



°soulstice  
day spa • pretoria



---

# CONTENT

Loyalty Programme	3
Spa Membership	4
Corporate Offerings & (SPA)RTY	5
Complimentary Spa Facilities	6
Additional Spa Facilities	7
Together	8
Spa Packages	9
Skincare & Facials	12
Massage	15
Body Treatments	18
Body Lift & Cellulite	19
Blissful Basics - Hands & Feet	20
Waxing & Tinting	21
Nourishment	22
You Need to Know	22
Cancellation Policy	23
Contact Us	<b>Back Cover</b>

# LOYALTY PROGRAMME

We proudly present “Loyalty at Soulstice”, a reward program that has been created specifically for our loyal customers. Through this program we would like to build a long-term relationship with you and reward you for your loyalty. Ask our guest relations team how you can join our program.

YOUR TICKET **TO BLISS...**



## SPA MEMBERSHIP

We offer **SPA MEMBERSHIPS** to clients with a preference for more regular visits.

### Benefits of being a member:

- Free treatments
- Free use of the facilities for 24 months
- 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

## GET UP TO **15% OFF** TREATMENTS

### BRONZE R10 000

- R1000 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

### SILVER R15 000

- R1500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

### GOLD R20 000

- R2500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

### PLATINUM R30 000

- R4500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

## CORPORATE OFFERINGS

### Client Functions

#### Team Building

#### Events

#### Staff Incentives

#### Bachelorette Parties

Tailored according to your budget, we can facilitate up to 100 people depending on availability and treatment packages required.

## (SPA)RTY

### TIME FOR A (SPA)RTY?

Enjoy your spa treatments in the company of your friends in our stylish spa lounge. Perfect for hens parties, baby showers, team buildings and girls / guys day out.

## COMPLIMENTARY SPA FACILITIES

These facilities are offered complimentary with every treatment booked. For the use of only the spa facilities with no additional treatments, a surcharge of R290 will apply.

### STEAM ROOM

This steam-based treatment is designed to detoxify the body and makes use of 100% humidity to cleanse the body of impurities.

### SAUNA

Enter our sauna to rid your body of toxins. The hot, dimly lit environment and smell of wood is sure to make your experience all the more pleasurable.

### SENSATION SHOWER

The body is overwhelmed by 5 jets that massage simultaneously with warm water. With the touch of a button, the body is invigorated by a cool waterfall.

### INDOOR HEATED SPA POOL (Air Jet Pool)

Our indoor heated spa pool will relax even the most stressed individual. This group orientated facility allows for both socialising and relaxation.

### OUTDOOR SWIMMING POOL

A cool and refreshing outdoor pool awaits you, should you wish to relax and unwind close to nature.

## ADDITIONAL SPA FACILITIES

### FLOATATION THERAPY - SUSPENDING GRAVITY

30 mins - R290 pp

People have a deep psychological and physical desire to escape from gravity's relentless pull. Go back to a time and place where your body was enveloped by nothing but water. 30 minutes in our Floatation bath equates to 4 hours of undisturbed sleep. Allow your body to become weightless, relieving skeletal tension and induce a deep state of physical and mental relaxation. The water, heated to body temperature, combined with a high salt content, allows your body to become weightless, relieving skeletal tension which results in mental relaxation. The total buoyancy provides relief from muscle tension and pain, compressed disks, pinched nerves, and all sorts of gravity related ailments. The parasympathetic nervous response is also activated; resulting in a variety of healing responses.

### RASUL CHAMBER

30 mins - R390 pp

Based on the traditional Turkish bath, this self-exfoliating and cleansing ritual uses pure natural earth mud to cleanse and detoxify the body and combines herb-infused steam to open pores and draw out impurities. To complete the ceremony, a tropical rain shower will wash away the mud providing an all over cleansing, detoxifying and rejuvenating experience.

The Rasul Chamber can accommodate up to 8 people at a time.

# TOGETHER

## LUXURY EXECUTIVE COUPLES SUITE

R510

Experience the ultimate indulgence when you spoil yourself and your partner in this luxury suite. Once you've indulged in the treatments of your choice, spend an additional hour sipping sparkling wine and snacking on fresh fruit whilst you enjoy the opulence of your own private jetted spa bath. The ultimate in romance!

## ROMANTIC RASUL FOR TWO

30 mins - R650 per couple

Enjoy the exotic chamber with the one you love.

## TRANQUILLITY FOR TWO

60 mins - R1140 per couple

Combine the Floatation experience with the Middle Eastern Mud Ritual for an unforgettable couples experience.

# SPA PACKAGES

## ON THE GO

1.5 hours - R750

- Express Manicure
- Express Pedicure
- Back, Neck & Shoulder Massage or Express Facial
- Add 1 hour for spa facility use

## EXECUTIVE RETREAT

1.5 hours - R890

- Floatation Therapy - 30 minutes
- Swedish Massage
- Add on 1 hour for spa facility use

## BODY REVIVAL JOURNEY

1.5 hours - R1190

- Floatation Therapy - 30 minutes
- Rasul - 30 minutes
- Soy Candle Massage - 30 minutes
- Add on an hour to use spa facilities

## HOT STONE HEAVEN

3.5 hours - R1820

- A Full Body Exfoliation
- Hot Stone Massage
- Signature Manicure
- Signature Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

## DAY TIME DELIGHT

3.5 hours - R1980

- Rasul Chamber
- Swedish Massage
- Classic Facial
- Classic Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

# SPA PACKAGES cont.

## TOP TO TOE

4 hours (half day package) - R2010

- Full Body Swedish Massage
- Facial - 60 minutes
- Signature Manicure
- Signature Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

## TOGETHERNESS JOURNEY (COUPLES)

3.5 hours - R2550 per person | R5100 per couple

This “togetherness package” is designed for you to share intimate space and time

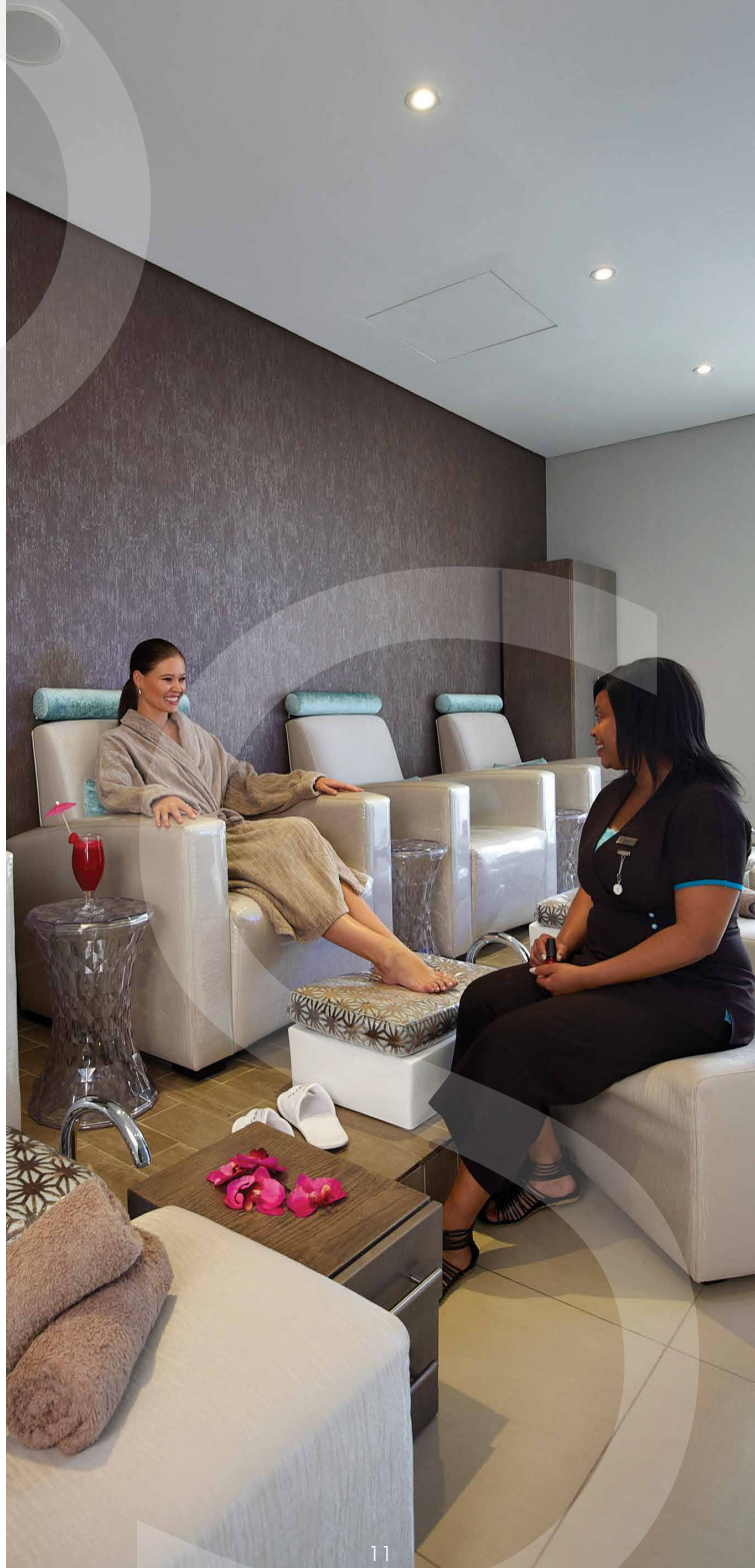
- A Full Body Exfoliation
- Indulgent Chocolate Wrap
- Signature Massage - Universal Ceremony - 90 minutes
- Facial - 60 minutes
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

## THE SPAS OF DISTINCTION JOURNEY

5.5 hours (full day package) - R3300

- Exfoliation
- Therapeutic Wrap
- Candle Massage
- Facial - 90 minutes
- Signature Manicure
- Signature Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

Guests are welcome to use the sauna, steam room, indoor heated jet pool, outdoor pool and sensation shower at no additional cost. The time allocated per package does not include time for facility use and lunch. An estimated time of 2 hours needs to be added for this.





## SKINCARE & FACIALS

### THE CLASSIC ESSENTIAL FACIAL

60 mins

A deep cleanse, followed by a gentle exfoliation. A face, neck and shoulder massage releases and eases tension, whilst a mask and nutritional boosters or serums restore your skin.

- Nimue Therapeutic Facial - R580
- Babor Classic Facial - R680
- Optiphi Hydrate and Repair Facial - R690

### RADIANCE BOOSTER FACIAL

Tailored to treat individual concerns such as congestion, lack of radiance, sensitivity, premature ageing and loss of elasticity, by balancing the skin with boosters, serums and ampoules.

- Optiphi Firming Facial - R690
- Nimue Rejuvenating Facial - R730
- Babor Intermediate Facial - R930
- La Prairie Cellular Facial - R1290

### SKIN REJUVENATION PEEL

A rejuvenating peel with a difference. Experience true skin rejuvenation results without the nasty side effects generally associated with peeling. The skin rejuvenation peel is the first peeling system to offer a solution to all skin conditions by combining the regenerative capabilities of Glycolic Acid and intensely hydrating active ingredients. No down time... can be used even on sensitive skin. Unlike other peels, this will stimulate skin growth and makes your skin thicker and robust. Results driven facial!

- Optiphi 30 minutes - R550
- Nimue 60 minutes - R760
- Optiphi 60 minutes - R720

## SKINCARE & FACIALS cont.

### MICRONEEDLING TREATMENT

60 minutes - R770 / 90mins - R1020 (including anaesthetic)

Microneedle Roller R640 (purchased once off for 6 treatments)

A minimally invasive Microneedle roller is utilised to stimulate collagen induction and serves as a trans-dermal delivery device. This increases penetration of active skin care ingredients captured in specially formulated trans-dermal solutions. The roller consists of very fine 1mm needles. Multiple treatments are required to achieve the desired result as the treatments have a cumulative effect. Assists with thickening of thin skin, acne scarring, fine lines, wrinkles and pigmentation.

### TOTAL YOUTH REGENERATING FACIAL

90 minutes

Brighten and energise your skin. Your results would be a smoother, radiant and vibrantly alive skin. Delays premature ageing, re-texturises, renews and firms, while treating lines and wrinkles. Environmental protection, treats hormonal shifts, and defends against dehydration.

- Optiphi Radiance Facial - R890
- Babor Advance Luxurious Facial - R1250
- La Prairie Hydrating / Anti - Ageing Facial - R1490
- La Prairie Caviar Firming / Pure Gold Radiance Facial - R1490

### ADD-ON OUR EYE FOCUS TREATMENT

R200

Incorporate this cooling protein eye pack for tired stressed eyes, and eliminates puffiness, dark circles and wrinkles to instantly soothe and rejuvenate.

## MASSAGE

### BACK, NECK & SHOULDER MASSAGE

30 minutes - R390 / 45 minutes - R530

This massage focuses purely on the back and shoulder areas to relieve tension of these commonly overstressed muscles.

### REFLEXOLOGY

30 minutes - R390 / 45 minutes - R530

This is an ancient treatment that focuses on the nerve locations on your feet to treat the entire body. It is a relaxing pressure-point foot massage that balances the body to re-establish your energy and healing flows that relieve stress and restores harmony.

### SOLE REVIVAL FOOT MASSAGE

30 minutes - R390

A relaxing foot massage to relieve tension in the feet and lower legs. This de-stressing treatment involves a foot ritual with a soak and scrub followed by a soothing pressure point massage to ease tired legs and feet.

### SCALP, NECK & SHOULDER MASSAGE

30 minutes - R390

Alternating slow and vigorous massage movements are applied to the head. A pressure point massage to the scalp, head and shoulders is incorporated to relieve stress.

### SWEDISH MASSAGE

60 minutes - R620

A light to firm pressure massage using classic massage movements to improve blood circulation, ease muscle aches and tension, improve flexibility and reduce stress.

### LOMI LOMI MASSAGE

60 minutes - R690

An ancient Hawaiian healing technique, targeting the back of the body, using rhythmic and flowing movements of the fingers, palms, forearms and elbows.



### AROMATHERAPY MASSAGE

60 minutes - R690

Using a blend of fragrant aromatic oils to relax or re-energise the body, to achieve total relaxation of the mind and body, whilst stimulating the lymphatic system and uplifting your spirit.

### HOT STONE THERAPY

60 minutes - R690

Using heated lava stones, muscles are gently heated to expand and relax, allowing a deeper massage into the core of the muscle.

### DEEP TISSUE MASSAGE

60 minutes - R690

A 60 minute intense massage that works core deep for people requiring extra pressure in massage techniques applied. Stretches are done before and after the massage to improve muscle tension, circulation and pain relief.

### MOTHER-TO-BE MASSAGE

60 minutes - R690

A massage using specific prenatal techniques, to help increase circulation, relieve tired muscles, mental and physical fatigue.

### LUXURIOUS CANDLE MASSAGE

60 minutes - R750

When lit, the massage candle melts into a warm sumptuous massage oil. This warm oil of natural butters can then be poured over the skin for a luxurious massage treatment to melt away tension, and delicately nourish the skin. Take the candle home to extend your spa journey.

### FOUR SEASONS MASSAGE JOURNEY

60 minutes - R780

This full body layer locking massage incorporates exfoliation, massage with a serum followed by a body butter and a soy candle. Experience four seasons, Autumn, your skin will be sloughed to prepare it for nourishment. Spring will add moisture to the skin with a nourishing serum (Like rain hydrating the earth), followed by Summer, allowing your skin to glow radiantly. Winter, protect your skin from natural elements with a barrier from a soy massage candle that melts into a warm sumptuous massage oil poured over the skin for a luxurious massage treatment to melt away tension. Take the four seasons pack home to extend your spa journey.

### UNIVERSAL CEREMONY

90 minutes - R890

A signature massage created using various international touches and techniques for the massage connoisseur who enjoys pure massage and touch therapy. Ease away muscular aches and tension by improving circulation and stimulation.

### FRANGIPANI JOURNEY MASSAGE

90 minutes - R950

Start your journey with an invigoration full body exfoliation followed by and indulgent signature frangipani oil massage and polished off with our luxurious hydrating body milk. This journey will leave your body re-energised and your skin left silky soft and smooth.

### BELLABACI CUPPING ADD ON TO ANY MASSAGE

R150

Bellabaci Cupping Therapy is a modified and simplified version of the ancient cupping therapy which can assist in treating various conditions starting from cellulite to pain relief. We can perform a localised cupping session, which will remove stagnation, eliminate toxins, help with pain relief, all relatively quickly with the added benefits of a lymphatic drainage massage.



# BODY TREATMENTS

## BODY EXFOLIATION

30 minutes - R320

Invigorate your skin with a full body exfoliation, eliminating excess surface skin cells. Your skin is left soft, nourished and ready to absorb nutrients.

## OPTIPHI CLASSIC BALANCING BACK TREATMENT

60 minutes - R590

Classic deep cleansing treatment specifically for the back. This targets breakouts, improves the skin's barrier and brightens the skin.

## EXOTIC FRANGIPANI SALT SCRUB

45 minutes - R550

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime frangipani salt glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

## DETOXING AROMA SPA WRAP

1h 15 minutes - R790

Let thoughts drift away, whilst being cocooned and treated to a de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention.

## INDULGENT CHOCOLATE WRAP

60 minutes - R690

Chocolate Lovers beware! This is a royal treat for the skin, a moisturizing and conditioning formulation. This hydrating boosting wrap also contains antioxidants which help to refresh and nourish the skin. Your body will be polished with a chocolate soufflé scrub finishing up with an amazing aroma of chocolates, while your body is wrapped.

## SPRAY TAN

Expect to receive a tan that will last even longer. Your deep flawless tan can be achieved in just 20 minutes and lasts for up to a week. You're guaranteed to receive the following benefits: It won't turn orange or drip and it's proven to be more effective than conventional 'spray booths'.

- **Without exfoliation:** R390
- **With exfoliation** (recommended to prolong your tan): **R670**

## SLIMMING, DETOX, CELLULITE, FIRMING, TONING & LIFTING

60 minutes - R950

A body and figure corrective treatment for both men and women. It targets cellulite, fat, burns calories, enhances weight loss, slims, firms and tones producing visible long lasting results. It is packed full of essential oils, plant and algae extracts, resulting in a wide range of additional therapeutic benefits. The active essential oils result in detoxifying and water retention reduction, whilst treating stretch marks and varicose veins. Centimetre loss is visible from your first treatment but varies from person to person. Not for the faint hearted, as this is a very effective treatment!

## BLISSFUL BASIC - HANDS & FEET

CLASSIC MANICURE  
60 minutes - R290

CLASSIC PEDICURE  
60 minutes - R310

SIGNATURE MANICURE  
60 minutes - R350

SIGNATURE PEDICURE  
60 minutes - R390

MEDI-PEDI  
60 minutes - R470

GEL POLISH MANICURE  
60 minutes - R420

GEL POLISH PEDICURE  
60 minutes - R490

MEDI PEDI UPSSELL  
30mins - R200

RE-VARNISH  
15 minutes - R130

SOAK OFF  
15 minutes - R130

GEL POLISH RE-PAINT  
30 minutes - R240

Kindly inform the reservationist if you currently have gel or acrylic on your nails that needs to be removed as this does require extra time to be booked out at an additional fee.

## WAXING & TINTING

### WAXES

Full leg	R310	Full arm	R260
3/4 leg	R280	Half arm	R190
Half leg	R260	Lip	R140
Underarm	R180	Chin	R150
Standard bikini	R190	Cheeks	R150
Brazilian ( <b>G-string</b> )	R240	Brow	R140
Hollywood ( <b>whole</b> )	R290	Chest	R190
Full back	R290	Abdomen	R160
Half back	R240		

**\* threading subject to availability**

### TINTING

Eye brow tint	R140
Eye lash tint	R140
Eye brow shape	R140
Lash & brow tint	R270

## NOURISHMENT

Enjoy casual dining in the dining area outside, or simply relax over a fruit juice or cappuccino in between treatments. We provide catering for group bookings, ranging from cocktail platters to 3 course meals. A menu with a selection of platters for group bookings is available on request. Kindly note that food is prepared and supplied by outlets outside Soulstice Day Spa, and although every care will be taken, Soulstice Day Spa is not responsible for the presentation, timeliness and quality.

## WHAT YOU NEED TO KNOW

**We suggest that you arrive 60 minutes prior to your scheduled treatment/s to allow you sufficient time to use the spa facilities including the Steam Room, Sauna, Swiss Shower, Indoor Heated Pool and Outdoor Swimming Pool.**

- Kindly bring your swimsuit to enjoy our hydrotherapy area. We will provide a towel, slippers, and robe for your stay at the spa.
- All family members under 16 years of age must be accompanied by an adult and are not permitted to use the spa hydro facilities.
- Your spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity.
- Cellular phones must be turned off on arrival.
- Reserve your preferred treatment times in advance to avoid disappointment. Advance bookings will require a guarantee.
- Should guests not vacate the spa prior to our closing times, an additional fee will be levied.

## CANCELLATION POLICY

- A 24-hour notice period is required for cancellations and rescheduling.
- If a treatment is not canceled 24-hours prior, the full treatment fee will apply and we reserve the right to charge your credit card / redeem your voucher accordingly.
- For group bookings, we require cancellations 7 days prior.

### PLEASE CONSULT YOUR THERAPIST IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS:

- On any medication
- Any heart condition
- Muscle or joint injuries
- Pregnancy
- Diabetes
- Allergy to iodine, sulphur or product allergies
- High blood pressure
- Recent surgery
- Sinusitis
- Epilepsy
- Eczema or Psoriasis
- Sunburn



# CONTACT US

## PHYSICAL ADDRESS:

Lombardy Boutique Hotel, Lynnwood Road, Pretoria East

## POSTAL ADDRESS:

P. O. Box 5091, Dainfern Valley, 2055

Tel: 012 809 0444 / Fax: 086 772 3692

E-mail: [info@soulsticedayspaptta.co.za](mailto:info@soulsticedayspaptta.co.za) /  
[reservations@soulsticedayspaptta.co.za](mailto:reservations@soulsticedayspaptta.co.za)

## WEBSITE / ONLINE VOUCHER PURCHASES:

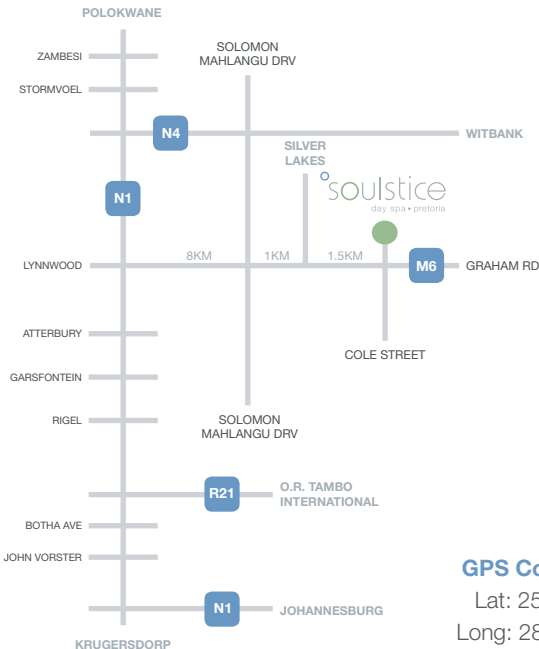
[www.soulsticedayspa.co.za](http://www.soulsticedayspa.co.za)



<http://www.facebook.com/SoulsticeDaySpaPta>



<http://twitter.com/SoulsticeSpaPta>



## GPS Co-ordinates:

Lat: 25°47'34.16"S  
Long: 28°21'44.37"E

## The spa facilities can be accessed during the following times:

Monday-Friday: 08h00 to 18h00 | Saturday: 08h00 to 17h00  
Sunday: 09h00 to 17h00 | Public Holidays: 09h00 to 17h00