LIFE

DAY SPA FOURWAYS

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.

LIFE AESTHETICS CLINIC | LIFE HAIR RESTORATION CLINIC | LIFE DAY SPA KIDS

COMPLIMENTARY SPA *Facilities*

Enjoy complimentary use of our exclusive spa facilities, including access to our exclusive facilities, from the indoor heated pool and invigorating Swiss shower to the steam room and tranquil outdoor 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.

Jacuzzi for Two
R940.00 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.

Spa PACKAGES

Sleep Retreat
R1 510.00 per person | 90min

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

Wellbeing Oasis
R1 860.00 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 320.00 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 580.00 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 100.00 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.

Group PACKAGES

Ultimate Glow
R1 640.00 per person | 120min

- 60min Classic Facial
- 60min Full Body Swedish Massage

Express Pamper
R1 320.00 per person | 90min

- 30min Back, Neck & Shoulder Massage
- 30min Express Facial
- 30min Express Manicure or Pedicure

Timeless Elegance
R1 380.00 per person | 135min

- 60min Swedish Massage
- 75min Signature Manicure / Pedicure

Relax & Refresh
R1 130.00 per person | 75min

- 45min Back, Neck & Shoulder Massage
- 30min Express Facial

Quick Escape
R980.00 per person | 60min

- 30min Back, Neck & Shoulder Massage
- 30min Express Facial

Bespoke Package
POA (Price on Application)

Create a custom wellness experience tailored to your team's needs! Perfect for making your year-end function truly unique.

MASSAGE *Treatments*

Swedish Massage
R950.00 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
R590.00 30min | 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-min back, neck and shoulder massage, followed by 15-mins of deep-relief work for the feet and lower legs, and ending with a 15-min calming scalp massage.

Lymphatic Drainage Massage
R990.00 75min

A gentle, rhythmic massage that supports lymphatic drainage, reduces puffiness and fluid retention, releases tension and promotes a feeling of lightness.

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.

The Skin Analysis

- Complimentary with all facials
- R500 if booked separately

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**

ACRYLIC Nails

Tips:

• Natural	**R610.00**
• Polish	**R620.00**
• Gel	**R630.00**
• French	**R640.00**

Overlay:

• Natural	**R500.00**
• Polish	**R560.00**
• Gel	**R590.00**
• French	**R600.00**

Buff & Fill:

• Natural	**R420.00**
• Polish	**R440.00**
• Gel	**R480.00**
• French	**R510.00**

Feet

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**

Exclusive TO LIFE DAY SPA FOURWAYS

Hydra Hair & Scalp Renewal
R940.00 45min

Surrender to deep relaxation as warm water gently envelops your scalp and hair on our hydro treatment bed. This Japanese-inspired ritual rejuvenates your scalp and hair with an argan oil-infused cleanse, followed by a tension-melting scalp therapy. Expert hands and specialized massage tools work in harmony to revive circulation, ease stress, and leave your hair silky, your scalp renewed, and your mind utterly serene.

Life Signature Hydra Head Spa Experience
R1 260.00 75min

Drift into pure tranquillity as warm water cocoons your scalp and hair on our hydro treatment bed. This deluxe Japanese-inspired ritual elevates the experience with an argan oil-infused cleanse, tension-melting scalp therapy, and expert massage tools to revive circulation and ease stress. Indulge further with a soothing shoulder massage, an invigorating facial cleanse, and a refreshing mask experience - awakening your senses and leaving you renewed from scalp to soul.

HOCATT Ozone Therapy
R600.00 1 session | R5 170.00 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.

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

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Century City

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Visit our website

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