



**L i F E**

**DAY SPA**

**WESTRAND**  
SILVERSTAR CASINO

## SPA & WELLNESS FACILITIES

Experience the ultimate in relaxation at our Spa & Wellbeing Facilities. These exceptional amenities have been carefully designed to elevate your spa experience, whether you're enhancing your current spa treatments or seeking rejuvenation through individual therapies. Allow yourself to unwind and pamper like never before.

### FLOATATION THERAPY

30 mins | **R430** 60 mins | **R650**

Imagine an oasis where the pull of gravity gently fades away, and you effortlessly float in warm, soothing waters enriched with rejuvenating magnesium salts. In this haven, stresses dissolve, and worries drift away, leaving you in a state of pure tranquility. This extraordinary experience not only renews your body, relieving muscle tension and stress, but also revitalizes your spirit, providing a serene escape from the everyday tumult. Embrace the sensation of weightlessness and allow your path to inner peace to unfurl.

### EXECUTIVE SUITE

60 mins | **R790**

Enhance your spa experience with an additional hour of luxurious, private indulgence. Delight in the exquisite taste of sparkling wine as you savor a delectable platter of gourmet delights. Immerse yourself in the lap of opulence within your exclusive private bath. Elevate any spa treatment of relaxation and pampering by including this exclusive offering during your visit.

### RASUL RITUAL

30 mins | **R430** 60 mins | **R650**

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.

### SPA FACILITIES *(Without treatments)*

2 hrs | **R500**

Pamper yourself in our spa's amenities, which include a steam room, pool area, and Swiss showers. These are available for a separate fee for those looking to unwind and relax without booking specific treatments.

***Our complimentary spa facilities may include Steam Rooms, Swiss Showers, and Indoor Heated Jet Pools.***

***\*These facilities are complimentary with any spa treatment booked, excluding grooming treatments.***



## MASSAGES

### RELAXATION

**BACK, NECK & SHOULDER** 30 mins | **R490** 45 mins | **R590**

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

**HEAD AND NECK MASSAGE** 30 mins | **R480**

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

**SWEDISH MASSAGE** 60 mins | **R790**

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

**FOOT MASSAGE** 30 mins | **R420**

A relaxing pressure point massage from the tip of your toes to the knee. A must for tired feet, cramps, water retention and circulation

**REFLEXOGY** 45 mins | **R630**

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 reestablish your energy flows, relives stress and restore harmony.

### MUSCLE TENSION AND DE-STRESS

**HOT STONE MASSAGE** 60 mins | **R840**

Relax and unwind as heated lava stones melt away tension and stress, promoting deep relaxation and soothing aches, ultimately leaving you feeling refreshed and revitalized.

**DEEP TISSUE MASSAGE** 60 mins | **R890**

Achieve profound relief and tension release with our Deep Tissue Massage. This therapeutic treatment utilizes firm pressure and precise techniques to address muscle knots and chronic discomfort, ultimately promoting relaxation and rejuvenation.

**BELLABACI CUPPING MASSAGE** 60 mins | **R890**

Immerse yourself in the time-honored practice of cupping, where specially designed cups are applied to your skin to create a gentle vacuum. This therapy assists in releasing deep-seated tension, enhancing blood circulation, and fostering overall well-being, ultimately leaving you with a sense of rejuvenation and renewal.

**AROMATHERAPY** 60 mins | **R820** 90 mins | **R1 200**

Embark on a sensory exploration as therapeutic essential oils are skillfully woven into a calming massage. The harmonious fusion of fragrances and gentle strokes elevates relaxation, eases stress, and renews your body and mind, ultimately leaving you feeling centered and refreshed.

### PREGNANCY MASSAGE

**MOTHER TO BE MASSAGE** (12 - 38 WEEKS) 60 mins | **R820**

Treat yourself to a gentle and nurturing massage tailored exclusively for expectant mothers. Our proficient therapists employ specialized techniques to alleviate pregnancy-related discomfort, reduce stress, and enhance relaxation, ensuring a soothing experience for both you and your baby. This treatment provides a peaceful retreat during this unique period, leaving you with a sense of pampering and serenity.

### MASSAGE TRANQUILITY

**LIFE'S SIGNATURE MASSAGE** 90 mins | **R1 200**

Experience the ultimate in relaxation with our "Life Signature Massage," a fusion of diverse techniques meticulously curated to deliver a spa experience that is both distinctive and extraordinary. Our skilled therapists expertly combine these methods, creating a truly unique journey that goes beyond conventional boundaries. Immerse yourself in pure relaxation as an array of exquisite touch therapies harmonize to provide an unforgettable spa indulgence.

**LAVA SHELL MASSAGE** 60 mins | **R890** 90 mins | **R1 300**

Indulge in a comprehensive massage experience elevated by the innovative self-heating technology of lava shells. The comforting warmth enables a thorough massage that reaches deep into muscle tension, offering profound relaxation and relief.

**CBD MASSAGE** 60 mins | **R890** 90 mins | **R1 300**

Experience the forefront of relaxation and healing through our THC-free CBD massage. This treatment harmonizes your body, alleviates skin conditions, induces profound relaxation, and encourages rejuvenating sleep—a remarkable voyage into holistic well-being.

**SOY CANDLE MASSAGE** 60 mins | **R890** 90 mins | **R1 300**

Immerse yourself in a sensory journey with our Luxurious Soy Candle Massage. Meticulously crafted, these all-natural soy candles melt into a warm, soothing massage oil, creating a fragrant and hydrating experience. The gentle, rhythmic massage techniques, complemented by the soothing candle scents, provide deep relaxation, leaving your skin nourished, your senses rejuvenated, and your body and mind in perfect harmony.

**FOUR HANDS MASSAGE** 60 mins | **R1 390**

Under the skilled touch of two therapists, our Four-Hand Massage embodies the essence of relaxation. Witness their synchronized expertise as they harmoniously work together, dissolving away tension and leaving you in a state of complete serenity and revitalization. It's the pinnacle of sensory indulgence.

### ANCIENT THERAPEUTIC

**COPAIBA MASSAGE** 60 mins | **R920**

Embark on a journey into the ancient wisdom of indigenous healing with our Copaiba Massage. This treatment harnesses the therapeutic power of Copaifera resin, celebrated for its calming and rejuvenating properties. Our experienced therapists, drawing from centuries-old traditions, will guide you towards a state of deep relaxation and relief, promoting profound well-being and balance.

**TURMERIC HEALING MASSAGE** 60 mins | **R920**

Discover the incredible healing properties of turmeric during our comprehensive full-body massage. With a historical reputation as a natural antibiotic and immune enhancer, this treatment draws inspiration from ancient healing traditions to invigorate your body and unveil a glowing complexion for your skin. Embark on a timeless wellness journey that rejuvenates you from within, leaving you with a radiant and revitalized sensation.

#### ADD-ON TO ANY MASSAGE AT AN ADDITIONAL COST

- Cupping
- CBD Oil
- Hot Lava Shells
- Soy Wax Candle

## BODY TREATMENTS

### EXOTIC FRANGIPANI SALT EXFOLIATION 45 mins | R640

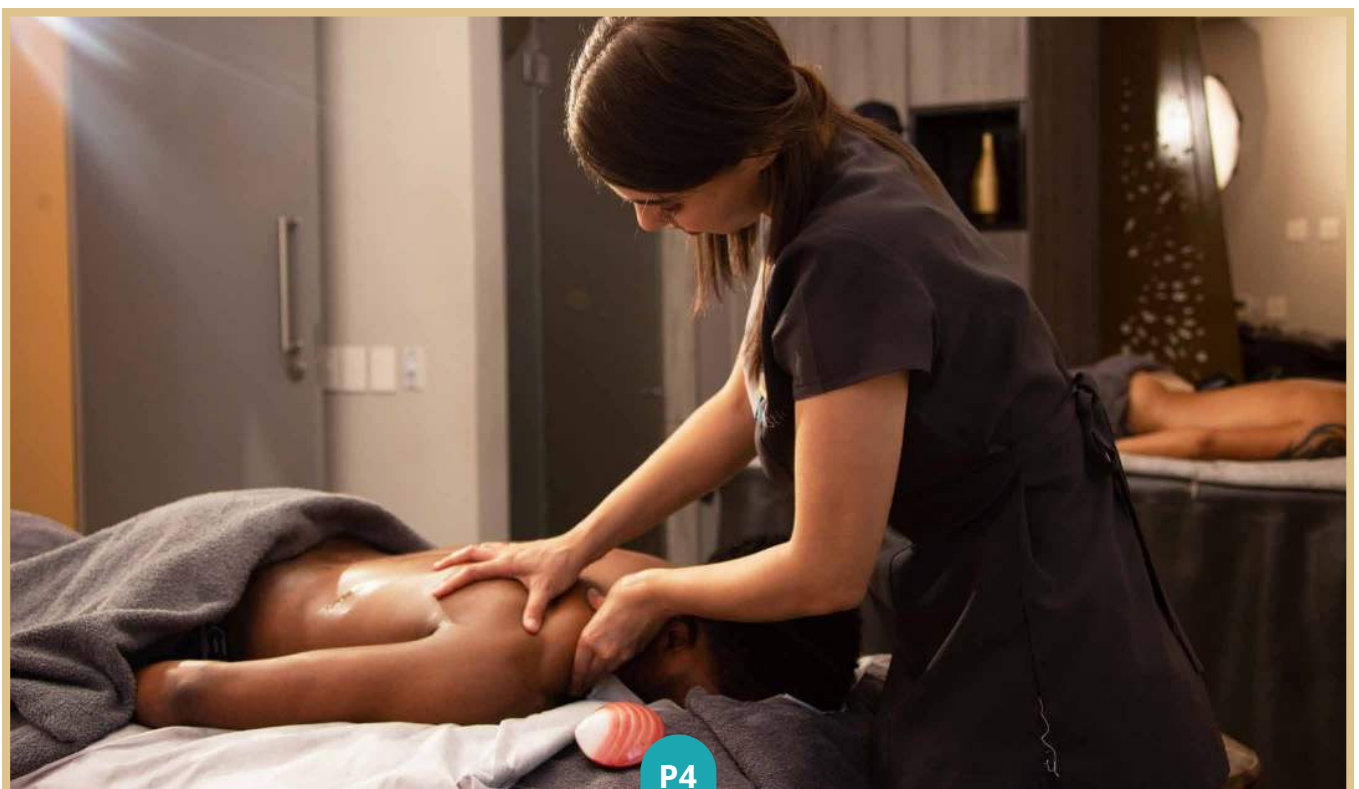
Experience a luxurious body exfoliation ceremony that enlivens and rejuvenates your senses. Begin with a gentle body brushing, followed by the lavish application of warm oil. Then, indulge in the exquisite sensation of our Exotic Lime and Ginger Salt Glow. This treatment leaves your skin beautifully cleansed and nourished, unveiling a radiant and flawless glow. Immerse yourself in a realm of beauty and refinement as your skin emerges revitalized, vibrant, and absolutely luminous.

### DETOX & TONE 75 mins | R920

Experience our Detox & Tone Massage, carefully curated to address firming, toning, cellulite, water retention, and skin elasticity. This invigorating treatment jumpstarts the detoxification process, resulting in a sculpted and revitalized sensation, along with skin that radiates a healthy glow.

### FOUR SEASONS JOURNEY 75 mins | R970

Embark on a journey of transformation that mirrors the changing seasons. This comprehensive massage experience treats your skin to exfoliation, a hydrating serum, luxurious body butter, and a soothing soy candle. Like Autumn prepares the earth, your skin receives a gentle exfoliation. Spring brings moisture and nourishment with a hydrating serum. The embrace of Summer's body butter leaves your skin glowing. Finally, Winter's warmth arrives with a luxurious soy candle massage that dissolves stress and tension, leaving you feeling rejuvenated and radiant.



## FACIALS & SKINCARE

### CLASSIC CARE/SENSITIVE SKIN

#### **EXPRESS FACIAL** 30 mins | **R490**

A cleansing facial that covers the basics - does not include a facial massage or extractions.

#### **NIMUE REJUVENATING FACIAL** 60 mins | **R650**

A specialised active skin rejuvenation treatment ideal for environmentally damaged, hyper pigmented and problematic skin types. Delivers powerful results including reduced pore size, refined texture, increased elasticity and radiance.

#### **OPTIPHI INDULGENCE FACIAL** 60 mins | **R790**

Treats a multitude of skin concerns with the use of peptides, botanicals and carefully selected active ingredients. This customizable treatment is a luxurious experience delivering noticeable results.

#### **BABOR GLOW BOOST FACIAL** 60 mins | **R870**

This treatment is based on a holistic approach to beauty. It incorporates wonderful massage techniques that stimulate and optimise the skins ability to absorb active ingredients.

### PIGMENTATION

#### **OPTIPHI 30/30 PEEL** 60 mins | **R890**

A combination of Ascorbic Acid, Glycolic Acid and Glycyrrhetic Acid (from Liquorice Root) will enhance radiance, recover skin hydration and target all aspects of ageing. One can expect a brighter skin with a refreshed, dewy glow.

#### **BABOR THERAPRO PEEL** 60 mins | **R1 580**

This innovative fruit acid treatment is carefully customised to individual skin conditions. It removes superficial layers of skin and also works at a deeper level in the epidermis for a longer-lasting effect. TheraPRO Peels set the regeneration activity of the skin in motion without causing inflammation. The TheraPRO Peel provides a boost for tired skin, leaving it radiant with fewer fine lines and wrinkles.

### DRY & DEHYDRATED

#### **OPTIPHI SKIN REJUVENATION PEEL** 45 mins | **R650** 60 mins | **R820**

Experience true skin rejuvenation without the nasty side effects generally associated with peeling. A solution to all skin conditions combining the regenerative capabilities of Glycolic Acid and intensely hydrating active ingredients.

#### **OPTIPHI HYDRATE AND REPAIR** 75mins | **R980**

A deep cleanse, followed by a gentle exfoliation. Nutritional boosters or serums restore your skin and offers environmental protection. Treat hormonal shifts and defend against dehydration.

### ANTI-AGEING

#### **BABOR ANTI-AGEING FACIAL** 60 mins | **R1 050**

A luxurious facial treatment incorporating two anti-ageing products to lift, tighten and tone the skin. Instantly reducing visible expression lines resulting in younger, healthy-looking skin. Delays premature ageing, re-texturizes, renews and firms while treating lines and wrinkles.

#### **OPTIPHI DERMA PEN NEEDLING FACIAL** 75 mins | **R840**

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 and pore size.

#### **OPTIPHI RETINOL PEEL** 30 mins | **R900** 60 mins | **R1 250**

The retinol peel is an advanced strength peel. It contains 2% medical grade pure retinol in an innovative delivery system to help combat ageing, pigmentation, dull skin and promotes a bright, rejuvenated, clear and even complexion.

#### **BABOR SIGNATURE FACIAL** 90 mins | **R1 700**

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 SIGNATURE FACIAL** 90 mins | **R1 100**

Nimue's oil-based smart resurfacing treatment provides the ultimate potency in skin rejuvenation, improving texture and glow utilizing 2 super fluids to boost hydration and anti-ageing combined with customized facial massage that has a great lifting effect helping to firm and plump. Sealed in with hydrating alginate mask all while relaxing with customized hand and foot massage.

### PROBLEMATIC | TEEN SKINS

#### **OPTIPHI CLARITY AND CLEAR FACIAL** 45 mins | **R540**

Ideal for oily and breakout prone skins, this treatment gently yet effectively exfoliates and deep cleanses the skin while balancing barrier and building the microbiome for a protected, healthy and clear skin.

#### **NIMUE CHARCOAL DETOX FACIAL** 30 mins | **R650**

A detoxifying and exfoliating treatment with a thermo-sensory mask improving oxygenation. A multi-functional treatment for all skin types.

### **DERMAPLANING ADD ON**

**(to any Facial) - R250**

Dermaplaning is a physical skin rejuvenation treatment that removes dead skin cells, peach fuzz and allows for deeper product penetration. As a result you will have a more radiant, smooth and youthful skin.



## SPA PACKAGES

When booking a package to extend your spa experience, you are welcome to enjoy all the complimentary spa facilities.

*All spa packages are charged per person (unless stated otherwise)*

*Availability of packages may vary by spa location*

### REVIVE & RENEW

#### TRANQUIL SPA GETAWAY 2.5 hrs | R1 990

- Floatation Therapy 30 min
- Any Classic Facial 60 min
- Swedish Massage 60 min

#### WELLBEING OASIS 3 hrs | R1 760

- Lava Shell Massage 60 min
- Signature Manicure 60 min
- Signature Pedicure 60 min

#### DETOX AND DESTRESS 3 hrs | R2 440

- Cupping Massage 60 min
- Nimue Rejuvenating Facial 60 min
- Foot Massage 30 min
- Head and Neck Massage 30 min

### RELAX & REJUVINATE

#### SLEEP RETREAT 1.5 hrs | R1 320

- Floatation Therapy 30 min
- CBD Massage 60 min

#### TRANQUILITY FOR TWO (Charged per couple) 1 hrs | R1 720

*\*Includes a selection of treats and sparkling wine*

- Floatation Therapy 30 min
- Rasul Ritual 30 min

#### REVIVAL JOURNEY 2.5 hrs | R2 120

- Rasul Ritual 30 min
- Any Classic Facial 60 min
- Copaiba Massage 60 min

### COUPLES RETREAT (Charged per couple)

#### SOULMATE SERENITY 2 hrs | R3480

- Rasul Ritual 30 min
- Luxurious Candle Massage 60 min
- Foot Massage 30min

#### LOVERS ESCAPE 2.5 hrs | R3 560

- Floatation Therapy 30 min
- Lava Shell Massage 60 min
- Signature Pedicure 60 min

### CELEBRATORY ESCAPES (Lunch included)

#### MOTHER-TO-BE INDULGENCE 2.5 hrs | R1 920

- Pregnancy Massage 60 min
- Express Facial 30 min
- Signature Pedicure 60 min

#### BRIDAL BLISS 3.5 hrs | R2 350

- Rasul Ritual 30 min
- Copaiba Massage 60 min
- Signature Manicure 60 min
- Signature Pedicure 60 min

#### BIRTHDAY BASH 3.5 hrs | R2 250

- Rasul Ritual 30 min
- Lava Shell Massage 60 min
- Classic Manicure 60 min
- Classic Pedicure 60 min

### ULTIMATE INDULGENCE (Lunch included)

#### LIFE'S JOURNEY 6 hrs | R4 050

- Floatation Therapy 30 min
- Exotic Frangipani Salt Exfoliation 45min
- Life Signature Massage 90 min
- Any Classic Facial 60 min
- Signature Manicure 60 min
- Signature Pedicure 60 min

#### MINDFUL RECHARGE 4.5 hrs | R2 900

- Life Signature Massage 90 min
- Classic Facial 60 min
- Classic Manicure 60 min
- Classic Pedicure 60 min

### CREATE A BESPOKE PACKAGE

Design your ideal spa experience by picking from our selection of treatments to fashion a personalized spa journey that precisely matches your preferences.

*\*Priced according to what you choose*

ADD ON  
Lunch +/-  
R150 P/P

ADD ON  
Couple  
Room  
R200

# L i F E

DAY SPA

AFFORDABLE LUXURY



## NAIL CARE

### MANICURES

- Express Manicure
- Classic Manicure
- Signature Manicure
- Gel Polish Manicure
- Full Cover Tips with Gel

30 mins | **R250**  
 60 mins | **R370**  
 60 mins | **R410**  
 75 mins | **R450**  
 60 mins | **R550**

### PEDICURE

- Express Pedicure
- Classic Pedicure
- Signature Pedicure
- Gel Polish Pedicure
- Medi - Pedi

30 mins | **R290**  
 60 mins | **R410**  
 60 mins | **R460**  
 75 mins | **R550**  
 60 mins | **R630**

### NAIL - ADD ONS

- Nail art (per nail)
- Soak Off
- IBX Nail Repair Treatment
- Medi Pedi Upgrade
- Gel Polish Re-paint

**R20**  
 15 mins | **R90**  
**R150**  
**R200**  
**R320**

### ACRYLIC

- Buff and File
- 2 Week Fill
- 2 Week Fill with Gel
- 3 Week Fill with Gel
- Overlay with Gel
- Soak Off
- Tips (new set)

30 mins | **R90**  
 75 mins | **R370**  
 75 mins | **R410**  
 75 mins | **R470**  
 90 mins | **R530**  
 30 mins | **R110**  
 90 mins | **R530**

## WAXING AND TINTING

### WAXING

- Lip/Chin/Cheeks/Brows
- Underarm
- Half Arm
- Full Arm
- Half Back/Chest
- Abdomen
- 3/4 Leg
- Half Leg
- Full Leg/Back
- Standard Bikini
- Hollywood

**R120**  
**R180**  
**R210**  
**R290**  
**R290**  
**R180**  
**R320**  
**R280**  
**R370**  
**R280**  
**R370**

### TINTING

- Eyebrow/eyelash
- Eyelash and brow tint combo

**R110**  
**R210**





# L i F E

DAY SPA

AFFORDABLE LUXURY





## SPA MEMBERSHIPS

### BENEFITS OF BEING A MEMBER:

- Free treatments.
- Free use of the complimentary 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

- R1 000 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

### SILVER R15 000

- R1 500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

### GOLD R20 000

- R2 500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

### PLATINUM R30 000

- R4 500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

## GROUP / CORPORATE OFFERINGS

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

Please enquire with your spa for availability.

## SPA ETIQUETTE

### GENERAL

- Remember to bring along your bathing suit, to make use of the spa facilities.
- Our spa is not responsible for any theft, damage, loss, or misfortune that may occur.
- No children under 16 years of age.
- Our spa are unisex.
- Cell phones must be switched to silent.
- Due to loadshedding, some facilities may not be available.
- To ensure adequate time for completing a consultation card, guests are kindly requested to arrive 20 minutes before their scheduled treatment.
- Please note that arriving late may result in shortened or forfeited treatment.

### PAYMENT - 50% UPFRONT

A 50% pre-payment is required to secure your booking. We no longer accept cash payments. Prices and information are subject to revision without prior notice.

### CANCELLATION POLICY

- 24 hours or more, cancellation will be made at no charge.
- Less than 24 hours 100% of services will be charged.
- No show 100% of services will be charged.
- Late arrival will result in a reduction in treatment time while the full treatment price will apply.
- Group bookings need to be cancelled 7 days in advance or a 100% cancellation fee will apply.

## BRANCHES

### JOHANNESBURG

#### ASPEN HILLS

California House, Aspen Business Park, 6 Rodeo Drive, Aspen Lakes  
Ext 13, Aspen Lakes, Johannesburg South  
T: 010 900 4296  
WhatsApp: 010 900 429  
[info@lifedayspaaspen.co.za](mailto:info@lifedayspaaspen.co.za)

#### FOURWAYS

2 Design Quarter District, Leslie Ave East, Magaliesig,  
Fourways  
T: 011 465 7777  
WhatsApp: 062 465 7777  
[info@lifedayspafws.co.za](mailto:info@lifedayspafws.co.za)

#### OCTAVIAS BY LIFE DAY SPA

D'Oreale Grande Hotel, Emperors Palace, 64 Jones Road,  
Kempston Park  
T: 010 753 1777  
WhatsApp: 082 287 1878  
[lifedayspa@octavias.co.za](mailto:lifedayspa@octavias.co.za)

#### ROSEBANK

26 Bolton Road, Rosebank  
T: 011 447 2255  
WhatsApp: 084 923 9618  
[info@lifedaysparsb.co.za](mailto:info@lifedaysparsb.co.za)

#### SANDTON

Embassy Towers, 175 Empire Place, Sandhurst,  
Sandton T: 010 594 5393/4  
WhatsApp: +27 (0)10 594 5393  
[info@lifedayspasandton.co.za](mailto:info@lifedayspasandton.co.za)

#### WATERFALL

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Midrand T: 010 753 1049  
WhatsApp: 010 753 1049  
[info@lifedayspawfall.co.za](mailto:info@lifedayspawfall.co.za)

### WEST RAND - SILVERSTAR CASINO

Silverstar Casino, 14 Falls Road, Mogale City,  
Krugersdorp T: 010 753 2324  
WhatsApp: 073 014 5159  
[info@lifedayspasilverstar.co.za](mailto:info@lifedayspasilverstar.co.za)

### PRETORIA

#### SOULSTICE PRETORIA

Lombardy Boutique Hotel Lynnwood Road, Pretoria East T:  
012 809 0444  
WhatsApp: 066 024 2471  
[info@soulsticedayspaptia.co.za](mailto:info@soulsticedayspaptia.co.za)

### CAPE TOWN

#### CENTURY CITY

Marriott Hotel Crystal Towers, Cnr Century Boulevard & Rialto Road,  
Century City  
T: 021 180 4955  
WhatsApp: 072 234 3708  
[info@lifedayspacc.co.za](mailto:info@lifedayspacc.co.za)

#### WATERFRONT

The Pavilion, Ground Floor, Cnr Beach and Portwood Road, Waterfront,  
Cape Town  
T: 021 180 4772  
WhatsApp: 076 649 8450  
[info@lifedayspawf.co.za](mailto:info@lifedayspawf.co.za)

### NAMIBIA

#### WINDHOEK

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