LIFE

DAY SPA WINDHOEK

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 outdoor pool, 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
N$740.00 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
N$1 040.00 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
N$1 090.00 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
N$500.00 30min

Steam and mud ritual to exfoliate and detox the skin.

Floatation Therapy
N$500.00 30min

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

Jacuzzi for Two
N$940.00 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
N$1 510.00 per person | 90min

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

Wellbeing Oasis
N$1 860.00 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
N$4 230.00 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
N$2 960.00 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 **N$1 540.00**
- 3 Hour Package **N$2 160.00**
- 4 Hour Package **N$2 470.00**

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
N$2 320.00 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
N$1 580.00 per person | 90min

- Swedish massage
- Floatation Therapy
- Lunch

Detox & Destress
N$1 980.00 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
N$2 100.00 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
N$2 370.00 per couple | 75min

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

Lover's Escape
N$3 560.00 per couple | 2hrs 30min

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

Signature Tranquility for two
N$2 990.00 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
N$3 560.00 per couple | 2hrs

- Rasul Chamber Therapy
- Soy Candle Massage
- Foot Massage

Hot Stone Extravaganza
N$1 840.00 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
N$1 640.00 per person | 120min

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

Express Pamper
N$1 320.00 per person | 90min

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

Timeless Elegance
N$1 380.00 per person | 135min

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

Relax & Refresh
N$1 130.00 per person | 75min

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

Quick Escape
N$980.00 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
N$950.00 60min | N$1 260.00 90min

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

Aroma Infused Massage
N$930.00 60min | N$1 340.00 90min

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

Life Signature Massage
N$1 340.00 90min

Combination of different massage techniques personalized to guests needs.

Magnesium Infused Massage
N$1 010.00 60min | N$1 530.00 90min

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

Soy Candle Massage
N$1 010.00 60min | N$1 450.00 90min

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

Cupping Massage
N$1 010.00 60min

Helps improve circulation and relieve tension with light suction therapy.

Back, Neck & Shoulder Massage
N$590.00 30min | N$680.00 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
N$480.00 30min

Foot massage therapy that relaxes and rebalances the body.

Trio of Calm
N$1 080.00 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
N$990.00 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 - N$210.00

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

Copaiba Oil - N$210.00

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

Turmeric Oil - N$210.00

Boosts immunity and wellness with natural antioxidant support.

Hot Stones - N$220.00

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

Lava Shells - N$260.00

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

Cupping - N$220.00

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

Mother -TO-BE

Pregnancy Massage
N$930.00 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
N$2 010.00 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
N$570.00 30min

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

Classic Hydrating Facial
N$860.00 60min

Boosts skin hydration and glow using trusted skincare brands.

Microbiomic Facial
N$700.00 60min

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

Glow Renewal Peel
N$930.00 60min

Gives dull skin a fresh, radiant boost.

Age-Defying Facial
N$1 870.00 90min

A rejuvenating facial that lifts and firms mature skin.

Brightening Peel Facial (30/30 Peel)
N$990.00 60min

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

Anti-Ageing Retinol Peel
N$1 020.00 30min | N$1 390.00 60min

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

Microneedling

Face only	**N$1 120.00 | 60min**
Face & Neck	**N$1 270.00 | 75min**
Face, Neck & Decollete	**N$1 880.00 | 90min**

Glow and Go
N$750.00 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
N$1 020.00 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
N$770.00 30min

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

Lamelle Beta Peel
N$930.00 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
N$1 100.00 30min

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

Ntrymed Express Facial
N$590.00 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
N$650.00 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
N$300.00
Removes dead skin and peach fuzz for smooth, glowing skin.

Eyebrow & Lash Tint
N$190.00 per area
Enhances lashes or brows with long-lasting, natural-looking colour.

Facial Waxing
From N$150.00
Removes unwanted facial hair for smooth, refined skin.

Skin Supplements
From N$180.00
Boosts skin with targeted ampoules for visible radiance and hydration.

Advanced Masks
From N$170.00
Deeply nourishes and hydrates skin for a glowing finish.

Advanced Eye Treatment
N$170.00
Hydrates and soothes under-eyes, reducing puffiness and signs of fatigue.

Hands

Express Manicure
Natural N$300.00 | Polish N$310.00 | Gel N$340.00 | French N$370.00
Quick file and polish for busy days.

Classic Manicure
Natural N$430.00 | Polish N$440.00 | Gel N$470.00 | French N$500.00
Soak, scrub, massage, and polish, your nail essentials.

Life Signature Manicure
Natural N$530.00 | Polish N$540.00 | Gel N$580.00 | French N$610.00
Our most luxurious nail care with added treatments and pampering.

Full Cover Tips with Gel (Hands)
N$690.00
Longer-lasting nails with a perfect gel finish.

Hand Enhancements

Nail Art (per nail)	**N$50.00**
IBX Nail Repair	**N$190.00**
Soak Off	**N$140.00**

Feet

Express Pedicure
Natural N$310.00 | Polish N$320.00 | Gel N$370.00 | French N$400.00
Quick file and polish for busy days.

Classic Pedicure
Natural N$450.00 | Polish N$460.00 | Gel N$500.00 | French N$510.00
Soak, scrub, massage, and polish, your nail essentials.

Life Signature Pedicure
Natural N$560.00 | Polish N$570.00 | Gel N$600.00 | French N$640.00
Our most luxurious nail care with added treatments and pampering.

Feet Enhancements

Nail Art (per nail)	**N$50.00**
IBX Nail Repair	**N$180.00**
Soak Off	**N$140.00**

Advanced Heel Therapy
N$260.00

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.

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 N$710.00 | Polish N$720.00 | Gel N$760.00 | French N$770.00

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
N$600.00 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
N$880.00 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
N$1 100.00 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
N$580.00 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	**N$380.00**
• Bikini	**N$270.00**
• Buttocks	**N$270.00**

Face Waxing

Smooth your facial features with precision waxing.

• Lip	**N$150.00**
• Chin	**N$150.00**
• Brows	**N$150.00**
• Face	**N$350.00**

Body Waxing

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

• Underarm	**N$210.00**
• Half Arm	**N$230.00**
• Full Arm	**N$290.00**
• Half Back	**N$240.00**
• Full Back	**N$370.00**
• Chest	**N$370.00**
• Abdomen	**N$260.00**
• ½ Leg	**N$290.00**
• ¾ Leg	**N$300.00**
• Full Leg	**N$360.00**

DIODE LASER HAIR *Removal*

How It Works

Our advanced diode laser emits a focused beam of light that targets the pigment (melanin) in the hair follicle. This light converts to heat, safely damaging the follicle and inhibiting future hair growth—without harming the surrounding skin. With its longer wavelength and superior melanin absorption, it offers deeper penetration and effective results, even on coarser or more stubborn hair. The hair must be in its active growth phase (anagen) for treatment to be effective, which is why multiple sessions—typically 6 to 8 treatments spaced 4–6 weeks apart — are recommended.

Area	1 Session		6 Sessions		10 Sessions	
	Male	Female	Male	Female	Male	Female
Chin / Upper lip / Mono / Top-brow	N$350.00	N$310.00	N$1 760.00	N$1 540.00	N$2 820.00	N$2 460.00
Sideburns / Forehead / Cheeks / Neck	N$410.00	N$350.00	N$2 040.00	N$1 760.00	N$3 260.00	N$2 820.00
Full beard (including neck)	N$1 030.00	N$840.00	N$5 170.00	N$4 180.00	N$8 270.00	N$6 890.00
Full face	N$1 560.00	N$1 240.00	N$7 810.00	N$6 220.00	N$12 500.00	N$9 940.00
Sides and Tops (Bikini)	N$840.00	N$730.00	N$4 180.00	N$3 630.00	N$6 690.00	N$5 810.00
Buttocks (incl. cheeks)	N$840.00	N$730.00	N$4 180.00	N$3 630.00	N$6 690.00	N$5 810.00
Brazilian	N$1 240.00	N$900.00	N$6 220.00	N$4 510.00	N$9 940.00	N$7 220.00
Hollywood	N$1 350.00	N$1 140.00	N$6 770.00	N$5 720.00	N$10 820.00	N$9 150.00
Hands (incl. fingers)	N$350.00	N$310.00	N$1 760.00	N$1 540.00	N$2 820.00	N$2 460.00
Lower or Upper arms (incl. elbows)	N$1 240.00	N$990.00	N$6 220.00	N$4 950.00	N$9 940.00	N$7 920.00
Underarms	N$730.00	N$520.00	N$3 630.00	N$2 590.00	N$5 810.00	N$4 140.00
Full Arms	N$1 970.00	N$1 660.00	N$9 850.00	N$8 310.00	N$15 750.00	N$12 200.00
Feet (incl. toes)	N$350.00	N$310.00	N$1 760.00	N$1 540.00	N$2 820.00	N$2 460.00
Lower or upper legs (incl. knees)	N$2 080.00	N$1 870.00	N$10 400.00	N$9 350.00	N$16 630.00	N$14 960.00
Full legs	N$3 120.00	N$2 920.00	N$15 620.00	N$14 580.00	N$24 990.00	N$23 320.00
Shoulders	N$990.00	N$730.00	N$4 950.00	N$3 630.00	N$7 920.00	N$5 810.00
Mini lower back	N$350.00	N$310.00	N$1 760.00	N$1 540.00	N$2 820.00	N$2 460.00
Lower or upper back	N$1 450.00	N$1 240.00	N$6 600.00	N$6 220.00	N$11 620.00	N$9 940.00
Full back	N$3 120.00	N$2 080.00	N$15 620.00	N$10 400.00	N$24 990.00	N$16 120.00
Nipples / Belly button path	N$350.00	N$310.00	N$1 760.00	N$1 540.00	N$2 820.00	N$2 460.00
Chest	N$1 450.00	N$1 240.00	N$7 260.00	N$6 220.00	N$11 620.00	N$9 940.00
Tummy	N$1 450.00	N$1 240.00	N$7 260.00	N$6 220.00	N$11 620.00	N$9 940.00

MEMBERSHIP

Bronze N$10 000	Silver N$15 000	Gold N$20 000	Platinum N$30 000	Diamond N$50 000
• **N$1 000 FREE** additional value in treatments • 24 months in which to use credit • Free access to facilities	• **N$1 500 FREE** additional value in treatments • 24 months in which to use credit • Free access to facilities	• **N$2 500 FREE** additional value in treatments • 24 months in which to use credit • Free access to facilities	• **N$4 500 FREE** additional value in treatments • 24 months in which to use credit • Free access to facilities	• **N$8 000 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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Cape Town

Century City

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Visit our website

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