



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

COMPLIMENTARY SPA *Facilities*

Spend R1000 or more on spa treatments and enjoy complimentary use of our exclusive spa facilities, including access to our exclusive facilities, from the indoor heated pool, to the steam room, the salt room and tranquil indoor relaxation area. Extend your spa journey and indulge in the ultimate escape, at no extra cost.

BODY *Treatments*

Salt Scrub Exfoliation **R740.00 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 040.00 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 090.00 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 **R500.00 30min**

Steam and mud ritual to exfoliate and detox the skin.

Floatation Therapy **R500.00 30min**

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

Exclusive

TO LIFE DAY SPA ROSEBANK

Oxygen Chamber **R510 60min**

Experience 60 minutes of pure rejuvenation, boosting your energy, enhancing skin vitality, and promoting overall wellness through our Oxygen Chamber Therapy.

Spa PACKAGES

Sleep Retreat

R1 450.00 per person | 90min

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

Wellbeing Oasis

R1 800.00 per person | 3hrs 30min

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

Life's Journey

R4 230.00 per person | 6hrs

- 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 960.00 per person | 4hrs 30min

- 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 540.00 |
| • 3 Hour Package | R2 160.00 |
| • 4 Hour Package | R2 470.00 |

Treatments to choose from:

30 Minute Options:

- Floatation Pool
- Rasul Chamber
- Back, Neck and Shoulder Massage
- Express Facial
- Express Pedicure
- Express Manicure

60 Minute Options:

- Swedish Massage
- Classic Hydrating Facial
- Classic Manicure
- Classic Pedicure

Birthday Bash

R2 260.00 per person | 3hrs 30min

- 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

Executive Retreat

R1 520.00 per person | 90min

- Swedish massage
- Floatation Therapy
- Lunch

Detox & Destress

R1 980.00 per person | 2hrs 30min

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

Tranquil Spa Getaway

R2 040.00 per person | 2hrs 30min

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

COUPLES Packages

Romantic Rasul

R2 370.00 per couple | 75min

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

Lover's Escape

R3 560.00 per couple | 2hrs 30min

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

Signature Tranquility for two

R2 990.00 per couple | 1hr 45min

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

Soulmate Serenity

R3 560.00 per couple | 2hrs

- Rasul Chamber Therapy
- Soy Candle Massage
- Foot Massage

Hot Stone Extravaganza

R1 840.00 per couple | 60min

- Couples Room
- Hot Stone Massage
- Glass of bubbles

Couple's rooms and double rooms subject to availability.
Double room surcharge may apply.

MASSAGE *Treatments*

Swedish Massage

R890.00 60min | R1 260.00 90min

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

Aroma Infused Massage

R930.00 60min | R1 340.00 90min

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

Life Signature Massage

R1 340.00 90min

Combination of different massage techniques personalized to guests needs.

Magnesium Infused Massage

R1 010.00 60min | R1 530.00 90min

Designed to relieve stiffness, support recovery, and promote muscle relaxation.

Soy Candle Massage

R1 010.00 60min | R1 450.00 90min

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

Cupping Massage

R1 010.00 60min

Helps improve circulation and relieve tension with light suction therapy.

Back, Neck & Shoulder Massage

R680.00 45min

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

Foot Massage

R480.00 30min

Foot massage therapy that relaxes and rebalances the body.

Trio of Calm

R1 080.00 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 - R210.00

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

Copaiba Oil - R210.00

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

Turmeric Oil - R210.00

Boosts immunity and wellness with natural antioxidant support.

Hot Stones - R220.00

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

Lava Shells - R260.00

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

Cupping - R220.00

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

Mother -TO-BE

Pregnancy Massage

R930.00 60min | From week 12 of pregnancy

A nurturing massage designed for comfort and relaxation. Eases tension, soothes muscles, and nurtures your body during pregnancy.

Pregnancy Spa Package

R2 010.00 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 **R570.00 30min**

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

Classic Hydrating Facial **R860.00 60min**

Boosts skin hydration and glow using trusted skincare brands.

Microbiomic Facial **R700.00 60min**

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

Glow Renewal Peel **R930.00 60min**

Gives dull skin a fresh, radiant boost.

Age-Defying Facial **R1 870.00 90min**

A rejuvenating facial that lifts and firms mature skin.

Brightening Peel Facial (30/30 Peel) **R990.00 60min**

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

Anti-Ageing Retinol Peel **R1 020.00 30min | R1 390.00 60min**

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

Microneedling

Face only	R1 120.00 60min
Face & Neck	R1 270.00 75min
Face, Neck & Decollete	R1 880.00 90min

Glow and Go **R750.00 45min**

This advanced facial begins with dermaplaning to gently exfoliate and remove fine facial hair, leaving skin smooth and refreshed. A customized mask is then applied to hydrate and nourish, followed by LED light therapy to promote healing, reduce inflammation, and enhance your natural glow. The result is a radiant, revitalized complexion with immediate visible improvement.

Facials

Life Signature Lamelle Facial

R1 020.00 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

R770.00 30min

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

Lamelle Beta Peel

R930.00 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

R1 100.00 30min

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

Ntrymed Express Facial

R590.00 30min

A refreshing facial that deeply cleanses, gently exfoliates and hydrates the skin. Perfect for a quick skin boost, leaving your complexion clean, fresh and radiant.

Ntrymed Express Advanced Facial

R650.00 30min

A targeted facial using advanced NTRYMED skincare to address specific concerns such as dehydration, congestion, sensitivity, pigmentation or the early signs of ageing. Leaves the skin healthier, balanced and revitalised.

SKIN *Enhancements*

Dermaplaning **R300.00**

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

Eyebrow & Lash Tint **R190.00 per area**

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

Facial Waxing **From R150.00**

Removes unwanted facial hair for smooth, refined skin.

Skin Supplements **From R180.00**

Boosts skin with targeted ampoules for visible radiance and hydration.

Advanced Masks **From R170.00**

Deeply nourishes and hydrates skin for a glowing finish.

Advanced Eye Treatment **R170.00**

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

Hands

Express Manicure

Natural R300.00 | Polish R310.00 | Gel R340.00 | French R370.00

Quick file and polish for busy days.

Classic Manicure

Natural R430.00 | Polish R440.00 | Gel R470.00 | French R500.00

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

Life Signature Manicure

Natural R530.00 | Polish R540.00 | Gel R580.00 | French R610.00

Our most luxurious nail care with added treatments and pampering.

Full Cover Tips with Gel (Hands) **R690.00**

Longer-lasting nails with a perfect gel finish.

Hand Enhancements

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

IBX Nail Repair **R190.00**

Soak Off **R140.00**



Express Pedicure

Natural R310.00 | Polish R320.00 | Gel R370.00 | French R400.00

Quick file and polish for busy days.

Classic Pedicure

Natural R450.00 | Polish R460.00 | Gel R500.00 | French R510.00

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

Life Signature Pedicure

Natural R560.00 | Polish R570.00 | Gel R600.00 | French R640.00

Our most luxurious nail care with added treatments and pampering.

Advanced Heel Therapy R260.00

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 R710.00 | Polish R720.00 | Gel R760.00 | French R770.00

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

R600.00 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

R880.00 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 100.00 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

R580.00 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*

Intimate Waxing

Clean and comfortable waxing for your most personal areas.

- Hollywood **R380.00**
- Bikini **R270.00**
- Buttocks **R270.00**

Face Waxing

Smooth your facial features with precision waxing.

- Lip **R150.00**
- Chin **R150.00**
- Brows **R150.00**
- Face **R350.00**

Body Waxing

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

- Underarm **R210.00**
 - Half Arm **R230.00**
 - Full Arm **R290.00**
 - Half Back **R240.00**
 - Full Back **R370.00**
 - Chest **R370.00**
 - Abdomen **R260.00**
 - ½ Leg **R290.00**
 - ¾ Leg **R300.00**
 - Full Leg **R360.00**
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MEMBERSHIP

Bronze R10 000	Silver R15 000	Gold R20 000	Platinum R30 000	Diamond R50 000
• R1 000 FREE additional value in treatments • 24 months in which to use credit • Free access to facilities	• R1 500 FREE additional value in treatments • 24 months in which to use credit • Free access to facilities	• R2 500 FREE additional value in treatments • 24 months in which to use credit • Free access to facilities	• R4 500 FREE additional value in treatments • 24 months in which to use credit • Free access to facilities	• R8 000 FREE additional value in treatments • 24 months in which to use credit • Free access to facilities

The upfront payment will be loaded onto your account and all treatments will be credited against this amount until funds are depleted.

Benefits Of Being A Member

- Free added value in treatments.
- Free use of the facilities for 24 months (provided there is still a credit on the account) for a maximum of 10 times a month.
- 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 with a treatment.
- Priority booking for members.
- Exclusive member offers.
- Birthday spa gift.

Johannesburg

Aspen Hills

California House, Aspen Business Park,
6 Rodeo Drive, Johannesburg South

Phone: 087 330 7777

WhatsApp: 087 330 7777

info@lifedayspaaspen.co.za

Fourways

2 Design Quarter District,
Leslie Ave East, Fourways

Phone: 087 330 7777

WhatsApp: 087 330 7777

info@lifedayspafws.co.za

West Rand

Silverstar Casino, 14 Falls Road,
Mogale City, Krugersdorp

Phone: 087 330 7777

WhatsApp: 087 330 7777

info@lifedayspasilverstar.co.za

Pretoria

Hazeldean Office Park,
687 Silverlakes Road, Hazeldean

Phone: 087 330 7777

WhatsApp: 087 330 7777

info@lifedayspaptpta.co.za

Rosebank

26 Bolton Road, Rosebank,
Johannesburg

Phone: 087 330 7775

WhatsApp: 087 330 7775

info@lifedaysparsb.co.za

Sandton

Embassy Towers, 175 Empire Place,
Sandhurst, Sandton

Phone: 087 330 7777

WhatsApp: 087 330 7777

info@lifedayspasandton.co.za

Waterfall

Magwa Cres, Waterfall City,
Midrand

Phone: 087 330 7777

WhatsApp: 087 330 7777

info@lifedayspawfall.co.za

Octavias

D'Oreale Grande Hotel,
Emperors Palace, 64 Jones Road,
Kempton Park

Phone: 010 753 1777

WhatsApp: 087 330 7777

lifedayspa@octavias.co.za

Cape Town

Century City

Cnr Century Boulevard
& Rialto Road,
Century City, Cape Town

Phone: 087 330 7777

WhatsApp: 087 330 7777

info@lifedayspacc.co.za

Waterfront

The Pavillion, Ground Floor,
Cnr Portswood & Dock Rd,
Waterfront, Cape Town

Phone: 087 330 7777

WhatsApp: 087 330 7777

info@lifedayspawf.co.za

Namibia

Windhoek

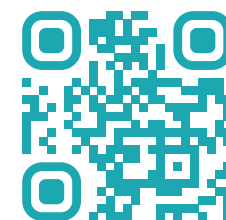
Am Weinberg Estate,
13 Jan Jonker Rd,
Klein Windhoek, Namibia

Phone: +264 82 409 9200

WhatsApp: +264 81 309 5070

info@lifedayspawh.co.za

Visit our website





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