LIFE

DAY SPA PRETORIA

# 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 during the week with your spa treatment. On Saturdays, spend R1250 or more on spa treatments to enjoy complimentary access to our indoor heated pool, steam room and serene 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.

**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

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# 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* AT LIFE DAY SPA PRETORIA

**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.

**Fire & Ice Ritual**
**R1 530.00 95-100min**

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

**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.

**Ice Bath Therapy**
**R160.00 15min | 10 Sessions get 10% off**

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

**Revive & Recover**
**R1 100.00 65-70min**

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

# MEMBERSHIP

| Bronze R10 000 | Silver R15 000 | Gold R20 000 | Platinum R30 000 | Diamond R50 000 |
|---|---|---|---|---|
| • **R1 000 FREE** additional value in treatments<br>• 24 months in which to use credit<br>• Free access to facilities | • **R1 500 FREE** additional value in treatments<br>• 24 months in which to use credit<br>• Free access to facilities | • **R2 500 FREE** additional value in treatments<br>• 24 months in which to use credit<br>• Free access to facilities | • **R4 500 FREE** additional value in treatments<br>• 24 months in which to use credit<br>• Free access to facilities | • **R8 000 FREE** additional value in treatments<br>• 24 months in which to use credit<br>• 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@lifedayspapta.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,
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Klein Windhoek, Namibia
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*Visit our website*

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