



TREATMENT BROCHURE



Welcome **TO LIFE DAY SPA GROUP**

At Life Day Spa, we believe self-care is essential for a balanced and fulfilled life. With over 50 years of expertise, we've created 5-star sanctuaries across South Africa and Namibia where you can pause, recharge, and reconnect.

Each of our spas is designed to help you escape the stresses of daily life and focus on what matters most - your well-being. From rejuvenating massages to glow - enhancing facials, our treatments blend traditional wellness techniques with modern innovations to nurture your body, mind, and spirit.

Take a deep breath, relax, and let us guide you on a journey to renewal. Your well-being begins here.

OUR EXTENDED FAMILY OF *Excellence*

Discover the Life Day Spa Group's diverse portfolio of specialised wellness and beauty brands. From Life Day Spa Kids, offering a playful sanctuary for young ones, to Life Hair Restoration Clinic, dedicated to advanced hair solutions, and Life Aesthetics, where artistry meets transformative skincare.

Each brand reflects our commitment to elevating self-care, providing unmatched experiences across every touchpoint.

L i F E — AESTHETICS
CLINIC

L i F E — HAIR RESTORATION
CLINIC

L i F E
DAY SPA KIDS



WHAT ARE OUR EXPERIENCES

Signature

Signature Four Seasons Journey **R1 040.00 | 75min**

Embark on a seasonal journey, an Autumn inspired exfoliation renews, Spring's hydrating serum nourishes, Summer's luxurious body butter adds a glow, and Winter's soothing Soy Candle massage melts away tension, leaving you in radiant tranquillity.

Signature Tranquillity for Two **R2 880.00 per couple | 1hr45min**

Begin a serene journey of connection and relaxation. Start with a calming Floatation session, followed by the Rasul Ritual, where you and your partner share healing scrub and mud in steam and rain. End with a 45-minute Back & Shoulder Release Massage, melting tension and leaving you both restored and united

DISCOVER OUR WELLNESS EXPERIENCES

Hydro

Rasul Therapy R480.00 | 30min

Embrace the Rasul ritual: apply a luxurious scrub and nourishing mud, followed by soothing steam to relax and purify. Finish with a gentle rain shower, washing away residue to leave your skin smooth and spirit renewed.

Floatation Therapy **R480.00 30min | R710.00 60min**

Drift into deep relaxation with Floatation Therapy, a transformative experience designed to soothe both body and mind. In a warm, buoyant pool, the sensation of weightlessness melts away tension and stress, allowing you to fully disconnect from the outside world.



MASSAGE EXPERIENCES / PACKAGES

MASSAGE *Experiences*

Timeless Massage (Light - Medium Pressure)

R850.00 60min | R1 200.00 90min

Experience pure relaxation with our Timeless Massage, using soothing Swedish Massage techniques that eases tension, revitalizes your senses, and leaves you feeling renewed.

Aroma Infused Massage (Light Pressure)

R880.00 60min | R1 280.00 90min

Elevate your senses with our Aroma Infused Massage, where pre blended aromatherapy oils enhance each touch, soothing your body, calming your mind, and invigorating your spirit.

Soy Candle Massage (Light - Medium Pressure)

R960.00 60min | R1 390.00 90min

Indulge in the warmth of our Soy Candle Massage, where melted soy wax transforms into a luxurious massage oil. This soothing treatment nourishes your skin, eases tension, and envelops you in a cocoon.

Magnesium Infused Recovery Massage

(Medium - Deep Pressure)

R960.00 60min | R1 700.00 90min

Rejuvenate with our Magnesium Infused Recovery Massage, a deep tissue treatment that targets muscle tension, enhances recovery, and relieves soreness, leaving you relaxed and restored.

Life Signature Massage

(Light-Medium-Deep Pressure)

R1 280.00 | 90min

Discover the Life Signature Massage, a personalized journey of expert techniques and unique tools. This tailored experience blends modalities to meet your needs, leaving you renewed and deeply relaxed.

Bellabaci Cupping Massage

R960.00 | 60min

Experience the Bellabaci Cupping Massage, where traditional cupping meets modern techniques. Detoxify, improve circulation, relieve tension, and restore balance for a refreshed you.

Shoulder Release Massage

(Light-Medium-Deep Pressure)

R640.00 | 45min

Relax with the Shoulder Release Massage, targeting the back, neck, and shoulders to ease tension, relieve stiffness, and promote relaxation, leaving you vitalized.

Sole Relief Massage

R460.00 | 30min

Experience the Sole Relief Massage, targeting key pressure points in your feet to ease tension and promote deep relaxation. Each stroke soothes and revitalizes, leaving you in pure tranquility and calm.

MASSAGE *Enhancers*

CBD Oil - R190.00

Experience enhanced relaxation with pain relief, improved sleep, and mood elevation, promoting overall well-being.

Copaiba Oil - R190.00

Celebrated for its anti-inflammatory benefits, it eases stress and burnout, providing profound relief and rejuvenation.

Turmeric Oil - R190.00

Known for its antioxidant and immune-boosting properties, it enhances wellness and promotes a natural, invigorating balance.

Hot Stones - R200.00

Known for their soothing heat, they deeply relax muscles, relieve tension, and enhance circulation, offering profound comfort.

Lava Shells - R240.00

Self-heating for continuous warmth, it deeply relaxes muscles, enhances circulation, and melts away tension, delivering profound calm.

Cupping - R200.00

Experience deep relief with cupping, using suction to alleviate muscle tension, improve circulation, and promote relaxation.



WHAT IS OUR BODY *Therapy?*

Frangipani Body Scrub **R700.00 | 45min**

Experience the tropical allure of our Exotic Frangipani Salt Exfoliation. Mineral-rich salts and hydrating frangipani exfoliate and smooth your skin, leaving it soft, glowing, and refreshed with an exotic fragrance.

Body Refinement Therapy **R990.00 | 75min**

Transform with our Body Refinement Therapy. Start with dry brushing to exfoliate and boost circulation, followed by a slimming massage to contour your body. Finish with a detox wrap that nourishes and rejuvenates, leaving your skin smooth, firm, and revitalized.

Mother -TO-BE EXPERIENCES

Mother-to-be Massage **R880.00 | 75min from week 12 of pregnancy**

Indulge in 75 minutes of serenity with our Mother-to-Be Massage. Designed for safety and comfort, with gentle techniques ease tension, soothe muscles, and nurture your body, creating a blissful experience for you and your little one.

Mother-to-be Indulgence **R1 930.00 | 3hrs from week 12 of pregnancy**

Treat yourself to ultimate relaxation with our Mother-to-Be Indulgence package. Start with a soothing, safe Mother-to-Be Massage, followed by a radiant On-the-Go Express Facial. Finish with a luxurious Life Signature Pedicure and enjoy a delicious lunch - an ideal escape for expecting moms.

COUPLES *Experiences*

Romantic Rasul

R2 270.00 per couple | 1hr15min

Embark on an intimate journey with our Romantic Rasul for two. Enjoy mineral-rich scrub and mud, soothing steam, and a gentle rain shower. Savor a romantic platter with champagne, then finish with a Shoulder Release Massage, leaving you both deeply connected. and

Lover's Escape

R3 420.00 per couple | 2hr30min

Experience pure bliss with our Lover's Escape package. Begin with floatation therapy, drifting into relaxation side by side. Follow with an Aroma-Infused Massage, melting away tension, and finish with a Timeless Classic Pedicure. The perfect escape to reconnect and unwind together.

Soulmate Serenity

R3 420.00 per couple | 2hrs

Embark on a journey of connection with our Soulmate Serenity package. Begin with Rasul therapy for self-exfoliation and mud, followed by a gentle rain shower and steam. Continue with a warm, tranquil Soy Candle Massage, then unwind with a Sole Relief Foot Massage, leaving you rejuvenated and deeply connected.

Use of the couples room is included in all couples packages.



EXPERIENCE OUR WELLBEING SPA

Packages

Tranquil Spa Getaway

R1 940.00 per person | 2.5hrs

Step into relaxation with a Hydro Wellness Floatation, drifting into weightless serenity. Enjoy a Classic Glow Boost Facial for refreshed, radiant skin, followed by a soothing Timeless Massage to melt away tension.

Detox & Destress

R1 880.00 per person | 2.5hrs

Revitalize with our Detox and Destress package: a Cupping Massage to release toxins, a Deep Cleanse Facial to purify your skin, and a Sole Relief Foot Massage for a refreshing head-to-toe experience.

Mindful Recharge

R2 830.00 per person | 4.5hrs

Unwind in a half-day retreat: Life Signature Massage, Glow Boost Facial, and Timeless Manicure & Pedicure. Savor a delicious lunch for the ultimate recharge of body, mind, and spirit.

Wellbeing Oasis

R1 710.00 per person | 3hrs

Rejuvenate with our Wellbeing Oasis package. Enjoy a Timeless Massage to melt tension, followed by a Life Signature Manicure and Pedicure, leaving your hands and feet smooth, radiant, and polished.

Sleep Retreat

R1 370.00 per person | 1.5hrs

Drift into deep relaxation with our Sleep Retreat package. Start with a Hydro Wellness Floatation to unwind, followed by a Timeless Massage with CBD oil to promote restful sleep and melt away tension.

Birthday Bash

R2 140 per person | 3.5hrs

Celebrate with our Birthday Bash package! Enjoy a Hydro Wellness Rasul session, a Timeless Massage, Indulge with a Timeless Manicure and Pedicure, and finish with a delicious lunch - the perfect birthday treat.

Life's Journey

R4 060.00 per person | 6hrs

Enjoy a luxurious full-day escape with a Hydro Wellness Floatation, Frangipani Salt Exfoliation, Life Signature Massage, Classic Glow Boost Facial, Life Signature Manicure and Pedicure, and a delicious lunch.

Create Your Own

Create your own package and enjoy an exclusive discount when you book three or more 60-minute treatments! Tailor your spa experience with luxurious, personalized treatments for the ultimate relaxation and rejuvenation.



BEST OF SKINCARE

THE BEST OF SKIN *Wellness*

Expert Skin Wellness:

On-the-Go Care R530.00 | 30min

Refresh your complexion with our On-the-Go Care facial. A quick deep cleanse, exfoliation, massage, and mask for radiant skin in under an hour. Perfect for busy schedules!

Deep Cleanse R660.00 | 60min

Reveal revitalized skin with our Deep Cleanse treatment. This intensive facial purifies, detoxifies, and refines pores, leaving your complexion clear, balanced, and glowing.

Classic Glow Boost Renewal R820.00 | 60min

Enhance your skin's radiance with our Classic Glow Boost Renewal facial, featuring your choice of Nimue, Babor, or Optiphi for a tailored experience. This nourishing treatment refreshes and hydrates, leaving your skin glowing with vitality.

The Best Skin Resurfacing:

Rejuvenation Peel R880.00 | 60min

This glycolic acid treatment smooths texture, evens tone, and targets signs of aging, leaving your complexion glowing.

30 | 30 Peel R950.00 | 60min

This advanced peel blends 30% Glycolic Acid, 30% Ascorbic Acid, and Glycyrrhetic Acid to reduce inflammation, sun damage, and pigmentation while boosting collagen for a brighter skin.

Retinol Peel R970.00 | 30min – R1 330.00 | 60min

Transform your skin with the Retinol Peel, targeting fine lines, acne scars, and uneven tone for a smoother, clearer, and more youthful complexion.

Microneedling

Face Only R1 070.00 / Face & Neck R1 210.00 Face, Neck & Décolleté R1 810.00

Micro-needles create channels in the skin, boosting collagen production for a firmer, more radiant complexion. This treatment smooths fine lines, reduces scars, and evens skin tone.

Skin Luxury:

Signature Age-Defying Vitality Facial

R1 800.00 | 90min

Indulge in luxury with the Babor Signature Facial. This treatment combines advanced science and exquisite rituals, revitalizing and hydrating your skin for a radiant glow.

Life Signature Glass Skin Facial

R1 290.00 | 75min

Achieve dewy, glass-like skin with this luxurious treatment, combining Vitamin C, Hyaluronic acid, AHA's, BHA's, Rose Quartz Gua Sha, and LED light to boost moisture for a smooth, plump, and luminous complexion

Plump & Perfect Lip Treatment

R200.00 | 20min

Enhance your lips with this luxurious treatment, featuring exfoliation, hydration, and a plumping formula to smooth and rejuvenate for a fuller, refreshed pout.

Skincare **ENHANCEMENTS**

Dermaplaning - R280.00

Dermaplaning gently exfoliates the skin, removing dead cells and fuzz for a smoother, more radiant complexion.

Eyebrow & Lash Tint - R170.00 per area

Eyebrow and lash tinting enhances your natural beauty with rich, long-lasting color, adding depth and definition.

Facial Waxing - from R150.00

Facial waxing targets individual areas, including eyebrows, chin, cheeks, and lips, to remove unwanted hair and leave your skin smooth and effortlessly refined.

Skin Supplements - from R160.00

Advanced skin supplements with potent ampoules deliver targeted nutrients for personalized results, boosting your skincare to new levels of radiance and rejuvenation.

Advanced Masks - from R150.00

Elevate your facial with our advanced mask treatment, designed to deeply nourish and rejuvenate your skin for an enhanced, luminous glow.

Advanced Eye Treatment - R150.00

Revitalize your eyes with COSRX Advanced Snail Hydrogel Eye Patches, which hydrate and smooth while reducing signs of fatigue for a refreshed, radiant look.



BEST OF HANDS & FEET

HANDS & FEET *Experience*

Hand Spoils:

On-the-Go Nail Express

Natural R280.00 | Polish R290.00 | Gel R320.00 | French R350.00

Perfect for your fast-paced lifestyle, this quick treatment provides expert cuticle care, precise nail shaping, and gentle nail buffing for polished results with minimal time investment.

Timeless Manicure

Natural R410.00 | Polish R420.00 | Gel R450.00 | French R480.00

Embrace elegance with our Classic Manicure, featuring an Aqua soak, Hand exfoliation, cuticle care, Hand mask, and a soothing hand massage for refined hands. Enjoy smooth skin and perfectly polished nails.

Life Signature Manicure

Natural R500.00 | Polish R510.00 | Gel R550.00 | French R580.00

Luxurious Signature Manicure with all bells and whistles. Includes a Caviar & Citrus infused hand soak, hand and arm exfoliation, mint mask & hot stone massage.

Nail Elegance:

Full Cover Tips with Gel R650.00

Transform your nails with Full Cover Tips and Gel, providing a flawless, natural-looking finish with added strength and durability for a lasting, elegant look.

Acrylic Nails:

Tips: **Natural R570.00 | Polish R580.00**
Gel R590.00 | French R600.00

Overlay: **Natural R480.00 | Polish R520.00**
Gel R550.00 | French R560.00

Buff & Fill: **Natural R400.00 | Polish R420.00**
Gel R450.00 | French R490.00

HAND & NAIL *Enhancements*

Nail Art - R40.00 per nail

Express your style with custom Nail Art, adding a creative touch to your manicure. From delicate designs to bold statements, each detail enhances your nails with artistry and flair.

IBX Nail Repair Treatment - R170.00

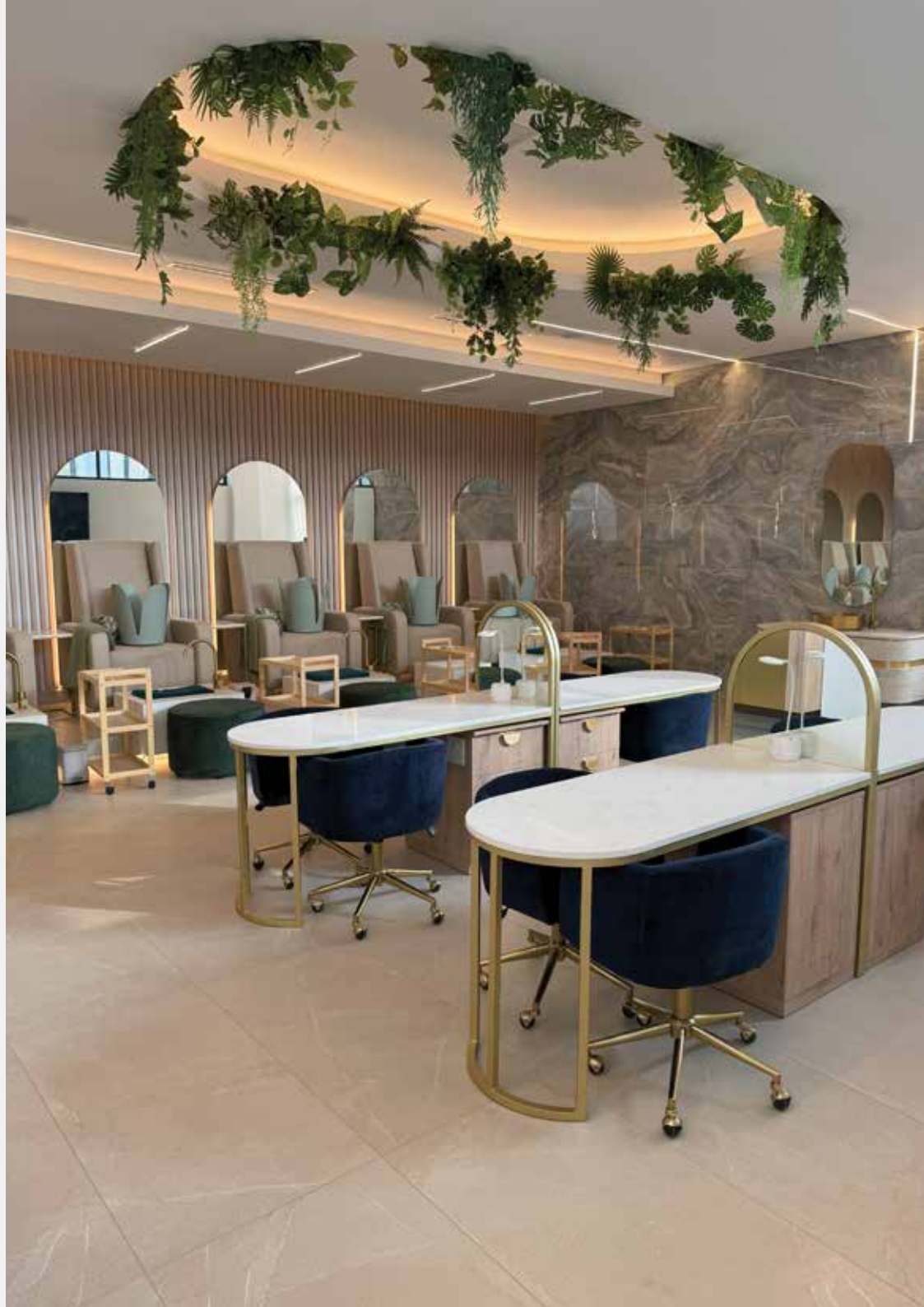
This intensive treatment enhances nail integrity, promotes growth, and protects under gel polish, ensuring your nails stay healthy and resilient - ideal for restoring thin or damaged nails.

Soak Off - R130.00

Gently remove old polish or gel with our Soak Off treatment, leaving your nails clean and smooth for your next manicure.

Advanced Heel Therapy - R240.00

Upgrade your pedicure with Advanced Heel Therapy - a focused treatment that targets daaged, calloused heels and feet. Gently exfolaing and restoring your skin, it leaves your feet smoother, softer, and revitalized.



Feet Spoil:

On-the-Go Feet Express

Natural R290.00 | Polish R300.00 | Gel R350.00 | French R380.00

Perfect for busy lifestyles, this quick treatment provides expert cuticle care, nail shaping, and gentle nail buffing for polished results in minimal time.

Timeless Pedicure

Natural R430.00 | Polish R440.00 | Gel R480.00 | French R490.00

Embrace elegance with our Classic Pedicure, featuring a Aqua Soak, Feet exfoliation, Foot Mask, cuticle care and massage for beautifully refined feet.

Life Signature Pedicure

Natural R530.00 | Polish R540.00 | Gel R570.00 | French R600.00

Luxurious Signature Pedicure with all bells and whistles. Includes a Caviar & Citrus scented spa foot soak, foot smoothing exfoliation, mint foot mask, heel treatment, hot stone massage.

Feet Enhancements:

Nail Art - R40.00 per nail

Express your style with custom Nail Art, adding a creative touch to your pedicure. From delicate designs to bold statements, each detail enhances your nails with flair.

IBX Nail Repair Treatment - R170.00

This intensive treatment enhances nail integrity, promotes growth, and protects under gel polish, ensuring your nails stay healthy and resilient - ideal for restoring damaged nails.

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Gently remove old polish or gel with our Soak Off treatment, leaving your nails clean and smooth for your next pedicure.



WAXING & GROOMING

WAXING & *Grooming*

Glow Below Treatment

Intimate Rejuvenation - R410.00 | Intimate Brightening - R410.00

Experience our Glow Below Vajacial, designed to pamper your most delicate skin. Choose Brightening to even skin tone or Rejuvenation to hydrate and renew.

Flawless Face Waxing

Lip R150.00 Chin - R150.00 | Brows - R150.00 | Cheeks - R150.00 | Full Face - R290.00

Achieve a smooth, radiant complexion with our expert face waxing services, tailored to perfect every feature.

Intimate Waxing

Hollywood - R410.00 | Bikini - R300.00 | Buttocks - R300.00

Feel confident and flawless with our gentle, precision waxing for your most intimate areas.

Silky Body Waxing

Underarm - R200.00 | Half Arm - R250.00 | Full Arm - R330.00 | Half Back - R310.00

Chest - R310.00 | Abdomen - R220.00 | Half Leg - R310.00 | ³/₄ Leg - R330.00 | Full Leg/Back - R400.00

Experience irresistibly smooth skin from head to toe with our luxurious body waxing treatments.



EXCLUSIVE TO PRETORIA

Exclusive AT OUR SPA:

Ice Bath Therapy R200.00 15min

Ideal for post-workout recovery. This treatment eases muscle soreness, reduces inflammation, and supports the central nervous system, improving sleep and reducing fatigue. It regulates core temperature, boosts performance in heat, and enhances stress management.

HOCATT Ozone Therapy R550.00 1 session | R5 000.00 10 sessions

Experience the transformative power of HOCATT Ozone Therapy, enhancing circulation, detoxifying the body, and promoting skin health. This ozone steam sauna boosts antioxidants, improves nutrient absorption, and supports anti-aging. Relieve muscle tension, burn calories, and elevate your mood with this revitalizing therapy for body and mind.

Jacuzzi for Two R890.00 for two people | 45min

Indulge in our exclusive Jacuzzi for Two experience. Relax in warm, bubbling waters for a private moment of tranquillity, perfect for deep relaxation together, whilst indulging in a platter for two and a glass of bubbly.

Fire & Ice Ritual | R1 480.00

Rasul 30min + Candle massage 60min + Ice Bath/ Cold Plunge Pool Therapy 5-10min

Revive & Recover | R1 050.00

Magnesium Infused Deep Tissue Massage 60min + Ice Bath/Cold Plunge Pool Therapy 5-10min

SPA MEMBERSHIP THE PATH TO ULTIMATE *Wellbeing*

Membership Tiers:

Bronze Membership:

R10 000.00 | Includes R1 000.00
additional treatments value

Silver Membership:

R15 000.00 | Includes R1 500.00
additional treatments value

Gold Membership:

R20 000.00 | Includes R2 500.00
additional treatments value

Platinum Membership:

R30 000.00 | Includes R4 500.00
additional treatments value



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Waterfront

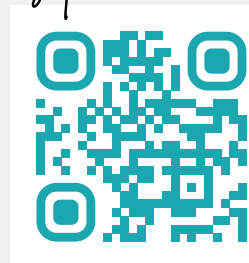
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Visit our website





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