

## 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.

## wellness journeys

### FLOATATION THERAPY

30 minutes | R360 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 | R440 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

### TOP TO TOE

1.5 hours | R990 pp

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

### EXECUTIVE RETREAT

1.5 hours | R890 pp

- Floatation Therapy
- Swedish Massage

### BODY REVIVAL JOURNEY

1.5 hours | R1190 pp

- Floatation Therapy
- Back, Neck & Shoulder Massage
- Rasul Chamber

### HOT STONE HEAVEN\*

3.5 hours | R1730 pp

- A Full Body Exfoliation
- Signature Manicure
- Hot Stone Massage
- Signature Pedicure

### DAY TIME DELIGHT\*

3.5 hours | R1990pp

- Rasul Chamber
- Nimue Classic Facial
- Swedish Massage
- Classic Pedicure

### MOMMY-TO-BE PACKAGE\*

2 hours | R1330pp

- Body Exfoliation
- Full Body Pregnancy Massage
- Express Facial

### ALL IN 1 PACKAGE\*

4 hours (half day package) | R1900pp

- Full Body Swedish Massage
- Signature Manicure
- Nimue Classic Facial
- Signature Pedicure

### THE SPAS OF DISTINCTION JOURNEY\*

5.5 hours (full day package) | R2720pp

- Rasul Chamber
- Luxurious Candle Massage
- Signature Pedicure
- Optiphi Hydrate & Repair Facial
- Signature Manicure

## couples spa packages

### ROMANTIC MIDDLE EASTERN RASUL FOR TWO

30 minutes | R790

Enjoy the exotic chamber with the one you love.

### TRANQUILITY FOR TWO

60 minutes | R1190

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

### ETERNALLY YOURS

2 hours | R2250

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

### TOGETHERNESS JOURNEY\*

3.5 hours | R2300 PER PERSON / R4500 PER COUPLE

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

- Indulgent Body Exfoliation & Wrap
- Optiphi Classic Facial
- Signature Massage - Universal Ceremony

\*ADD LUNCH @ R160PP

Guests are welcome to use the steam room, indoor heated jet pool & outdoor patio 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 SKIN TREATMENTS

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 Classic Facial 60 minutes | R590
- Optiphi Classic Skin Treatment 60 minutes | R690
- Babor Classic Facial 60 minutes | R770

### INDULGENCE & HYDRATING SKIN TREATMENTS

An indulgent facial, targeting and treating a multitude of skin concerns. This customizable treatment is a luxurious sensorial experience delivering perceivable results. The facial sequence may be tailor-made by the client or therapist, combining Aromas, serums and moisturizers for an optimal, unique skincare treatment. The Indulgent Facial options include:

- Nimue Thermal Detox 60 minutes | R570
- Optiphi Hydrate & Repair Skin Treatment 75min | R890

### YOUTH REGENERATING FACIAL

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

- Nimue Active Rejuvenating Facial 60 minutes | R790
- Optiphi Radiance Booster Facial 60 minutes | R750
- Babor Signature Facial 60 minutes | R1450

**soulstice**  
day spa • silverstar casino

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

T 010 753 2324

Whatsapp 073 014 5159

E [reservations@soulsticedayspa.co.za](mailto:reservations@soulsticedayspa.co.za)

**Silverstar Casino and Hotel**

R28, Muldersdrift

SCAN TO VIEW OUR BROCHURE ONLINE



## advanced anti-ageing

### OPTIPHI SKIN REJUVENATION PEEL 60 minutes | R620 / 60 minutes | R890

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 performed even on sensitive skin. Unlike other peels, this will stimulate skin rejuvenation, reduce inflammation and leave the skin glowing, healthy and hydrated. Results driven facial.

### SRT MICRONEEDLING TREATMENT 90 minutes | R1490 pp

This advanced treatment is reputable for its ability to rejuvenate the skin on multiple levels. Collagen induction therapy offers remarkable improvement in age-related conditions, such as skin firmness, texture, wrinkle depth and cellular function. Additionally, this treatment targets pigmentation: refines pore size and improves product absorption and penetration.

### OPTIPHI NANO-PEEL FACIAL 60 minutes | R1590

For the client seeking an incredible glowing, smoothing and age-defying result, incorporating a specialised mechanical exfoliating treatment, paired by a Chemical peel especially selected to complement your skin concern, followed by a superior Skin-Supplementation in the form of a fine molecular serum for the ultimate skin absorption.

## massage

### BACK, NECK & SHOULDER MASSAGE 30 minutes | R430 / 45 minutes | R570

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

### REFLEXOLOGY 30 minutes | R430 / 45 minutes | R570

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 | R430

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 | R430

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 | R680 / 90 minutes | R850

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

## advanced massage

### HOT STONE THERAPY 60 minutes | R720

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 | R720

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 | R720

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

### AROMATHERAPY MASSAGE 60 minutes | R720

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 | R780

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.

### CANNABIS MASSAGE 60 minutes | R850

This herbal treatment combines purely concentrated Hemp oil & stretching massage movement, to create that perfect homeostatic balance in the body. The Hemp oil massage will naturally soothes irritated nerve receptors, reduces your pain by relaxing your muscle tissue and protects your skin.

## massage journeys

### FOUR SEASONS MASSAGE JOURNEY 75 minutes | R870

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 R120

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	60min   R330	Re-Varnish	15min   R140
Classic Pedicure	60min   R320	Gel Polish Re-Paint	30min   R250
Gel Polish Manicure	60min   R410	Acrylic Tips	60min   R400
		<b>INCLUDES PAINT</b>	
Gel Polish Pedicure	60min   R480	Soak Off Acrylic	30min   R140
Signature Manicure	60min   R350	Soak Off Gel	15min   R70
Signature Pedicure	60min   R390	Fire & Ice Manicure	75min   R480
Signature Gel Polish Manicure	60min   R500	Fire & Ice Pedicure	75min   R500
Signature Gel Polish Pedicure	60min   R540	Champagne Manicure	75min   R430
Footlogix Pedicure	75min   R500	Champagne Pedicure	75min   R540
		<b>INCLUDES PAINT</b>	
Medi-Pedi	60min   R480		
		<b>INCLUDES PAINT</b>	
Medi-Pedi Add-On	60min   R230		
		<b>EXCLUDES PAINT</b>	

*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.*

## body treatments

### BODY EXFOLIATION 30 minutes | R390

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.

### ACTIVE BACK CLEANSING TREATMENT 60 minutes | R590

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 TREATMENT 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 | R1190

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. Centimeter 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	R350	Full arm	R280
3/4 leg	R310	Half arm	R230
Half leg	R290	Lip	R140
Underarm	R180	Chin	R150
Standard bikini	R230	Cheeks	R150
Brazilian (G-STRING)	R250	Brow	R160
Hollywood (WHOLE)	R290	Chest	R240
Full back	R360	Abdomen	R190
Full face	R245		

## tinting

Eye brow tint	R160	Eye lash tint	R160
Eye brow shape	R160	Lash & brow tint	R290