



TREATMENT MENU

Welcome TO LIFE DAY SPA

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

Each of our spas are 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

BODY *Treatments*

Salt Scrub Exfoliation **R720.00 45min**

A full-body exfoliation using mineral-rich sea salts and nourishing oils to gently slough off dead skin cells, improve circulation, and leave your skin feeling silky-smooth, hydrated, and radiant. Perfect before a massage or to prep skin for seasonal transitions.

Detox & Cellulite Wrap **R1 010.00 75min**

This results-driven treatment begins with dry brushing to stimulate lymphatic flow, followed by a Thermo Sculpting Massage designed to eliminate toxins, reduce water retention, and smooth the appearance of cellulite. Enjoy a soothing scalp or foot massage while cocooned in warmth. Ideal for those seeking a firmer, more refined silhouette.

Four Seasons Journey **R1 060.00 75min**

Experience a journey through the seasons. Autumn's exfoliation renews, Spring's hydrating serum restores, Summer's body butter adds a radiant glow, and Winter's soothing Soy Candle massage melts away tension for complete tranquility.

HYDRO *Therapies*

Rasul Chamber **R490.00 30min**

Steam and mud ritual to exfoliate and detox the skin.

Floatation Therapy **R490.00 30min | R710.00 60min**

Float weightlessly and unwind in silence. Calms the mind and soothes the body.

Spa PACKAGES

Sleep Retreat

R1 410.00 per person | 1.5 hrs

- Float into peace with Floatation Therapy session
- Followed by a Swedish Massage with CBD oil for restful sleep

Wellbeing Oasis

R1 750.00 per person | 3 hrs

- Enjoy a Swedish Massage
- Indulge in a Life Signature Manicure
- Complete the experience with a Life Signature Pedicure

Life's Journey

R4 110.00 per person | 6 hrs

- Start with a Floatation Therapy session
- Exfoliate with a Salt Scrub Exfoliation
- Melt tension with a Life Signature Massage
- Glow with a Classic Hydrating Facial
- Finish with a Life Signature Manicure & Pedicure
- Includes a light lunch

Mindful Recharge

R2 870.00 per person | 4.5 hrs

- Revitalize with a Life Signature Massage
- Renew with a Classic Hydrating Facial
- Pamper with a Classic Manicure & Pedicure
- Includes a light lunch

Create Your Own Package

- 2 Hour Package **R1 500.00**
- 3 Hour Package **R2 100.00**
- 4 Hour Package **R2 400.00**

Birthday Bash

R2 190.00 per person | 3.5 hrs

- Detox with a Rasul Therapy
- Relax with a Swedish Massage
- Glam up with a Classic Manicure & Pedicure
- Includes a light lunch to celebrate your day

Spa PACKAGES

COUPLES Packages

Executive Retreat

R1 480.00 per person | 1.5 hrs

- Swedish massage
- Floatation Therapy
- Lunch

Detox & Destress

R1 920.00 per person | 2.5 hrs

- Begin with a Cupping Massage to release toxins
- Refresh your skin with a Microbiomic Facial
- End with a Foot Massage

Tranquil Spa Getaway

R1 980.00 per person | 2.5 hrs

- Start with a calming Floatation Therapy session
- Glow with a Classic Hydrating Facial
- Unwind with a Swedish Massage

Hot Stone Extravaganza

R1790.00 per couple | 60min

- Couples Room
- Hot Stone Massage
- Glass of bubbles

Romantic Rasul

R2 300.00 per couple 1hr15min

- Private Rasul Chamber ritual (mud, steam, exfoliation)
- Romantic platter with champagne
- Back, Neck & Shoulder Massage

Lover's Escape

R3 460.00 per couple 2hrs30min

- Floatation Therapy for two
- Aromatherapy Full Body Massage
- Classic Pedicure

Signature Tranquility for two

R2 900.00 per couple 1hr45min

- Floatation Therapy session to calm and center the mind
- Rasul Chamber steam, rain, and a shared healing mud scrub
- 45-minute Back & Shoulder Release Massage to melt tension

Soulmate Serenity

R3 460.00 per couple 2hrs

- Rasul Chamber Therapy
- Soy Candle Massage
- Foot Massage

All couple packages are done in the couple's room, if available.

MASSAGE *Treatments*

Swedish Massage

R870.00 60min | R1 220.00 90min

A gentle full-body massage to relax muscles and improve circulation.

Aroma Infused Massage

R900.00 60min | R1 300.00 90min

A soothing massage using essential oils to calm the mind and uplift your mood.

Life Signature Massage

R1 300.00 90min

Combination of different massage techniques personalized to guests needs.

Magnesium Infused Massage

R980.00 60min | R1 490.00 90min

Designed to relieve stiffness and support recovery after physical activity.

Soy Candle Massage

R980.00 60min | R1 410.00 90min

Warm soy wax melts into oil to hydrate the skin and ease stress.

Cupping Massage

R980.00 60min

Helps improve circulation and relieve tension with light suction therapy.

Back, Neck & Shoulder Massage

R660.00 45min

Unwind with the Shoulder Release Massage, a targeted treatment for back, neck, and shoulders that eases tension, relieves stiffness, and promotes relaxation, leaving you revitalized and at ease.

Foot Massage

R470.00 30min

Foot massage therapy that relaxes and rebalances the body.

Trio of Calm

R1050.00 75min

A three-part journey beginning with a 45-minute back, neck and shoulder massage, followed by 15 minutes of deep-relief work for the feet and lower legs, and ending with a 15-minute calming scalp massage.

Massage ENHANCEMENTS

CBD Oil - R200.00

Promotes deep relaxation, eases pain, improves sleep, and uplifts mood.

Copaiba Oil - R200.00

Reduces stress and inflammation for full-body calm and recovery.

Turmeric Oil - R200.00

Boosts immunity and wellness with natural antioxidant support.

Hot Stones - R210.00

Soothes muscles, melts tension and improves circulation with warm stone therapy.

Lava Shells - R250.00

Self-heating shells ease muscle tension and deliver long-lasting warmth and comfort.

Cupping - R210.00

Gentle suction boosts circulation, relieves tension, and encourages deep relaxation.

Mother -TO-BE

Pregnancy Massage

R900.00 75min | From week 12 of pregnancy

A nurturing massage designed for comfort and relaxation. Easing tension, soothe muscles and nurture your body during pregnancy.

Pregnancy Spa Package

R1 950.00 3hrs | From week 12 of pregnancy

- Soothing, safe Pregnancy Massage
- Radiant Express Facial
- Luxurious Life Signature Pedicure
- Includes a delicious light lunch

An ideal escape for expecting moms.

Facials

Express Facial **R550.00 30min**

A quick deep cleanse, exfoliation, massage and mask, ideal for those short on time.

Classic Hydrating Facial **R840.00 60min**

Boosts skin hydration and glow using trusted skincare brands.

Microbiomic Facial **R680.00 60min**

A new era of skincare, this facial repair's the skin barrier and boosts hydration with cutting-edge post biotics.

Glow Renewal Peel **R900.00 60min**

Gives dull skin a fresh, radiant boost.

Brightening Peel Facial (30/30 Peel) **R970.00 60min**

Smooths skin texture and fades pigmentation, while boosting collagen for brighter skin.

Anti-Ageing Retinol Peel **R990.00 30min | R1 350.00 60min**

Improves signs of ageing, uneven skin tone and acne scarring for a youthful complexion.

Age-Defying Facial **R1 820.00 90min**

A rejuvenating facial that lifts and firms mature skin.

Microneedling

Face only

R1 090.00 | 60min

Face & Neck

R1 230.00 | 75min

Face, Neck & Decollete

R1 830.00 | 90min

Facials

Life Signature Lamelle Facial **R990.00 60min**

A fully customised facial that blends active ingredients with expert care to target your unique skin needs, leaving you radiant and renewed.

Lamelle LactiFirm Peel **R750.00 30min**

A gentle lactic acid peel that boosts hydration, firms, and refines texture for a youthful, glowing complexion with minimal downtime.

Lamelle Beta Peel **R900.00 30min**

A deep peel that smooths, brightens, and clears congestion. Expect 5–7 days of visible downtime before revealing fresh, radiant skin.

Lamelle Synergy TCA Peel **R1070.00 30min**

An advanced resurfacing peel that improves tone, texture, and signs of ageing — restoring a luminous, healthy glow with lasting results.

SKIN Enhancements

Dermaplaning – R290.00

Removes dead skin and peach fuzz for smooth, glowing skin.

Eyebrow & Lash Tint – R180.00 per area

Enhances lashes or brows with long-lasting, natural-looking colour.

Facial Waxing – from R140.00

Removes unwanted facial hair for smooth, refined skin.

Skin Supplements – from R170.00

Boosts skin with targeted ampoules for visible radiance and hydration.

Advanced Masks – from R160.00

Deeply nourishes and hydrates skin for a glowing finish.

Advanced Eye Treatment – R160.00

Hydrates and soothes under-eyes, reducing puffiness and signs of fatigue.

Hands

Express Manicure

Natural R290.00 | Polish R300.00 | Gel R330.00 | French R360.00

Quick file and polish for busy days.

Classic Manicure

Natural R420.00 | Polish R430.00 | Gel R460.00 | French R490.00

Soak, scrub, massage, and polish, your nail essentials.

Life Signature Manicure

Natural R520.00 | Polish R530.00 | Gel R570.00 | French R600.00

Our most luxurious nail care with added treatments and pampering.

Full Cover Tips with Gel (Hands)

R670.00

Longer-lasting nails with a perfect gel finish.

ACRYLIC Nails

Tips:

- Natural **R590.00**
- Polish **R600.00**
- Gel **R610.00**
- French **R620.00**

Overlay:

- Natural **R490.00**
- Polish **R540.00**
- Gel **R570.00**
- French **R580.00**

Buff & Fill:

- Natural **R410.00**
- Polish **R430.00**
- Gel **R460.00**
- French **R500.00**

Hand Enhancements

Nail Art (per nail) **R50.00**

IBX Nail Repair **R180.00**

Soak Off **R140.00**

Feet

Express Pedicure

Natural R300.00 | Polish R310.00 | Gel R360.00 | French R390.00

Quick file and polish for busy days.

Classic Pedicure

Natural R440.00 | Polish R450.00 | Gel R490.00 | French R500.00

Soak, scrub, massage, and polish, your nail essentials.

Life Signature Pedicure

Natural R550.00 | Polish R560.00 | Gel R590.00 | French R620.00

Our most luxurious nail care with added treatments and pampering.

Advanced Heel Therapy R250.00

Upgrade your pedicure, a focused treatment that targets damaged, calloused heels and feet. Gentle exfoliant and restoring your skin, leaving your feet smoother, softer and revitalized.

Feet Enhancements

Nail Art (per nail)	R50.00
IBX Nail Repair	R180.00
Soak Off	R140.00

MANI & PEDI *Duo's*

Guests may request two therapists for a simultaneous service - this will shorten the overall treatment time to half of the scheduled duration.

Classic Heel Rescue 75min

Natural R690.00 | Polish R700.00 | Gel R740.00 | French R750.00

A results-driven pedicure focused on restoring softness and comfort to heels and feet. Enjoy detailed nail care, an advanced heel therapy to smooth rough skin, gentle exfoliation, and a tension-relieving foot massage. Includes a complimentary Caviar Soak for a nourishing touch of luxury.

Express Refresh Duo R590.00 60min

Quick and flawless for those on the go. An express hand-and-foot spruce-up with expert shaping, buff, and shine. Finished with a complimentary Polish or Gel application for a flawless, lasting shine.

Classic Touch Duo R860.00 2hrs

A timeless hand-and-foot revival. Enjoy an aqua soak, detailed nail and heel work, exfoliation, nourishing mask, and a soothing massage, and flawless gel or French finish for total bliss. Finished with a complimentary Polish or Gel application for a flawless, lasting shine.

Ultimate Indulgence Duo R1 070.00 2.5hrs

A lavish hand-and-foot ritual with a caviar & citrus soak, rejuvenating masks, hot stone massage, and flawless gel or French finish for total bliss. Finished with a complimentary Polish or Gel application for a flawless, lasting shine.

Gentleman's Express Duo R560.00 60min

A sharp, efficient hand-and-foot overhaul for the modern man. Nails are expertly groomed, skin is smoothed, and tension melts away with a firm massage finish. Includes a complimentary Cooling Peppermint Foot Reviver to refresh and energize tired feet

WAXING & *Grooming*

Glow Below Treatment

A gentle skin treatment for your most delicate areas, choose to hydrate or brighten.

- Hydrating Intimate Treatment **R420.00**
- Brightening Intimate Treatment **R420.00**

Intimate Waxing

Clean and comfortable waxing for your most personal areas.

- Hollywood **R370.00**
- Bikini **R260.00**
- Buttocks **R260.00**

Face Waxing

Smooth your facial features with precision waxing.

- Lip **R140.00**
- Chin **R140.00**
- Brows **R140.00**
- Face **R340.00**

Body Waxing

Get that smooth, hair-free feel all over with our expert body waxing.

- Underarm **R200.00**
 - Half Arm **R220.00**
 - Full Arm **R280.00**
 - Half Back **R230.00**
 - Full Back **R360.00**
 - Chest **R360.00**
 - Abdomen **R250.00**
 - ½ Leg **R280.00**
 - ¾ Leg **R290.00**
 - Full Leg **R350.00**
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COMPLIMENTARY SPA *Facilities*

At Life Day Spa West Rand, every treatment includes access to our exclusive facilities, from the indoor heated pool, the steam room, the swiss shower to tranquil outdoor relaxation area. Extend your spa journey and indulge in the ultimate escape, at no extra cost.

Johannesburg

Aspen Hills

California House, Aspen Business Park,
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Century City

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Namibia

Windhoek

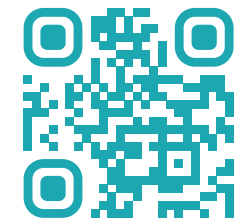
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Visit our website





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