

### DEEP TISSUE MASSAGE 60 min - R790

A 60 minute intense massage that works core deep for people requiring extra pressure in massage techniques applied. Stretches are done before and after.

### MOTHER-TO-BE MASSAGE 60 min - R790

A massage using specific prenatal techniques, to help increase circulation, relieve tired muscles, mental and physical fatigue. Can be done during the second trimester.

### CBD MASSAGE 60 min - R850

A 60 minute massage using cbd oil that contains no thc, to balance the body and put you into a homeostatic phase. It has healing properties and also helps skin conditions such as eczema and psoriasis.

### LUXURIOUS CANDLE MASSAGE 60 min - R850

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.

### HERBAL SELF HEATING POULTICE MASSAGE 60 min - R990

A self-heating herbal compress soothes aching muscles and stiff joints during the massage. The heated muslin cloth is infused with herbs and spices to release their medicinal properties into the skin and muscles. The poultices work with the body's natural energy to promote harmonization of the body's energy flow, releasing energy blockages and stimulating blood circulation.

### UNIVERSAL CEREMONY 90 min - R1040

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.

### FOUR SEASONS MASSAGE JOURNEY 75 min - R890

This full body layer locking massage incorporates exfoliation, serum massage, followed by body butter and locking in with a soy candle massage. Experience four seasons.

### FRANGIPANI JOURNEY MASSAGE 90 min - R1040

Start your journey with an invigoration full body exfoliation followed by an 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.

### SINUS RITUAL 30 min - R440

Deep drainage massage ritual on the face for those puffy eyes, sinuses and tension headaches using rose quartz & cupping for intense drainage and sinus relief. Leaving your skin supple and restored. Add Bellabaci oils for more effective relief.

### ADD ON BELLABACI CUPPING TO ANY MASSAGE R190

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 localized cupping session, which will remove stagnation, eliminate toxins, help with pain relief, all relatively quickly with the added benefits of a lymphatic drainage massage.

### OZONE TREATMENT ROOM Add on to any massage - R150

The benefits of ozone on the body include strengthening the immune system, stimulating white blood cells and preventing infections and immune system deficiencies by destroying fungi, bacteria and viruses. It also helps to counteract cell mutations, thereby preventing certain types of cancer.

### ADD ON CBD BODY BUTTER TO ANY MASSAGE R180

### ADD ON A HERBAL SELF HEATING POULTICE TO ANY MASSAGE R350

## BODY TREATMENTS

### BODY EXFOLIATION 30 min - R370

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

### EXOTIC FRANGIPANI SALT SCRUB 45 min - R620

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.

### INDULGENT CHOCOLATE WRAP 60 min - R750

Chocolate Lovers beware! This is a royal treat for the skin, a moisturizing and conditioning formulation that contains antioxidants which help to refresh and nourish the skin. Your body will be polished with a Chocolate soufflé scrub while your body is wrapped.

### SLIMMING, DETOX, CELLULITE, FIRMING, TONING & LIFTING 60 min - R1250

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 results 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!

## HANDS & FEET

Classic Manicure	60 min - R300	Gel Polish Pedicure	60 min - R500
Classic Pedicure	60 min - R350	Re-Varnish	15 min - R170
Signature Manicure	60 min - R400	Soak Off	15 min - R170
Signature Pedicure	60 min - R420	Gel Polish Re-Paint	30 min - R300
Medi-Pedi	60 min - R520	Gelish Full Tips	R490
Medi-Pedi add on	30 min - R250	IBX Nail Repair Treatment	R100
Gel Polish Manicure	60 min - R460	Artwork per nail	R25 - R50

### FIRE & ICE MANICURE / PEDICURE 75 min - R480 / R500

Indulge your hands or feet in a sensational experience including hemp fizz soak, hemp exfoliation, hemp butter along with a hot and cold stone massage to stimulate circulation, relieving aches and tiredness. Leaving your hands / feet hydrated, soothed and restored. Elegantly finished off with nail varnish.

### MASSAGE CHAIR SESSION 30 min - R160

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.

## TINTING

Eye brow / lash tint R130 Lash & brow tint R240

## SPRAY TAN

Expect to receive a tan that will last even longer. Your deep flawless tan can be achieved in just 20 min 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: R430

With exfoliation (recommended to prolong your tan): R730

## CONTACT US

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SCAN TO VIEW OUR BROCHURE ONLINE



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www.soulsticedayspa.co.za

## LOYALTY PROGRAMME

We proudly present “Loyalty at Soulstice Day Spa”, a reward program that has been created specifically for our loyal guests. We would like to build a long-term relationship and reward you. Ask our guest relations team on how to sign up.

## SPA MEMBERSHIPS

### 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 or clients with a treatment
- 24 months in which to use credit

### BRONZE R10 000

- R1000 free additional value in treatments

### SILVER R15 000

- R1500 free additional value in treatments

### GOLD R20 000

- R2500 free additional value in treatments

### PLATINUM R30 000

- R4500 free additional value in treatments

## GROUP / 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

Enjoy your spa treatments in the company of your friends. 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 to the value of R1000 or more. For the use of only the spa facilities with no additional treatments a surcharge of R450 will apply.

### STEAM ROOM

This steam-based treatment is designed to detoxify the body.

### SAUNA

Dry Heat detox in our dimly lit wood aroma cabin.

### SWISS SHOWER

The body is overwhelmed by 6 jets that massage simultaneously with warm water. Then, with the touch of a button, the body is invigorated by a cold waterfall.

### INDOOR HEATED POOL

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

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

Monday - Friday	08h00–19h00
Saturday	08h00–18h00
Sunday	09h00–17h00
Public Holidays	09h00–17h00

## WELLNESS JOURNEYS

### FLOATATION THERAPY - SUSPENDING GRAVITY 30 mins - R390 pp

Go back to a time and place where your body was enveloped by nothing but water. One session in our floatation bath equates to 4 hours of undisturbed sleep. The water combined with a high salt content, allows your body to become weightless, relieving skeletal tension and provides mental relaxation.

Reduces Stress / Reduces Headaches / Anxiety Relief / Increased Circulation / Sports recovery / Promotes Restful Sleep / Pain Relief

### MIDDLE EASTERN RASUL CHAMBER 30 mins - R420 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 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.

## SPA PACKAGES

### REVIVE & REJUVENATE\*

- Poltice Massage
- Sinus Ritual
- Express Facial

### ON THE GO\*

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

### EXECUTIVE RETREAT\*

- Floatation Therapy
- Swedish Massage

### BODY REVIVAL JOURNEY\*

- Floatation Therapy
- Middle Eastern Rasul
- Soy candle massage

### LAVA SHELL JOURNEY\*

- Body Exfoliation
- Heated Lava Shell Massage
- Signature Manicure
- Signature Pedicure

### DAY TIME DELIGHT\*

- Middle Eastern Rasul
- Swedish Massage
- Classic Facial
- Classic Pedicure

### TOP TO TOE\*

- Swedish Massage
- Facial - 60 min
- Signature Manicure
- Signature Pedicure

### THE SPAS OF DISTINCTION JOURNEY\* 5.5 hours (FULL DAY PACKAGE) - R4240

- Exfoliation
- Therapeutic Wrap
- Candle Massage
- Facial - 90 min
- Signature Manicure
- Signature Pedicure

**\*ADD ON AN HOUR TO USE SPA FACILITIES**

## WAXING

Full leg / Full back	<b>R310</b>	Half back / Chest	<b>R250</b>
3/4 leg	<b>R300</b>	Half arm / full	<b>R220 / R290</b>
Half leg / Full arm	<b>R290</b>	Lip / Chin / Cheeks / Brows	<b>R150</b>
Underarm	<b>R190</b>	Abdomen	<b>R250</b>
Bikini / Brazilian (G-string)	<b>R250</b>	<b>THREADING SUBJECT TO AVAILABILITY</b>	
Hollywood (Whole)	<b>R320</b>		

## COUPLES PACKAGES

### ROMANTIC MIDDLE EASTERN RASUL FOR TWO 30 mins - R840 per couple

Enjoy the exotic chamber with the one you love.

### TRANQUILLITY FOR TWO 60 mins - R1620 per couple

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

### TOGETHERNESS JOURNEY 3.5 hours - R2930 per person R5860 per couple

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

- A Full Body Exfoliation
- Indulgent Chocolate Wrap
- Universal Ceremony Massage - 90 min
- Facial - 60 min
- Add on an hour to use spa facilities

## SKINCARE & FACIALS

### THE CLASSIC ESSENTIAL FACIAL

A deep cleanse, exfoliation, a face, neck and shoulder massage, whilst a mask and nutritional boosters or serums restores your skin.

- Nimue Classic Facial **R590**
- Babor Classic Facial **60 min - R770**

### RADIANCE BOOSTER FACIAL

- 60 min**
- Tailored to treat individual concerns
- Nimue Active Rejuvenating Facial **R790**
- La Prairie Signature Facial **R2500**
- Babor Creations of the Sea Facial **R1350**
- Dr Babor Brightening Facial **R2150**
- Optiphi Radiance Boost Facial **R750**
- Optiphi Hydrate and Repair Facial 75 min **R890**

### TOTAL YOUTH REGENERATING FACIAL

Brighten and energise your skin. Smoother, radiant and vibrantly alive skin. Delays premature aging, retextures, renews and firms, while treating lines and wrinkles. Environmental protection, treats hormonal shifts, and defends against dehydration.

- Babor Signature Facial **R1450**
- Babor Ultimate Creations of the Sea Facial **R1790**
- La Prairie Caviar Firming **R3000**

### ADD-ON OUR EYE FOCUS TREATMENT R240

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

## MEDI-SPA TREATMENTS

### DERMAPLANNING WITH FACIAL 60 min - R740

A skin treatment that uses an exfoliating blade to skim dead skin cells and hair from your face. It's also called microplaning or blading. Dermaplaning aims to make your skin's surface smooth, youthful, and radiant. It's also used to remove “peach fuzz,” the short, soft hairs on your face.

### ADD-ON DERMAPLANNING R550

### SKIN REJUVENATION PEEL - OPTIPHI

Experience true skin rejuvenation without the nasty side effects generally associated with peeling. 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.

- Peel 30 min - R570
- 30/30 Peel - R790
- Peel 60 min - R750

### DR BABOR THERAPRO PEEL FACIAL 60 min - R1500

Breathing life into a dull complexion giving you an instant glow and beautiful radiance. Perfect to renew and balance your skin in preparation for future invasive or non-invasive treatments. A peeling system containing different combinations of Alpha Hydroxy Acid and pH levels, ensures total comfort during renewal and regeneration. Home care treatment is of vital importance when pursuing this intense peeling treatment.

### OPTIPHI MICRONEEDLING PEN TREATMENT 75 min - R1490

This treatment is designed to allow deeper penetration of glycolic acid into the skin, thereby stimulating the regeneration process at a dermal (deep) level. An effective treatment for wrinkles, pigmentation and tightening of the skin.

### ADD ON NANO NEEDLING R350

## MASSAGE

### BACK, NECK & SHOULDER MASSAGE 30 min - R480 I 45 min - R610

### REFLEXOLOGY 30 min - R480 I 45 min - R590

This ancient treatment focuses on the nerve locations on your feet to treat the entire body. It is a 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 45 min - R510

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 min - R480

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.

### ADD ON ARGAN HAIR TREATMENT R120

### SWEDISH MASSAGE 60 min - R720

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

### HOT LAVA SHELL MASSAGE 60 min - R790

A complete massage journey, incorporating self-heating technology of the 'Tiger Shell' to heat and expand muscles for a deeper massage to the core of the muscle.