

spa memberships

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
- 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

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 R350 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.

INDOOR HEATED SPA POOL

Soulstice Day Spa's 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 should you wish to relax and unwind.

couples spa packages

LUXURY EXECUTIVE COUPLES SUITE:

R550

Upgrade your experience in a jetted spa bath while enjoying a glass of sparkling wine.

ROMANTIC MIDDLE EASTERN

RASUL FOR TWO

30 minutes | R690 per couple

Enjoy the exotic chamber with the one you love.

TRANQUILLITY FOR TWO

60 minutes | R1190 per couple

Combine the Floatation experience with the Middle Eastern Mud Ritual for an unforgettable couple's experience.

ETERNALLY YOURS

2.5 hours | R2750 per couple

Combine the Middle Eastern Mud Ritual and a Luxurious Candle Massage. Includes the use of the Luxury Couples Suite including the private spa bath and fruit platter with sparkling wine.

TOGETHERNESS JOURNEY 3.5 hours | R2770 per person | R5540 per couple

This "togetherness package" is designed for you to share intimate space and time.

- Full Body Exfoliation
- Indulgent Chocolate Wrap
- Lunch (value R140)
- Classic Facial | 60 mins
- Signature Massage - Universal Ceremony

body treatments

BODY EXFOLIATION

30 minutes | R350

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 minutes | R590

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.

BACK CLEANSING TREATMENT

60 minutes | R460

A treatment essential to the removal of dead skin cells and impurities whilst hydrating and repairing the skin

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) | R690

INDULGENT BODY WRAP

60 minutes | R690

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 scrub finishing up with an amazing aroma of body butter, while your body is wrapped.

SLIMMING, DETOX, CELLULITE, FIRMING, TONING & LIFTING

60 minutes | R1090

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!

waxing

Full leg	R 300	Full arm	R 260
3/4 leg	R 270	Half arm	R 180
Half leg	R 240	Lip	R 140
Underarm	R 180	Chin	R 150
Standard bikini	R 190	Cheeks	R 150
Brazilian (G-string)	R 250	Brow	R 160
Hollywood (Whole)	R 280	Chest	R 200
Full back	R 280	Abdomen	R 170
Full face	R 235		

tinting

Eye brow tint	R 160	Eye lash tint	R 160
Eye brow shape	R 160	Lash & brow tint	R 290



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wellness journeys

FLOATATION THERAPY 30 minutes | R340 pp
Go back to a time and place where your body was enveloped by nothing but water.

RASUL CHAMBER MIDDLE EASTERN MUD RITUAL 30 minutes - R410 pp
Based on the traditional Turkish bath, this exfoliating and cleansing ritual uses pure natural medicinal earth mud to cleanse and detoxify the body.

HYDRO POOL AND SWISS SHOWER 30 minutes | R150 pp
Hydrotherapy is the use of water to relieve discomfort and promote physical well-being.

spa packages

ON THE GO 1.5 hours | R760 pp
• Express Manicure • Express Pedicure
• Back, Neck & Shoulder Massage or Express Facial

EXECUTIVE RETREAT 1.5 hours | R890 pp
• Floatation Therapy | 30 mins • Swedish Massage

BODY REVIVAL JOURNEY 1.5 hours | R1190 pp
• Floatation Therapy | 30 mins • Rasul Chamber | 30 mins
• Back, Neck & Shoulder Massage | 30 mins

HOT STONE HEAVEN 3.5 hours | R1830 pp
• A Full Body Exfoliation • Hot Stone Massage
• Signature Manicure • Signature Pedicure
• Lunch (value R140)

DAY TIME DELIGHT 3.5 hours | R1990 pp
• Rasul Chamber • Swedish Massage
• Classic Facial • Classic Pedicure
• Lunch (value R140)

MOMMY-TO-BE PACKAGE 2 hours | R1330 pp
• Body Exfoliation • Express Facial
• Full Body Pregnancy Massage

TOP TO TOE 4 hours (half day package) | R2020
• Full Body Swedish Massage • Classic Facial | 60 mins
• Signature Manicure • Signature Pedicure
• Lunch (value R140)

THE SPAS OF DISTINCTION JOURNEY 5.5 hours (full day package) | R3310
• Rasul Chamber • Therapeutic Facial
• Luxurious Candle Massage • Signature Manicure
• Signature Pedicure • Lunch (value R140)

Guests are welcome to use the steam room, indoor heated jet pool & outdoor pool at no additional cost. The time allocation 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 FACIALS - 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 restore your skin.
• Nimue Therapeutic Facial | R620
• Optiphi Hydrate and Repair Facial | R720
• Babor Glow Boost Facial | R720

RADIANCE BOOSTER FACIALS - 60 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.
• Optiphi Firming Facial | R720
• Babor Skin Renewal | R890
• Babor Creations of the Sea Facial | R1230

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.
• Nimue Rejuvenating Facial | R750
• Optiphi Radiance Facial | R920
• Babor Signature Facial | R1100
• Babor Ultimate Creations of the Sea Facial | R1580

advanced anti-ageing

SKIN REJUVENATION PEEL - 60 minutes
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 Peel | R620 - 30 minutes
• Optiphi Peel | R790 - 60 minutes
• Nimue Peel | R820 - 60 minutes

OPTIPHI 30/30 PEEL 60 minutes | R850 pp
Target uneven skin tone, photodamage and sun induced ageing with this revolutionary 30/30 Peel. Results include improved skin elasticity and firmness while reinforcing the skin's protective barrier.

NIMUE SRC PEEL 60 minutes | R750 pp
This treatment is a fast acting and highly specialised anti-ageing treatment with a blend of 5 acids. The skin is left radiant, smoother and tighter with a more youthful appearance.

DERMAPEN SKIN RENEWAL 60 minutes | R1490 pp
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.

massage

BACK, NECK & SHOULDER MASSAGE 30 minutes | R410
45 minutes | R570

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

REFLEXOLOGY 30 minutes | R410 / 45 minutes | R520
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 | R410
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 | R410
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 | R650 / 90 minutes | R790
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 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.

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.

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 | R850
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.

SOULSTICE JOURNEY MASSAGE 90 minutes | R990
Start your journey with an invigorating 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.

BELLABACI CUPPING ADD ON TO ANY MASSAGE R100
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.

hands & feet

Classic manicure	60 minutes	R 290
Signature manicure	60 minutes	R 350
Gel polish manicure	60 minutes	R 410
Classic pedicure	60 minutes	R 320
Signature pedicure	60 minutes	R 390
Gel polish pedicure	60 minutes	R 480
Re-varnish	15 minutes	R 140
Gel polish re-paint	30 minutes	R 250
Acrylic tips	60 minutes, includes paint	R 400
Soak off acrylic	15 minutes	R 140
Soak off gel	15 minutes	R 70
Medi-pedi add-on	30 minutes, excludes paint	R 210
Medi-pedi	60 minutes, includes paint	R 480
Champagne manicure	75 minutes	R 430
Champagne pedicure	75 minutes	R 500

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.