

ADVANCED ANTI-AGEING

BABOR THERAPRO PEEL R1200 - 60 minutes

Diminish uneven skin, feel blissfully bright and refreshed with this superior facial that uses 30% Glycolic acid. This facial promotes clarity, radiance and is excellent for anti-ageing.

BABOR BRIGHTENING FACIAL R2150 - 60 minutes

Intensive treatment for a brighter, more even skin tone. More radiant, smooth complexion. BRIGHTENING INTENSE combats signs of skin aging such as pigmentation disorders and skin discoloration with vitamin C, polyphenols and detox active ingredients, provides moisture and brightens the overall skin tone.

OPTIPHI 30/30 PEEL R790 - 60 minutes

Target uneven skin tone, photodamage and sun induced ageing with this revolutionary 30/30 Peel. Results include improved skin elasticity & firmness while reinforcing the skin's protective barrier.

OPTIPHI NANO FACIAL R1590 - 75 minutes

Nano-needling is a safe and virtually pain free treatment for all skins which leaves the skin glowing, hydrated and exfoliated. Improvement of wrinkles, acne, hyperpigmentation, fine lines and other skin blemishes by incorporating your body's own repair process.

DERMAPEN SKIN RENEWAL R1490 - 60 minutes

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.

DERMAPLANING R600 - 60 minutes

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

PROBLEMATIC SKIN | TEEN

Problematic skin, also classified as acne, affects people of all skin tones and sometimes persists well into adulthood. Our targeted multi-step approach will banish blemishes and restore skin health.

- BABOR Deep Cleanse Facial | R550 - 45 minutes
- Optiphi Skin Rejuvenation Peel | R570 - 30 minutes | R790 - 60 minutes
- Nimue SRC Problematic Treatment | R790 - 60 minutes

SENSITIVE SKIN

Tailored to treat individual concerns such as congestion, lack of radiance and sensitivity, by balancing the skin with boosters, serums and ampoules.

- Nimue Therapeutic Facial | R590 - 60 minutes
- Optiphi Classis Facial | R690 - 60 minutes
- BABOR Glow Boost Facial | R770 - 60 minutes

INDULGENCE

HANDS & FEET

Classic Manicure 60 minutes | R310 Signature Manicure 60 minutes | R340

Gel Polish Manicure 60 minutes | R450 Express Manicure 30 minutes | R210

Ultimate Indulgent Hand Journey 75 minutes | R380

Classic Pedicure 60 minutes | R340 Signature Pedicure 60 minutes | R440

Ultimate Indulgent Foot Journey 75 minutes | R490

Medi Pedi Upgrade R200 Medi Pedi 60 minutes | R540

Gel Polish Pedicure 60 minutes | R470 Express Pedicure 30 minutes | R250

Add On

French Paint 15 minutes | R120 Soak Off 15 minutes | R100

Polish Re-Paint 15 minutes | R150 Gel Polish Re-Paint 30 minutes | R230

Acrylic Nails Full Set Natural R410 Acrylic Nails Full Set French R460

Two Week Fill R310

BODY ESSENTIALS

WAXES

Full leg | R330

Full arm | R270

3/4 leg | R290

Half arm | R220

Half leg | R270

Lip | R140

Underarm | R190

Chin | R140

Standard bikini | R230

Cheeks | R140

Full bikini | Hollywood | R330

Brow | R130

Full back | R320

Chest | R250

Half back | R240

Abdomen | R220

DETOXING ALGAE WRAP R710 - 60 minutes

A full body detoxifying algae wrap that stimulates the skins metabolism, delivers intense moisture and leaves the skin looking silky smooth and irresistible.

BIOMINCEUR BODY WRAP R1100 - 60 minutes *(Excludes legs)*

BIOMINCEUR BUM AND TUMMY WRAP R990 - 60 minutes

Packed full of essential oils, plant and algae extracts and caffeine resulting in the improved appearance of varicose veins, stretch marks and cellulite.

BODY EXFOLIATION R340 - 30 minutes

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.

SPRAY TAN

R490 - without exfoliation | R750 - with exfoliation

LOYALTY PROGRAMME

We proudly present "LOYALTY AT LIFE", a "cash-back" reward programme that has been created specifically for our loyal customers. Download our loyalty app from your store under spas of distinction to get your rewards.

A cash-back reward amounting to 5% of your total spend, will be rewarded after each purchase.

Reward vouchers can be used for treatments and products midweek.

SPA MEMBERSHIP

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

CHOOSE FROM ONE THE FOLLOWING MEMBERSHIPS:

BRONZE R10 000

- R1000 additional value in treatments

SILVER R15 000

- R1500 additional value in treatments

GOLD R20 000

- R2500 additional value in treatments

PLATINUM R30 000

- R4500 additional value in treatments

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.

- Client Functions
- Team Building
- Special Events
- Staff Incentives
- Bachelorette Parties
- Kids Parties @ LIFE Kids

COMPLIMENTARY SPA FACILITIES(60 MIN)

- Heated Indoor Spa Pool
- Himalayan Salt Room
- Steam Room
- Coffee Bar

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an extraordinary experience
2021

TIME FOR YOU

FLOATATION THERAPY R340 - 30 minutes

Go back to a time and place where your body was enveloped by nothing but water. The total buoyancy provides relief from muscle tension and pain, compressed disks, pinched nerves, and other 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 R390 - 30 minutes

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.

HYPERBARIC OXYGEN THERAPY R390 - 60 minutes

Hyperbaric oxygen therapy is a treatment that enhances the bodys natural healing process, by providing an environment which allows the body to absorb higher amounts of oxygen. This treatment increases the oxygen transport capacity in the blood and helps to contribute to the regeneration of tissue and blood vessels. This treatment is recommended and used to treat the following conditions: Migranes, sports injuries, improves immunity, increases collagen production, improves nutritional absorption, minimises pain & discomfort due to chronic inflammation, reduces stress anxiety.

TOGETHER

LUXURY EXECUTIVE COUPLES SUITE R750

1 hour of private time added to your selected treatments booked

Extend your treatment journey with an hours private time sipping on sparkling wine and snacking on a fruit & cheese platter, whilst you enjoy the opulence of your own private bath.

TRANQUILITY FOR TWO R1290 per couple - 60 minutes

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.

RELAXATION & SLEEP

SOLE REVIVAL FOOT MASSAGE R420 - 30 minutes

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

LOMI LOMI MASSAGE R720 - 60 minutes

An ancient Hawaiian healing technique, targeting the back of the body, using rhythmic and flowing movements of the fingers, palms, forearms and elbows.

LUXURIOUS CANDLE MASSAGE R790 - 60 minutes

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

CBD OIL MASSAGE R850 - 60 minutes | R1190 - 90 minutes

A revolutionary massage using the finest CBD infused with an organic coconut oil to ensure the maximum benefits are absorbed by your body. This massage is highly recommended for inflammation, pain, spasm and insomniacs. All THC has been removed.

WATER RETENTION

AROMATHERAPY MASSAGE R750 - 60 minutes | R990 - 90 minutes

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

CUPPING MASSAGE R720 - 60 minutes

This massage is designed to stimulate the lymphatic system and release toxins with the aid of Bellabacchi cups.

BODY REVIVAL

INDIAN HEAD MASSAGE R550 - 45 minutes

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.

REFLEXOLOGY R450 - 30 minutes | R590 - 45 minutes

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.

SWEDISH MASSAGE R690 - 60 minutes | R990 - 90 minutes

Firm, but gentle pressure is applied to improve blood circulation, ease muscle aches and tension, improve flexibility and reduce stress.

DEEP TISSUE MASSAGE R720 - 60 minutes | R990 - 90 minutes

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

FOUR SEASONS MASSAGE R890 - 75 minutes

This full body layer locking massage incorporates exfoliation, serum, body butter and a soy candle. The exfoliation prepares your skin for the hydrating serum followed by a nourishing body butter and locked in to protect your skin with the warm oil from the candle. Take the four seasons pack home to extend your spa journey.

MUSCLE STRAIN

BACK, NECK & SHOULDER MASSAGE R420 - 30 minutes | R550 - 45 minutes

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

HOT STONE THERAPY R720 - 60 minutes

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

PREGNANCY

MOTHER-TO-BE MASSAGE R720 - 60 minutes

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

SOLE REVIVAL FOOT MASSAGE R420 - 30 minutes

This de-stressing treatment involves a foot ritual with a soak and scrub followed by a cold stone massage to aid swollen feet.

SIGNATURE MANICURE

R340 - 60 minutes

Our Signature treatments will leave your hands or feet feeling soft, hydrated and nourished, ensuring dry skin and cuticles are repaired. Submerge your hands or feet in our luxurious caviar crystals for a hydrating, indulgent experience. To complete this treatment, a cold stone massage will revive tired hands or feet.

SPA PACKAGES

Guests are welcome to use the complimentary spa facilities. We suggest that you allow for an additional 45-60 minutes to enjoy these facilities at your leisure.

ON THE GO R850 - 1.5 hours treatments

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

EXECUTIVE RETREAT R1150 - 1.5 hours treatments

- Floatation Therapy Experience
- Swedish Massage
- Spa Lunch

BODY REVIVAL R1600 - 2 hours treatments

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

HOT STONE HEAVEN R1690 - 2 hours treatments

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

ITS ALL ABOUT YOU R2900 - 5 hours treatments

- Middle Eastern Mud Ritual or Floatation Therapy Experience
- Babor Signature Facial
- Swedish Massage
- Signature Manicure
- Signature Pedicure
- Spa Lunch

PURE BLISS R2140 - 4 hours treatments

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

MOTHER-TO-BE R2570 - 4.5 hours treatments

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

ETERNALLY YOURS (COUPLES)

R2980 - 2.5 hours treatments & 1 hour private time

- 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)

R4500 - 2.5 hours treatments & 1 hour private time

- 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

SKIN HEALTH

DRY & DEHYDRATED

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

• Optiphi Hydrate & Repair Facial 75 minutes | R890

• BABOR Ultimate Vitamin Facial 75 minutes | R990

PIGMENTATION

• Nimue SRC Treatment 60 minutes | R790

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.

• Optiphi Skin Rejuvenation Peel 30 minutes | R570 / 60 minutes | R750 Package of SIX 30 minute peels | R3080

This skin rejuvenation peel offers a solution to all skin conditions by combining the regenerative capabilities of glycolic acid and intensely hydrating active ingredients. No downtime. Improves skin concerns including pigmentation, acne scarring and problematic skin.

ANTI-AGEING & FIRMING 90 minutes

Brighten and energise your skin. Your results are a smoother, radiant and vibrantly alive skin. Delays premature ageing, re-texturises, renews and firms while treating lines and wrinkles.

• Nimue Rejuvenating Facial | R790 - 60 minutes

• BABOR Signature Facial | R1450 - 90 minutes