



^osoulstice
day spa • pretoria

SPA & WELLNESS FACILITIES

Experience the ultimate in relaxation at our Spa & Wellbeing Facilities. These exceptional amenities have been carefully designed to elevate your spa experience, whether you're enhancing your current spa treatments or seeking rejuvenation through individual therapies. Allow yourself to unwind and pamper like never before.

FLOATATION THERAPY

30 mins | **R480** 60 mins | **R710**

Imagine an oasis where the pull of gravity gently fades away, and you effortlessly float in warm, soothing waters enriched with rejuvenating magnesium salts. In this haven, stresses dissolve, and worries drift away, leaving you in a state of pure tranquility. This extraordinary experience not only renews your body, relieving muscle tension and stress, but also revitalizes your spirit, providing a serene escape from the everyday tumult. Embrace the sensation of weightlessness and allow your path to inner peace to unfurl.

SPA FACILITIES **(Without treatments)**

2 hrs | **R520**

Pamper yourself in our spa's amenities, which include a steam room, pool area, and Swiss showers. These are available for a separate fee for those looking to unwind and relax without booking specific treatments

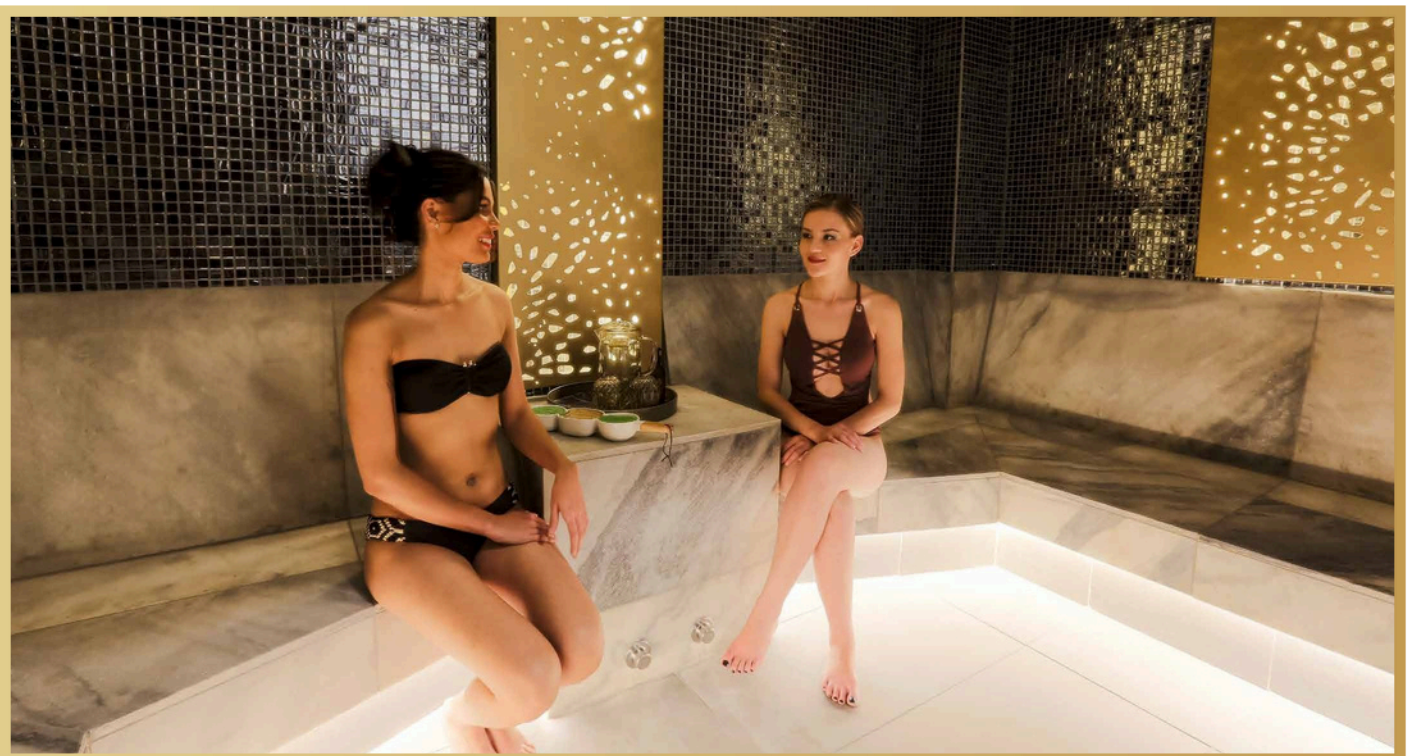
RASUL RITUAL

30 mins | **R480**

Based on the traditional Turkish bath, this exfoliating and cleansing ritual uses a self applied pure natural medicinal earth mud, to cleanse and detoxify the body, combined with a herb-infused steam to open pores and draw out impurities. To complete the ceremony, a tropical rain shower will wash away the mud providing an all over cleansing, detoxifying and rejuvenating experience. This ceremony can be enjoyed as a group or with a partner.

Our complimentary spa facilities may include Steam Rooms, Swiss Showers, and Indoor Heated Jet Pools.

****These facilities are complimentary with any spa treatment booked, excluding grooming treatments.***



MASSAGES

RELAXATION

SHOULDER RELEASE MASSAGE

45 mins | **R640**

A targeted treatment focusing on your back, neck, and shoulders. This specialized massage eases tension, relieves muscle stiffness, and promotes relaxation, helping you feel revitalized and at ease.

TIMELESS MASSAGE

60 mins | **R850** 90 mins | **R1 200**

A soothing escape that uses Swedish massage techniques to gently ease tension, revitalize your senses, and leave you feeling utterly renewed.

SOLE RELIEF MASSAGE

30 mins | **R460**

Expert techniques target key pressure points in your feet, easing tension and promoting deep relaxation. As each stroke soothes and revitalizes, your mind will unwind, leaving you in a state of pure tranquility and calm.

MUSCLE TENSION AND DE-STRESS

MAGNESIUM INFUSED RECOVERY MASSAGE

60 mins | **R960** 90 mins | **R1 700**

Rejuvenate your body with our Magnesium Infused Recovery Massage, a powerful Deep Tissue treatment that targets muscle tension and enhances recovery. Infused with magnesium, this massage relieves soreness, promotes relaxation.

BELLABACI CUPPING MASSAGE

60 mins | **R960**

Immerse yourself in the time-honored practice of cupping, where specially designed cups are applied to your skin to create a gentle vacuum. This therapy assists in releasing deep-seated tension, enhancing blood circulation, and fostering overall well-being, ultimately leaving you with a sense of rejuvenation and renewal.

MASSAGE TRANQUILITY

LIFE'S SIGNATURE MASSAGE

90 mins | **R1 280**

Immerse yourself in the Life Signature Massage, a bespoke journey that combines expert techniques and unique tools tailored to you. This signature experience transcends the ordinary, blending massage modalities to perfectly address your needs, leaving you profoundly renewed and deeply relaxed.

SOY CANDLE MASSAGE

60 mins | **R960** 90 mins | **R1 390**

Immerse yourself in a sensory journey with our Luxurious Soy Candle Massage. Meticulously crafted, these all-natural soy candles melt into a warm, soothing massage oil, creating a fragrant and hydrating experience. The gentle, rhythmic massage techniques, complemented by the soothing candle scents, provide deep relaxation, leaving your skin nourished, your senses rejuvenated, and your body and mind in perfect harmony.

AROMA INFUSED MASSAGE

60 mins | **R880** 90 mins | **R1 280**

Elevate your senses with our Aroma Infused Massage, where pre-blended aromatherapy oils enhance every touch. This therapeutic treatment soothes your body, calms your mind, and invigorates your spirit.

PREGNANCY MASSAGE

MOTHER TO BE MASSAGE (12 - 38 WEEKS)

75 mins | **R880**

Treat yourself to a gentle and nurturing massage tailored exclusively for expectant mothers. Our proficient therapists employ specialized techniques to alleviate pregnancy-related discomfort, reduce stress, and enhance relaxation, ensuring a soothing experience for both you and your baby. This treatment provides a peaceful retreat during this unique period, leaving you with a sense of pampering and serenity.

ADD-ON TO ANY MESSAGE AT AN ADDITIONAL COST

- Cupping
- CBD Oil
- Hot Lava Shells
- Soy Wax Candle
- Copaiba oil
- Turmeric oil
- Hot Stones

BODY TREATMENTS

EXOTIC FRANGIPANI SALT EXFOLIATION

45 mins | **R700**

Experience a luxurious body exfoliation ceremony that enlivens and rejuvenates your senses. Begin with a gentle body brushing, followed by the lavish application of warm oil. Then, indulge in the exquisite sensation of our Exotic Lime and Ginger Salt Glow. This treatment leaves your skin beautifully cleansed and nourished, unveiling a radiant and flawless glow. Immerse yourself in a realm of beauty and refinement as your skin emerges revitalized, vibrant, and absolutely luminous.

BODY REFINEMENT THERAPY

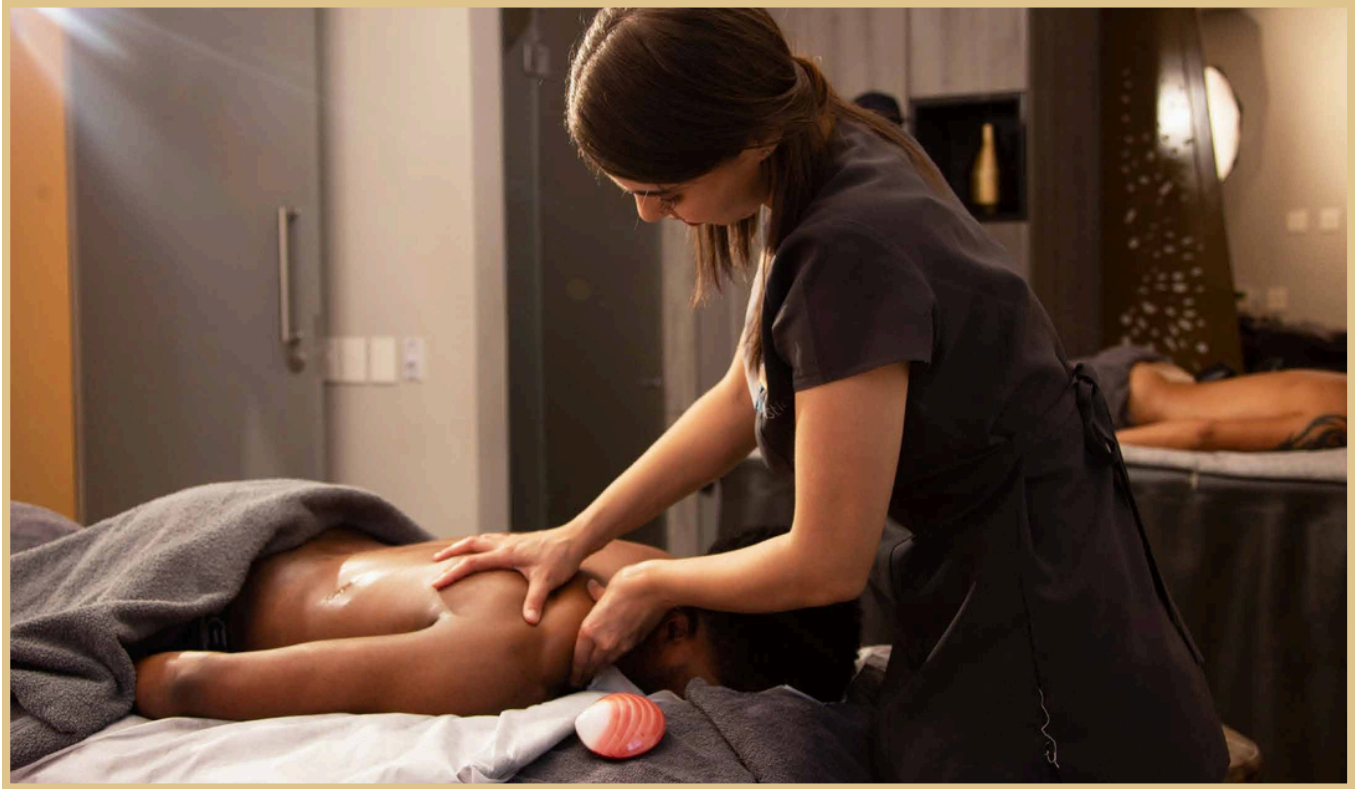
75 mins | **R990**

Experience the ultimate transformation with our Body Refinement Therapy, where every step is designed to sculpt, tone, and rejuvenate your body. Begin with invigorating dry body brushing to exfoliate and stimulate circulation, followed by a slimming massage that contours and refines. Conclude with a detoxifying body wrap that draws out impurities, leaving your skin smooth, firm, and revitalized.

SIGNATURE FOUR SEASONS JOURNEY

75 mins | **R1 040**

Embark on a journey of transformation that mirrors the changing seasons. This comprehensive massage experience treats your skin to exfoliation, a hydrating serum, luxurious body butter, and a soothing soy candle. Like Autumn prepares the earth, your skin receives a gentle exfoliation. Spring brings moisture and nourishment with a hydrating serum. The embrace of Summer's body butter leaves your skin glowing. Finally, Winter's warmth arrives with a luxurious soy candle massage that dissolves stress and tension, leaving you feeling rejuvenated and radiant.



FACIALS & SKINCARE

SKIN WELLNESS

ON-THE-GO CARE

30 mins | **R530**

Refresh your complexion in no time with our On-the-Go Care facial. This express treatment delivers a deep cleanse, gentle exfoliation, soothing massage, and revitalizing mask, leaving your skin radiant and rejuvenated, all in under an hour. Perfect for those with a busy schedule who still want to look and feel their best.

CLASSIC GLOW BOOST FACIAL

60 mins | **R820**

Elevate your skin's radiance with our Classic Glow Boost Renewal facial. Choose from the renowned skincare brands Nimue, Babor, or Optiphi, each offering a tailored experience to refresh, hydrate, and rejuvenate your complexion. This treatment deeply nourishes and revitalizes, leaving your skin glowing with health and vitality. Embrace timeless beauty with a facial designed to enhance your natural glow.

SKIN RESURFACING

30|30 PEEL

60 mins | **R950**

Step up your skincare routine with the 30|30 Peel, designed for those familiar with peels. This advanced treatment combines 30% Glycolic Acid, 30% Ascorbic Acid, and Glycyrrhetic Acid to target inflammation, sun damage, pigmentation, and boost collagen production. Experience deeper rejuvenation and a brighter, more even complexion.

REJUVENATION PEEL

60 mins | **R880**

Discover the perfect introduction to skin peels with our Rejuvenation Peel. This glycolic acid treatment smooths texture, evens tone, and targets hyperpigmentation and early signs of aging. Ideal for those new to peels, it revitalizes your complexion, revealing a fresh, youthful glow.

MICRONEEDLING

Face | **R1 070** Face & Neck | **R1 210**
Face, Neck & Décolleté | **R1 810**

Experience the rejuvenating power of Microneedling, a treatment that stimulates collagen production to smooth fine lines, reduce scars, and even out skin tone. Tiny needles create micro-channels in the skin, encouraging natural healing and renewal. The result is a firmer, more radiant complexion that looks refreshed and revitalized.

RETINOL PEEL

30 mins | **R970** 60 mins | **R1 330**

Transform your skin with the Retinol Peel, a powerful treatment designed to improve everything from fine lines to acne scars. Using advanced Retinol technology, this peel is ideal for those dealing with signs of aging, acne, or uneven skin tone, it delivers noticeable results for a smoother, clearer, and more youthful complexion.

SKIN LUXURY

SIGNATURE AGE-DEFYING VITALITY FACIAL

90 mins | **R1 800**

Indulge in the ultimate expression of luxury with the Babor Signature Facial. Rooted in Babor's philosophy of precision skincare, this treatment combines advanced science with exquisite rituals to deliver unparalleled results. Tailored to your skin's unique needs, it revitalizes, hydrates, and enhances your complexion, leaving you with a luminous glow that reflects true beauty.

LIFE SIGNATURE GLASS SKIN FACIAL

75 mins | **R1 290**

Achieve instant dewy, glass-like skin with our Life Signature Glass Skin Facial, a luxurious treatment that delivers immediate radiance. Combining the soothing touch of Rose Quartz Gua Sha, precision rollers, and advanced LED light technology, this facial enhances your skin's moisture levels, leaving it plump, smooth, and luminous. Experience the K-Beauty trend firsthand with a complexion that glows with clarity and youthful vitality.

PLUMP & PERFECT LIP TREATMENT

20 mins | **R200**

Give your lips the ultimate boost with our Plump & Perfect Lip Treatment. This luxurious treatment combines exfoliation, hydration, and a specialized plumping formula to smooth, soften, and enhance your lips, leaving them irresistibly full and perfectly defined. Ideal for those looking for a rejuvenated, luscious pout.



SPA PACKAGES

When booking a package to extend your spa experience, you are welcome to enjoy all the complimentary spa facilities.

All spa packages are charged per person (unless stated otherwise)

Availability of packages may vary by spa location

REVIVE & RENEW

TRANQUIL SPA GETAWAY 2.5 hrs | R1 940

- Floatation Therapy 30 min
- Classic Glow Boost Renewal Facial 60 min
- Timeless Massage 60 min

WELLBEING OASIS 3 hrs | R1 710

- Timeless Massage 60 min
- Signature Diamond Manicure 60 min
- Signature Diamond Pedicure 60 min

DETOX AND DESTRESS 2.5 hrs | R1 880

- Cupping Massage 60 min
- Deep Cleanse Facial 60 min
- Sole Relief Massage 30 min

RELAX & REJUVINATE

SLEEP RETREAT 1.5 hrs | R1 370

- Floatation Therapy 30 min
- Timeless Massage with CBD enhancement 60 min

TRANQUILITY FOR TWO (Charged per couple) 1 hrs | R1 720

**Includes a selection of treats and sparkling wine*

- Floatation Therapy 30 min
- Rasul Ritual 30 min
- Shoulder Release Massage 45 min

COUPLES RETREAT (Charged per couple)

SOULMATE SERENITY 2 hrs | R3 420

- Rasul Ritual 30 min
- Luxurious Candle Massage 60 min
- Sole Relief Massage 30min

LOVERS ESCAPE 2.5 hrs | R3 420

- Floatation Therapy 30 min
- Aroma Infused Massage 60 min
- Timeless Pedicure 60 min

ROMANTIC RASUL 1.5 hrs | R2 270

- Rasul 30 min
- Shoulder Release Massage 45 min

CELEBRATORY ESCAPES (Lunch included)

MOTHER-TO-BE INDULGENCE 3 hrs | R1 930

- Mom-to-Be Massage 60 min
- On-the-Go Care Facial 30 min
- Signature Diamond Pedicure 75 min

BIRTHDAY BASH 3.5 hrs | R2 140

- Rasul Ritual 30 min
- Timeless Massage 60 min
- Timeless Manicure 60 min
- Timeless Pedicure 60 min

ULTIMATE INDULGENCE (Lunch included)

LIFE'S JOURNEY 6 hrs | R4 060

- Floatation Therapy 30 min
- Exotic Frangipani Salt Exfoliation 45min
- Life Signature Massage 90 min
- Classic Glow Boost Renewal Facial 60 min
- Signature Diamond Manicure 60 min
- Signature Diamond Pedicure 60 min

MINDFUL RECHARGE 4.5 hrs | R2 830

- Life Signature Massage 90 min
- Classic Glow Boost Renewal Facial 60 min
- Timeless Manicure 60 min
- Timeless Pedicure 60 min

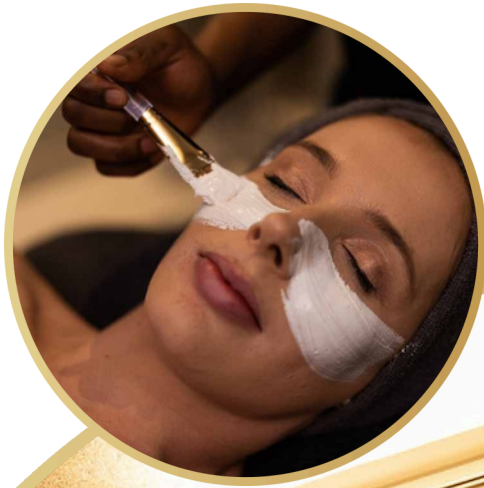
CREATE A BESPOKE PACKAGE

Design your ideal spa experience by picking from our selection of treatments to fashion a personalized spa journey that precisely matches your preferences.

**Priced according to what you choose*

ADD ON
Lunch +-
R150 P/P

ADD ON
Couple
Room
R200



NAIL CARE

MANICURES

- On-the-Go Nail Express
natural | **R280** polish | **R290** gel | **R320** french | **R250**
- Timeless Manicure
natural | **R410** polish | **R420** gel | **R450** french | **R480**
- Signature Diamond Manicure
natural | **R500** polish | **R510** gel | **R550** french | **R580**
- Full Cover Tips with Gel
R650

PEDICURES

- On-the-Go Feet Express
natural | **R290** polish | **R300** gel | **R350** french | **R380**
- Timeless Pedicure
natural | **R430** polish | **R440** gel | **R480** french | **R490**
- Signature Diamond Pedicure
natural | **R530** polish | **R540** gel | **R570** french | **R600**

NAIL - ADD ONS

- Nail art (per nail) **R 40**
- Soak Off **R 130**
- IBX Nail Repair Treatment **R170**
- Medi Pedi Upgrade **R220**
- Hydra Infusion Foot Softening Treatment **R240**
- Hydra Infusion Hand Softening Treatment **R240**

WAXING AND TINTING

WAXING

- Lip/Chin/Cheeks/Brows **R 150**
- Underarm **R 200**
- Half Arm **R 250**
- Full Arm **R 330**
- Half Back/Chest **R 310**
- Abdomen **R 220**
- 3/4 Leg **R 330**
- Half Leg **R 310**
- Full Leg/Back **R 400**
- Standard Bikini **R 300**
- Hollywood **R 410**
- Buttocks **R300**

GLOW BELOW - VAJACIALS

- Intimate Rejuvenation **R410**
- Intimate Brightening **R410**

TINTING

- Eyebrow/eyelash **R170**
- Eyelash and brow tint combo **R340**



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SPA MEMBERSHIPS

BENEFITS OF BEING A MEMBER:

- Free treatments.
- Free use of the complimentary facilities for 24 months.
- Treat your friends and family to spa treatments on your account.
- Buy vouchers on your account.
- Free entry to all spa events.
- Use your account to reward employees or clients with a treatment.
- 24 months in which to use credit.

TRANQUILITY R10 000

- R1 000 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

HARMONY R15 000

- R1 500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

SERENITY R20 000

- R2 500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

EUPHORIA R30 000

- R4 500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

GROUP / CORPORATE OFFERINGS

Tailored according to your budget we can facilitate up to 100 people depending on availability and treatment packages required. Our dedicated events manager will ensure that your bookings unfold as planned and that someone is on site to manage the event to the highest standard.

Please enquire with your spa for availability.

SPA ETIQUETTE

GENERAL

To ensure a peaceful and luxurious experience for all our guests, we kindly request the following:

- Please bring your bathing suit to enjoy the spa facilities.
- Our spa is unisex, and we welcome guests of all genders, but no children under 16 years are allowed.
- For the comfort of others, cell phones should be set to silent during your visit.
- Kindly arrive 20 minutes prior to your scheduled treatment to complete your consultation card and enjoy the full experience.
- Late arrivals may result in a shortened treatment time to accommodate the next guest.
- We cannot be held responsible for any loss, theft, or damage to personal belongings, so please take care of your valuables.
- Due to load-shedding, some facilities may not be available during your visit.

PAYMENT - 50% UPFRONT

- A 50% pre-payment is required to secure your booking.
- We no longer accept cash payments.
- Prices and information are subject to revision without prior notice.

CANCELLATION POLICY

- Cancellations made 24 hours or more before your appointment will incur no charge.
- For cancellations made less than 24 hours in advance, 100% of the service will be charged.
- No-shows will be charged at 100% of the service price.
- Group bookings require a 7-day notice for cancellation, or a 100% cancellation fee will apply.

BRANCHES

JOHANNESBURG

ASPEN HILLS

California House, Aspen Business Park, 6 Rodeo Drive, Aspen Lakes
Ext 13, Aspen Lakes, Johannesburg South
T: 010 900 4296
WhatsApp: 010 900 429
info@lifedayspaaspen.co.za

FOURWAYS

2 Design Quarter District, Leslie Ave East, Magaliesig,
Fourways
T: 011 465 7777
WhatsApp: 062 465 7777
info@lifedayspafws.co.za

OCTAVIAS BY LIFE DAY SPA

D'Oreale Grande Hotel, Emperors Palace, 64 Jones Road,
Kempston Park
T: 010 753 1777
WhatsApp: 082 287 1878
lifedayspa@octavias.co.za

ROSEBANK

26 Bolton Road, Rosebank
T: 011 447 2255
WhatsApp: 084 923 9618
info@lifedaysparsb.co.za

SANDTON

Embassy Towers, 175 Empire Place, Sandhurst,
Sandton T: 010 594 5393/4
WhatsApp: +27 (0)10 594 5393
info@lifedayspasandton.co.za

WATERFALL

Ellipse Building, Magwa Crescent, Waterfall City,
Midrand T: 010 753 1049
WhatsApp: 010 753 1049
info@lifedayspawfall.co.za

WEST RAND - SILVERSTAR CASINO

Silverstar Casino, 14 Falls Road, Mogale City,
Krugersdorp T: 010 753 2324
WhatsApp: 073 014 5159
info@lifedayspasilverstar.co.za

PRETORIA

SOULSTICE PRETORIA

Lombardy Boutique Hotel Lynnwood Road, Pretoria East T:
012 809 0444
WhatsApp: 066 024 2471
info@soulsticedayspaptoria.co.za

CAPE TOWN

CENTURY CITY

Marriott Hotel Crystal Towers, Cnr Century Boulevard & Rialto Road,
Century City
T: 021 180 4955
WhatsApp: 072 234 3708
info@lifedayspacc.co.za

WATERFRONT

The Pavilion, Ground Floor, Cnr Beach and Portwood Road, Waterfront,
Cape Town
T: 021 180 4772
WhatsApp: 076 649 8450
info@lifedayspawf.co.za

NAMIBIA

WINDHOEK

Am Weinberg Estate, 13 Jan Jonker Road, Klein Windhoek, Windhoek,
Namibia
T: +264 61 209 0990
WhatsApp: +264 81 309 5070
info@lifedayspawindhoek.co.za

www.facebook.com/lifedayspas

www.instagram.com/lifedayspas

