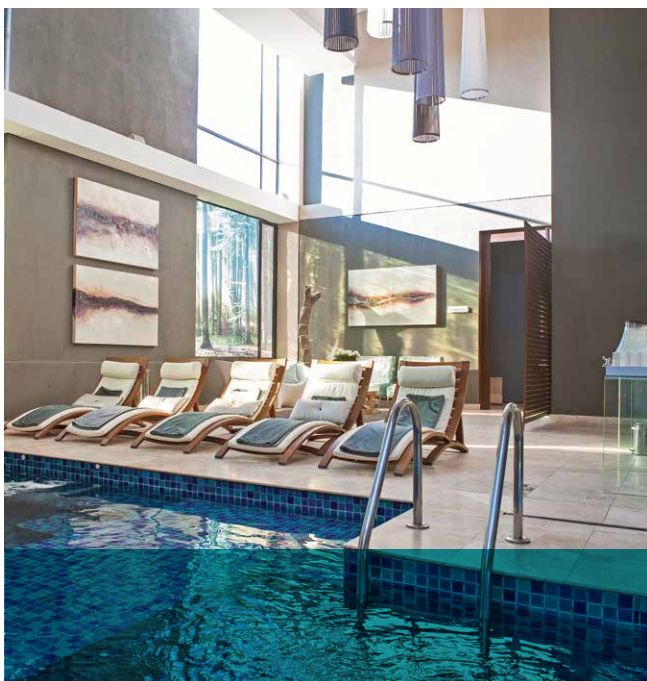


life day spa

Fourways



AN EXTRAORDINARY EXPERIENCE
in spa wellness

www.lifedayspa.co.za

CONTENT

Loyalty Programme	3
A Sense of Belonging	4
Corporate Offerings	5
Complimentary Spa Facilities	6
Time for You	7
Together	8
Spa Packages	9
Skincare & Facials	12
Massage	18
Body Treatments	21
Body Lift & Cellulite	22
Tip to Toe	24
Nail Bar & Express Lounge	25
Waxing & Tinting	26
Permanent Hair Removal	27
Nourishment	28
You Need to Know	29
Cancellation Policies	30
Contact Us	Back Cover

LOYALTY PROGRAMME

We proudly present “Loyalty at Life”, a “cash-back” 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.

A cash back reward amounting to 5% of your total spend, will be loaded onto your card after each purchase. This “cash-back” reward can be used for treatments Monday - Thursday. Ask our guest relations team how you can join our programme now.

YOUR TICKET **TO BLISS...**



A SENSE OF BELONGING

CORPORATE OFFERINGS

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

- CLIENT FUNCTIONS
- TEAM BUILDING
- HEN'S PARTIES
- SPECIAL EVENTS
- STAFF INCENTIVES
- BACHELORETTE PARTIES
- KIDS PARTIES @ LIFE KIDS

Tailored according to your budget we can facilitate up to 100 people depending on availability and treatment packages required. Our dedicated events managers will ensure that your bookings unfold as planned and that someone is on site to manage the event to the highest standard.

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

GOLD R20 000

- R2500 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

PLATINUM R30 000

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

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 R300 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.

HIMALAYAN SALT ROOM

Dry Salt Therapy is a natural and holistic treatment that has been known to aid in detoxifying the respiratory system, healing skin conditions, promoting better breathing, sounder sleep and overall wellness.

Salt is naturally anti-inflammatory, antibacterial, antiviral and anti-fungal and can destroy the irritants that prevent optimal well-being.

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 SPA POOL

Life Day Spa's indoor heated spa pool will relax even the most stressed individual. This group orientated facility allows for both socialising and relaxation.

TIME FOR YOU

FLOATATION THERAPY

30 mins - R290 pp

Go back to a time and place where your body was enveloped by nothing but water. Surrounded by the natural beauty of candle light and underwater music, one session in our floatation bath equates to 4 hours of undisturbed sleep. The water, heated to body temperature, combined with a high salt content, allows your body to become weightless, relieving skeletal tension and 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. The combined treatment accelerates recovery from muscular injuries and over training.

MIDDLE EASTERN MUD RITUAL - RASUL CHAMBER

30 mins - R390 pp

Based on the traditional Turkish bath, this exfoliating and cleansing ritual uses a self applied pure natural medicinal earth mud, to cleanse and detoxify the body, combined with a 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. This ceremony can be enjoyed as a group or with a partner. The Rasul Chamber can accommodate up to 6 people at a time.

TOGETHER

LUXURY EXECUTIVE COUPLES SUITE

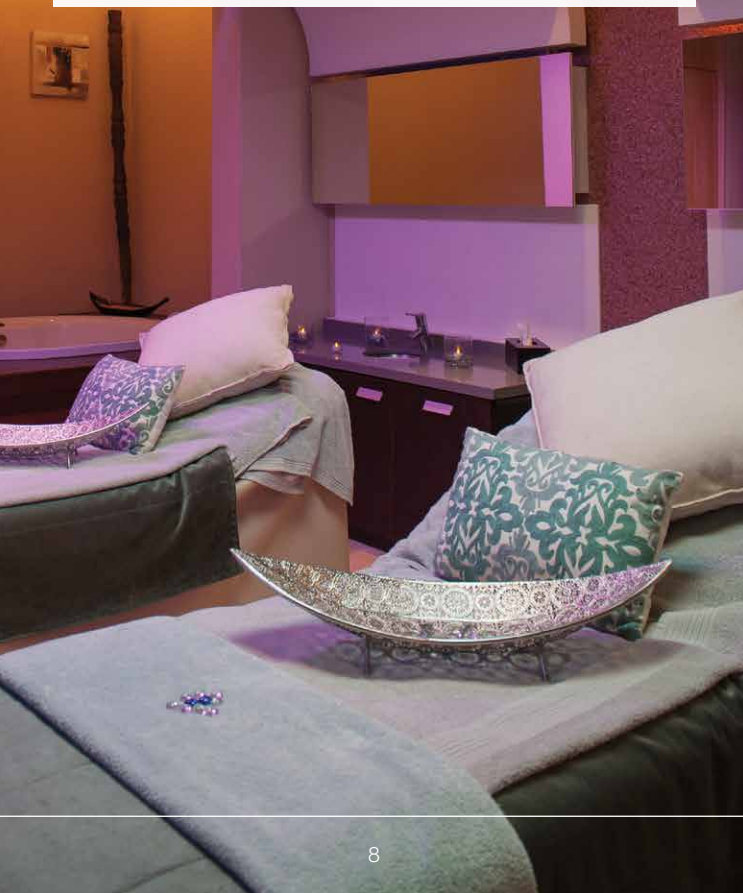
R490

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 a cheese/fruit platter whilst you enjoy the opulence of your own private jetted Spa Bath.

TRANQUILITY FOR TWO

60 mins - R1220 per couple

Combine the Floatation experience with the Middle Eastern Mud Ritual for a couples experience you will not forget. This package includes sparkling wine and a selection of treats.



SPA PACKAGES

ON THE GO

2.5 hours including spa facilities - R750

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

EXECUTIVE RETREAT

3.5 hours including lunch and spa facilities - R1040

- Floatation Therapy Experience
- Swedish Massage
- Spa Lunch

BODY REVIVAL

4 hours including lunch and spa facilities - R1480

- Middle Eastern Mud Ritual
- 30 minute Back, Neck & Shoulder Massage
- Classic Facial
- Spa Lunch

HOT STONE HEAVEN

4 hours including lunch and spa facilities - R1560

- Middle Eastern Mud Ritual
- Hot Stone Therapy Massage
- Sole Revival Foot Treatment
- Spa Lunch

PURE BLISS

5 hours including spa facilities - R1890

- Swedish Massage
- Classic Facial
- Signature Manicure
- Signature Pedicure

MOTHER-TO-BE

5.5 hours including spa facilities - R2350

- Floatation Therapy
- Pregnancy Massage
- Classic Facial
- Signature Manicure
- Signature Pedicure
- Spa lunch

JOURNEY OF LIFE

5.5 hours including lunch and spa facilities - R1870

- Middle Eastern Mud Ritual
- Floatation Therapy
- Aromatherapy Massage
- Signature Pedicure
- Spa Lunch

ETERNALLY YOURS (COUPLES)

3.5 hours including spa facilities - R2600

- Middle Eastern Mud Ritual in the Rasul Chamber
- Luxurious Candle Massage
- Use of the Luxury Couples Suite including the private spa bath and cheese/fruit platter with sparkling wine

ULTIMATE SERENITY (COUPLES)

5.5 hours including lunch and spa facilities - R4150

- Middle Eastern Mud Ritual
- 30 minute Back, Neck & Shoulder Massage
- Sole Revival Foot Massage
- Classic Facial
- Use of the Luxury Couples Suite including the private spa bath and cheese/fruit platter with sparkling wine
- Spa Lunch

Guests are welcome to use the Steam Room, Himalayan Salt Room, Indoor Heated Spa Pool and Swiss Shower at no additional cost. The time allocation per package indicated below includes 60 minutes for the use of the facilities and 60 minutes (where applicable) for the spa lunch.





SKINCARE & FACIALS

THE CLASSIC ESSENTIAL FACIAL

60 minutes

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 restores your skin.

- Nimue Therapeutic Facial - R590
- Optiphi Classic Facial - R590
- Babor Classic Facial - R690
- La Prairie Classic Facial - R1290

RADIANCE BOOSTER FACIAL

90 minutes

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.

- Babor - R950
- La Prairie Pure Gold Radiance - R1450

TOTAL YOUTH REGENERATING FACIAL

90 minutes

Brighten and energise your skin. Your results would be a 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.

- Nimue Rejuvenating Facial - R690 (60 minute facial)
- Optiphi Anti Ageing - R850
- Babor Advance Luxurious Facial - R1290
- La Prairie Cellular Hydrating / Anti - Ageing Treatment - R1450
- La Prairie Caviar Firming - R1450
- Babor Reversive Facial - R2290

- CLASSIC CARE & DEEP CLEANSE
- SKIN REJUVENATION TREATMENTS
- FOR MEN

ACTIVE REJUVENATION TREATMENTS

OPTIPHI SKIN REJUVENATION PEEL

30 minutes - R520 | 60 minutes - R750

Package of six 30 minute peels - R3000

The Optiphi 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 (experience true skin rejuvenation without the nasty side effects generally associated with peeling.) No down time.... can be used even on sensitive skin. A series of treatments will improve skin concerns including pigmentation, acne scarring and problematic skin.

NIMUE SKIN REJUVENATION PEEL

60 minutes - R690

Package of six peels - R3900

This advance rejuvenation treatment enhances cell regeneration and improves the texture, appearance and overall health of the skin. Ideal to use on dry, delicate as well as mature skin due to its hydrating and plumping benefits. Skin is left feeling soft, glowing and hydrated.

NIMUE MICRONEEDLING TREATMENT

60 minutes - R700 (excludes micro needle)

Package of six including the needle R4150

A minimally invasive micro needle roller is utilised for collagen induction therapy. This treatment will increase the penetration of active skin care ingredients while triggering the body to create new collagen and elastin. Results can include improved texture and firmness, as well as a reduction in scars, pore size, and stretch marks.

ADD-ON OUR EYE FOCUS TREATMENT

R130

Incorporate this cooling tired stressed eyes. This treatment eliminates puffiness, dark circles and wrinkles to instantly soothe and rejuvenate.

LASER SKIN DERMAPORTATION TREATMENT

30 minutes - R350

Electromagnetically increases product penetration. Enhances anti-ageing results, stimulates collagen production and delays the ageing process. This treatment can be added to any other facial treatment we offer.

MICRO-DERMABRASION

30 minutes - R390

ADD ON - R290

A deeply exfoliating and resurfacing treatment used on the epidermal tissue to treat hyper-pigmentation, sun spots, acne and trauma scarring. In addition, it will rejuvenate a dull, de-vitalised and matured skin. This treatment includes a facial cleanse, toning, peeling and a nourishing mask followed by the application of a finishing cream. This treatment can be added to any other facial treatment we offer.

FOR MEN

OPTIPHI CLASSIC FACIAL

60 minutes - R590

It begins with deep cleansing, followed by a gentle exfoliation. A face, neck and shoulder massage releases and eases tension whilst a revitalizing mask and nutritional boosters hydrates and restores the skin.

NIMUE MENS FACIAL

60 minutes - R590

Focused on the prevention and treatment of male skin concerns such as ingrown hair, dehydration and ageing. This facial offers everything a man needs in the form of superior results, relaxation and skin health improvement.

BABOR MENS CLASSIC FACIAL

60 minutes - R690

A facial that is tailor made to the needs of your skin to ensure a healthy glowing skin. This treatment begins with the application of an exfoliator and a steam followed by a relaxing facial massage.

LA PRAIRIE MENS FACIAL

60 minutes - R1290

La Prairie goes beyond ordinary skincare to intercept ageing at its source. This luxurious treatment will bio-energise the skin, eliminates congestion and skin impurities to reveal a younger, fresher looking skin.



MASSAGE

BACK, NECK & SHOULDER MASSAGE

30 minutes - R390

45 minutes - R520

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

REFLEXOLOGY

30 minutes - R390

45 minutes - R520

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

SOLE REVIVAL FOOT MASSAGE

30 minutes - R370

This de-stressing treatment involves a foot ritual with a soak and scrub followed by a soothing pressure point massage.

INDIAN HEAD MASSAGE

30 minutes - R390

Alternating slow and vigorous massage movements are applied to the head and are combined with a pressure point massage to the scalp, head and shoulders to relieve stress.

SWEDISH MASSAGE

60 minutes - R620

Firm, but gentle pressure is applied 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

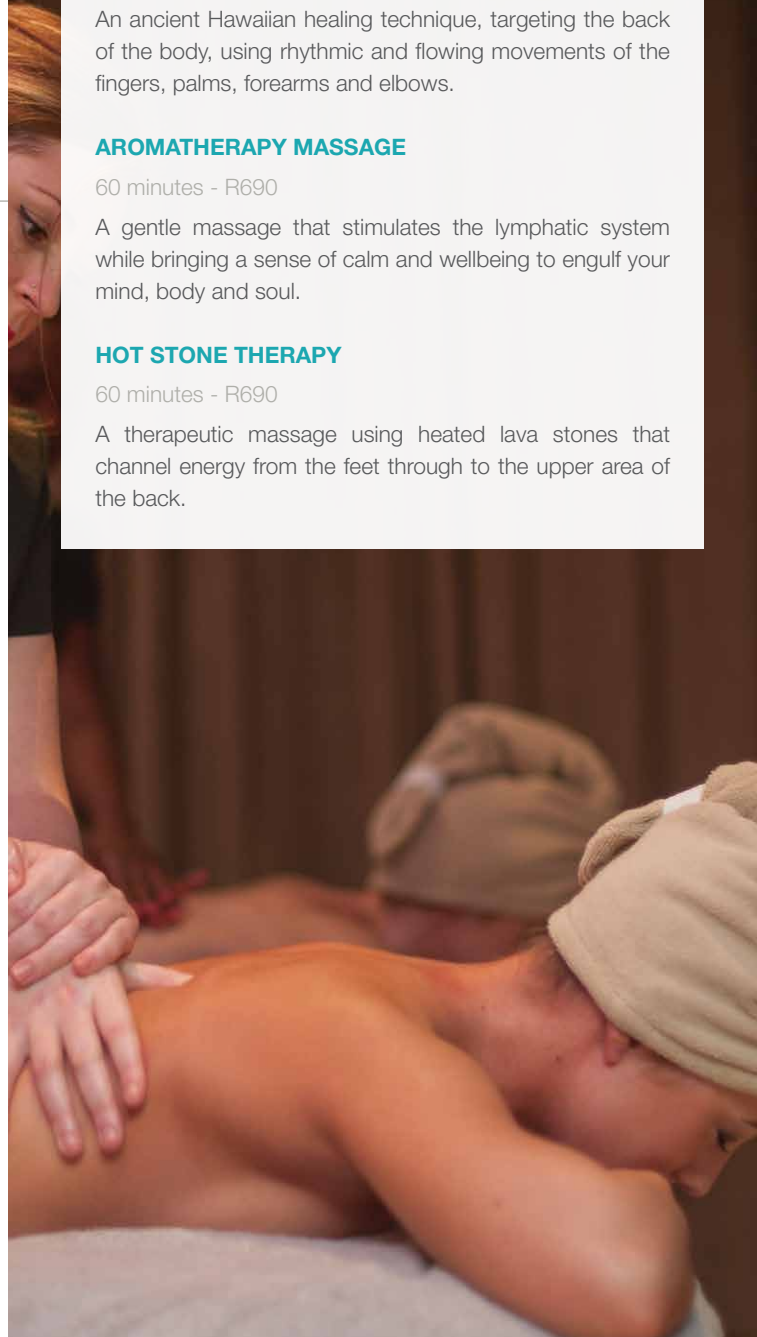
60 minutes - R690

A gentle massage that stimulates the lymphatic system while bringing a sense of calm and wellbeing to engulf your mind, body and soul.

HOT STONE THERAPY

60 minutes - R690

A therapeutic massage using heated lava stones that channel energy from the feet through to the upper area of the back.



MASSAGE cont.

DEEP TISSUE MASSAGE

60 minutes - R690

This massage is designed to manipulate tense and strained muscles to improve flexibility and endurance in the muscular system.

MOTHER-TO-BE MASSAGE

60 minutes - R690

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

THAI MASSAGE

60 minutes - R690 | 90 minutes - R890

Thai massage works on pressure points of the body to relieve tension, stretching to improve flexibility and various other basic movements to manipulate muscles and joints. Thai massage is a uniquely relaxing yet energising and highly effective treatment.

LUXURIOUS CANDLE MASSAGE

60 minutes - R750

Enjoy a full body massage using the molten wax of an aromatic Soy candle. This massage is excellent for rehydration.

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.

BODY TREATMENTS

BODY EXFOLIATION

30 minutes - R290

Revitalise your skin. Your body will be deeply cleansed and oxygenated with the application of a specially formulated scrub. Your skin is left soft, nourished and ready to absorb nutrients.

EXOTIC FRANGIPANI SALT SCRUB

45 minutes - R550

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped 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

60 minutes - R850

Let thoughts drift away, whilst being cocooned in a comforting unique dry float and treated to a pressure point facial massage and 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. End your decadent wrap with a delicious hot or cold chocolate drink.

BODY TREATMENTS

cont.

ELEMIS COLON THERAPY

60 minutes - R750

A detoxifying Fennel and Birch peel off body mask is applied and combined with specialist massage techniques to deeply cleanse the body's systems, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out. This treatment is highly recommended for people who suffer from IBS and Colon related problems.

SPRAY TAN

Expect to receive a beautiful tan that will last longer thanks to its innovative deeper colour pigment. Your deep flawless tan can be achieved in just 10 minutes and lasts for up to a week. It won't turn orange or drip and it's proven to be more effective than conventional 'spray booths'.

- Without exfoliation: R390
- With exfoliation: R650

VERTICAL SUN BED

- Individual - R60
- 10 Sessions - R540
- 20 Sessions - R1020

BODY-LIFT & CELLULITE

BODY HEALTH

30 minutes - R350 | 60 minutes - R590

Body Health has been a leader for over 10 years in research, development, manufacture and marketing of medical and aesthetic equipment. The latest generation of systems combats body fat, cellulite and ageing providing the most dramatic results seen to date in the market place. Body Health's medical department has developed the CRYO-RADIOFREQUENCY© therapy, the ideal and unique therapy that achieves a lasting and instantaneous tightening effect on the face and/or body. This process is called "THERMIC SHOCK" and produces an instant tightening of the skin. This shock has a detoxifying effect raising the oxygenation levels of the tissues as it dilates the blood vessels that irrigate the skin. These advances provide immediate, effective and safe results.

ENDERMOLOGIE

1 Session - R390

A breakthrough in the treatment of cellulite. Endermologie is a non-invasive system, designed to reduce the appearance of cellulite and improve skin tone. It improves circulation by increasing blood and oxygen flow to the suffocated cellulite tissues, thereby accelerating drainage of stagnant waste products via the lymphatic system and the fine blood capillaries.

The metabolism of the fat cells is improved, encouraging them to lose their contents and thus shrink in size. This treatment is sold in a multiple treatment package (minimum 20 sessions is recommended).

ENDO CONTRACTS

20 Sessions - R6900 | 30 Sessions - R9950

Stocking - R490

BODY-LIFT & CELLULITE cont.

BIOMINCEUR BODY WRAP

60 minutes - R950

Biominceur targets cellulite, fat, burns calories, enhances weight loss, slims, firms and tones producing fabulous visible long lasting results from the first treatment. Packed full of essential oils, plant and algae extracts and caffeine resulting in a wide range of additional therapeutic benefits which includes improving the appearance of varicose veins & stretch marks. 98% of women saw dramatic improvement of "orange peel" skin with a significant reduction of cellulite. 100% of women observed a decrease of 1 to 4 cm around their waist. Book a complimentary consultation to create a personalized slimming programme.

TIP TO TOE

EXPRESS MANICURE

30 minutes - R160

CLASSIC MANICURE

60 minutes - R280

SIGNATURE MANICURE

60 minutes - R290

GEL POLISH MANICURE

60 minutes - R420

EXPRESS PEDICURE

30 minutes - R190

CLASSIC PEDICURE

60 minutes - R290

SIGNATURE PEDICURE

60 minutes - R390

MEDI PEDI UPGRADE

R190

MEDI PEDI

60 minutes - R490

ADD ON LUXURIOUS FOOT MASK

R60

GEL POLISH PEDICURE

60 minutes - R450

SOAK OFF

15 minutes - R100

POLISH RE-PAINT

15 minutes - R120

GEL POLISH RE-PAINT

30 minutes - R190

ACRYLIC NAILS FULL SET NATURAL R400

ACRYLIC NAILS FULL SET FRENCH R450

BIOSCULPTURE FRENCH R450

TWO WEEK FILL R300

More artificial nail treatments available.

TIME FOR A (SPA)RTY?

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



WAXING & TINTING

WAXES

Full leg	R300
3/4 leg	R260
Half leg	R240
Underarm	R170
Standard bikini	R200
Full bikini	R290
Full back	R280
Half back	R220
Full arm	R250
Half arm	R180
Lip	R140
Chin	R140
Cheeks	R140
Brow	R130
Chest	R220
Abdomen	R180

TINTING

Eye brow tint	R130
Eye lash tint	R130
Eye brow shape	R130

EYE LASHES

Lasting lashes	R690
2 week fill	R370

Permanent make-up available on request

* threading subject to availability

PERMANENT HAIR REMOVAL

BY CUTERA COOLGLIDE EXCEL LASER

Come in for a free consultation

- Guaranteed results using the best laser technology in the market
- Suitable for men and women of all skin tones
- Safe and effective
- Nominated for the best hair removal laser for dark skin types
- All prices quoted are per session. Bulk sessions will be quoted with consultation

Upper lip	R320 (R2 150 for course of 8)
Lip & chin	R490 (R3 300 for course of 8)
Underarm	R490 (R3 330 for course of 8)
Back	R1 490 (R10 100 for course of 8)
Full bikini	R790 (R5 300 for course of 8)
¾ leg	R990 (R6 900 for course of 8)
Full arm	R790 (R5 300 for course of 8)
Stomach	R890 (R6 100 for course of 8)

NOURISHMENT



Enjoy dining in a beautiful, relaxing environment or simply relax over a fruit juice or cappuccino in between treatments. Life Day Spa provides catering for group bookings, ranging from cocktail platters to 3 course meals. We have a selection of various group menus to choose from.

YOU NEED TO KNOW

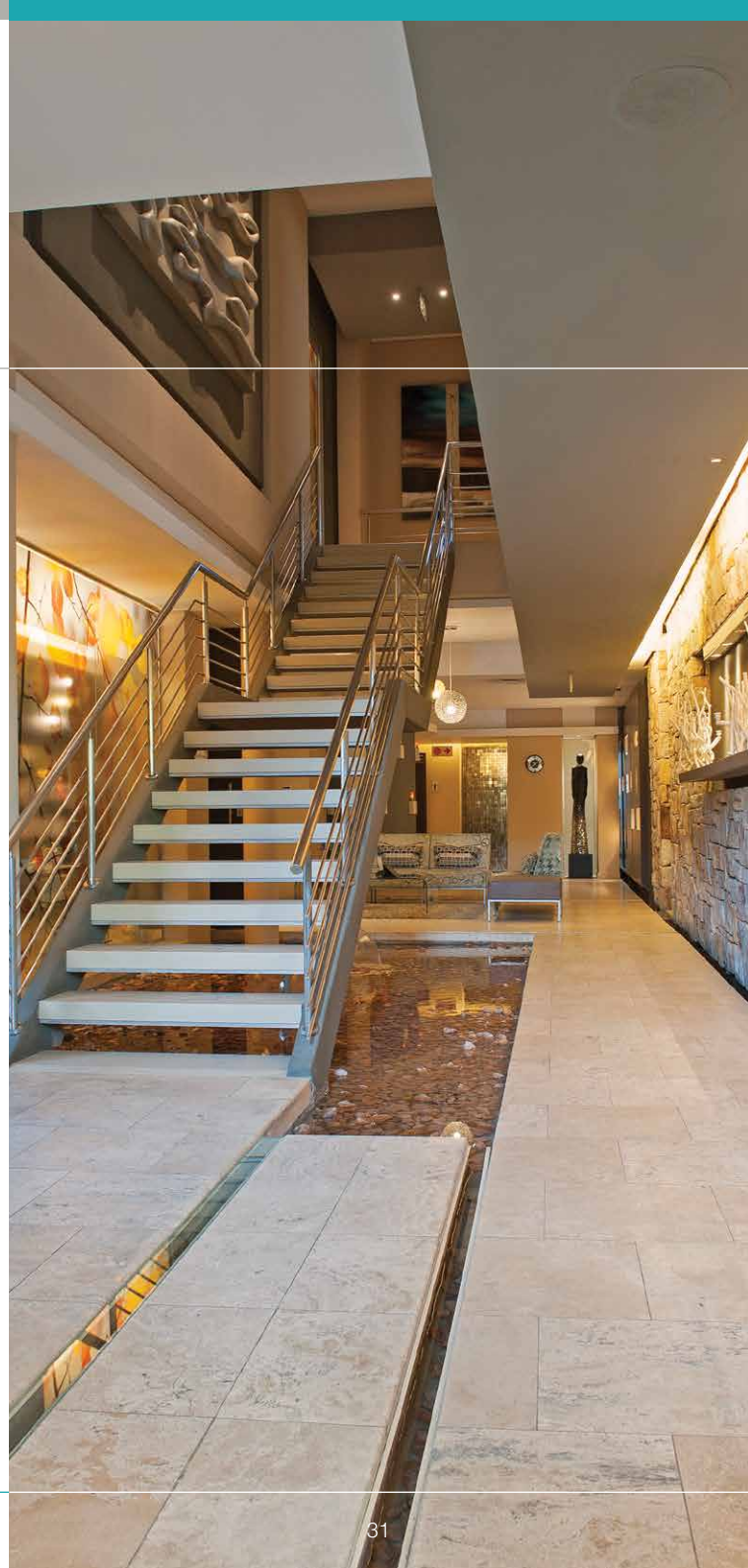
- Kindly bring your bathing costume.
- Credit card details or an EFT payment will be required to secure your booking.
- Ensure cellular phones are switched off during treatments and in the relaxation areas of the spa.
- All prices and information are subject to revision without prior notice.
- Products purchased are not refundable.
- Life Day Spa is not held responsible for any theft, damage, loss or misfortune that may occur.
- Please inform your therapist if you are pregnant, have any allergies, medical conditions or if you are on any medication.
- We kindly request punctuality as late arrivals will result in a reduction in treatment time whilst the full treatment fee will apply.
- No children under 16 years of age.

CANCELLATION POLICIES

- 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.

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

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



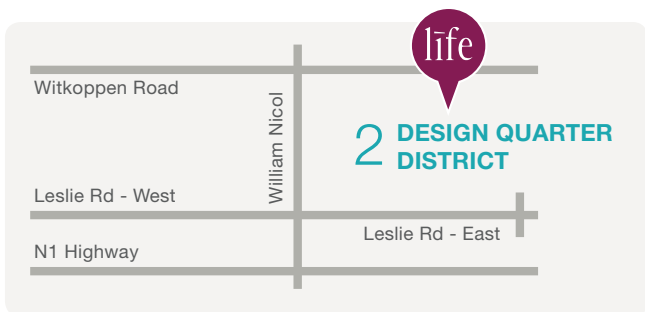


CONTACT US

FOURWAYS

011 465 7777 | info@lifedayspa.co.za

2 Design Quarter District | Leslie Ave East



TRADING HOURS

Monday to Friday - 08h00 to 19h00

Saturday - 09h00 to 18h00

Sunday/Public Holidays - 09h00 to 17h00



LifeDaySpaJHB



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