

TIME FOR YOU

FLOATATION THERAPY R390 - 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

ROMANTIC FLOATATION R590 per couple - 30 minutes

Enjoy this floating sensation with the one you love. This treatment includes 2 glasses of sparkling wine or appletiser.

ROMANTIC RASUL FOR TWO R690 per couple - 30 minutes

Enjoy the exotic chamber with the one you love. This treatment includes a selection of treats and 2 glasses of sparkling wine/Appletizer.

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 R1400 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 R430 - 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 R730 - 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 R810 - 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 R760 - 60 minutes | R1020 - 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 R730 - 60 minutes

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

BODY REVIVAL

INDIAN HEAD MASSAGE R570 - 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 R470 - 30 minutes | R610 - 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 R710 - 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 R750 - 60 minutes | R1010 - 90 minutes

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

FOUR SEASONS MASSAGE R900 - 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.

HOT LAVA SHELL MASSAGE R750 - 60 minutes

A complete massage journey, incorporating self-heating technology of the 'Tiger Shell' to heat and expand muscles for a deeper massage to the core of the muscle.

MUSCLE STRAIN

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

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

HOT STONE THERAPY R750 - 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 R730 - 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 R430 - 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.

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 R800 - 1.5 hours treatment

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

EXECUTIVE RETREAT R1240 - 1.5 hours treatment

- Floatation Therapy Experience • Swedish Massage
- Spa Lunch

BODY REVIVAL R1650 - 2 hours treatment

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

HOT STONE HEAVEN R1700 - 2 hours treatment

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

BODY BEAUTIFUL R850 - 2 hours treatment

- 30 minute Back, Neck and Shoulder Massage and 30 minute Express Facial
- Package includes 1 hour of spa facilities

DUPLLET MESSAGE EXTRAVAGANZE R1680 - 2 hours treatment

- 2 x 60 minute Signature Full Body Massage
- Couples Room & 2 glasses of sparkling wine
- Package includes 1 hour of spa facilities

TIME FOR HIM R1560 - 3 hours treatment

- Floatation Pool • Express Facial
- 60 minute Sports Massage • Package includes 1 hour of spa facilities

AWESOME FOURSOME R1200 - 3 hours treatment

- 30 minute Back, Neck and Shoulder • 30 minute Express Facial
- 30 minute Express Pedicure • 30 minute Express Manicure
- Package includes 1 hour of spa facilities

FOUR SEASON ESCAPE R1300 - 3.25 hours treatment

- 60 minute Signature Pedicure OR 60 minute Signature Manicure
- 75 minute Four Seasons Massage • Package includes 1 hour of spa facilities

COUPLES GET AWAY R3600 - 4 hours treatment

- Romantic Mud Ritual for two including two glasses of sparkling wine
- 2 x 60 min Full Body Hot Stone Massages • 2 x 60 minute Nimue Classic Facial
- Couples Room • Spa Lunch
- Package includes 1 hour of spa facilities

PURE BLISS R2200 - 4 hours treatment

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

MOTHER-TO-BE R2650 - 4.5 hours treatment

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

ITS ALL ABOUT YOU R3250 - 5 hours treatment

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

ETERNALLY YOURS (COUPLES)

R3100 - 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)

R4690 - 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 & 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

PIGMENTATION

- Nimue SRC Treatment 60 minutes | R810

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 | R590 / 60 minutes | R790

Package of SIX 30 minute peels | R3150

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 | R810 - 60 minutes

- BABOR Signature Facial | R1500 - 90 minutes

ADVANCED ANTI-AGEING

BABOR THERAPRO PEEL R1300 - 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 R2200 - 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 R850 - 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 R750 - 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 R750 - 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 R650 - 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 Clarity & Clear Facial | R490 - 45 minutes
- Optiphi Skin Rejuvenation Peel | R590 - 30 minutes | R790 - 60 minutes
- Nimue SRC Problematic Treatment | R810 - 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 | **R610** - 60 minutes
- Optiphi Classic Facial | **R710** - 60 minutes
- BABOR Glow Boost Facial | **R790** - 60 minutes

INDULGENCE

HANDS & FEET

Classic Manicure 60 minutes | **R330** Signature Manicure 60 minutes | **R360**

Gel Polish Manicure 60 minutes | **R400** Express Manicure 30 minutes | **R170**

Ultimate Indulgent Hand Journey 75 minutes | **R380**

Classic Pedicure 60 minutes | **R350** Signature Pedicure 60 minutes | **R410**

Ultimate Indulgent Foot Journey 75 minutes | **R490**

Medi Pedi Upgrade **R200** Medi Pedi 60 minutes | **R620**

Gel Polish Pedicure 60 minutes | **R490** Express Pedicure 30 minutes | **R190**

Soak-off & Gel Polish application on Hands and Feet 120 minutes | **R690**

Add On

French Paint 15 minutes | **R120** Soak-off 15 minutes | **R80**

Polish Re-paint 15 minutes | **R150** Gel Polish Re-paint 30 minutes | **R300**

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

Soft Gel Tips **R490** Nail IBX Treatment **R130**

Artwork per Nail **R20** Two Week Fill **R310**

Revarnish **R160**

BODY ESSENTIALS

WAXES

Full leg | **R310**

3/4 leg | **R260**

Half leg | **R240**

Standard bikini | **R190**

Brazilian | **R290**

Hollywood | **R330**

Under arm | **R160**

Half arm | **R240**

Full arm | **R250**

Full back | **R320**

Half back | **R240**

Brows | **R100**

Brows, Lip & Chin | **R280**

Lip | **R100**

Lip & brows | **R190**

Lip & chin | **R170**

Chin | **R100**

Chin & brows | **R190**

Full face | **R290**

Chest | **R250**

Abdomen | **R160**

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 **R1490** - 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 **R350** - 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

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 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

GOLD **R20 000**

- R2500 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

CONTACT US

011 447 2255

084 923 9618

info@lifedaysparsb.co.za

26 Bolton Road, Rosebank

LifeDaySpaRosebank

Life_Day_Spa_Rosebank

LifeDaySpaRSB

OPERATING HOURS:

Monday to Friday - 08h00 to 19h00

Saturday - 08h00 to 18h00

Sunday / Public Holidays - 09h00 to 17h00

Scan to view our brochure online



FREE WIFI AVAILABLE TO SPA GUESTS

www.lifedaysparosebank.co.za

L i F E

DAY SPA ROSEBANK

an extraordinary experience