, purifying facials and finishing touches such as waxing, manicures and pedicures. Four of the 10 rooms will offer dual treatments for partners, and there will also be special treatments for men, teens and children.

### **Signature treatments include:**

- **The Bouquet Facial** – A treatment involving a unique blend of healing ingredients, such as rosehip, pomegranate, quince, and honeysuckle flower to cleanse and hydrate the skin.

- **Vine Secret Vintage Experience** – A “vinotherapy” treatment using the powerful anti ageing effects of grapes. This luxurious and rejuvenating therapy is the ultimate way to obtain softer, more youthful looking skin.
- **The Green Clay Marula and Wild Mint Wrap** – These body therapies cleanse and purify the skin through botanical extracts including blue rosemary and rosehips.
- **The African Wellbeing Experience** – A de-stressing and uplifting treatment that uses indigenous essences to soothe the senses and calm the mind. Guests can enjoy a relaxing bath in a copper tub infused with Mountain Buchu and lavender essential oils complemented by a full body massage.
- **Jet Lag Massage and Revitalizing Seaweed Wrap** - For the weary, jetlagged traveler, the massage combines the powerful effects of touch and aroma while the wrap will rebalance the body and restore the soul.