



 soulstice
day spa • joburg

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LOYALTY PROGRAMME

We proudly present “Loyalty at Soulstice”, a “cash-back” reward program that has been created specifically for our loyal customers. Through this program we would like to build a long-term relationship with you and reward you for your loyalty.

A cash back reward amounting to 5% of your total spend, will be loaded onto your card after each purchase. This “cash-back” reward can be used for treatments Monday - Thursday. Ask our guest relations team how you can join our programme now.

YOUR TICKET **TO BLISS...**



A SENSE OF BELONGING

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

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

GROUP OFFERINGS

- CORPORATE AND CLIENT FUNCTIONS
- TEAM BUILDING
- EVENTS
- STAFF INCENTIVES
- BACHELORETTE PARTIES

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

COMPLIMENTARY SPA FACILITIES

TIME FOR YOU

These facilities are offered complimentary with every treatment booked. For the use of only the spa facilities with no additional treatments a surcharge of R250 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.

FLOATATION THERAPY

30 mins - R290 pp

Go back to a time and place where your body was enveloped by nothing but water. Surrounded by the natural beauty of candle light and underwater music, one session in our floatation bath equates to 4 hours of undisturbed sleep. The water, heated to body temperature, combined with a high salt content, allows your body to become weightless, relieving skeletal tension and mental relaxation.

MIDDLE EASTERN MUD RITUAL - RASUL CHAMBER

30 mins - R390 pp

Based on the traditional Turkish bath, this exfoliating and cleansing ritual uses pure natural medicinal earth mud to cleanse and detoxify the body and combines 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. The Rasul Chamber can accommodate up to 6 people at a time.

HYDRO POOL AND SWISS SHOWER

All day use - R120 pp

Hydrotherapy is the use of water to relieve discomfort and promote physical well-being. Hydrotherapy focuses on reducing muscle tension and therefore reducing pain, rehabilitates injured muscles, boosts the immune system, encourages detoxification and relieves stress.

The swiss shower allows the body to be overwhelmed by 6 jets that massage simultaneously with warm water. Then, with the touch of a button, the body is invigorated by a cold waterfall.



TOGETHER

SPA PACKAGES

TIMELESS JOURNEY

1.5 hours including spa facilities - R590 per person

- Hydrotherapy Experience
- 45 Minute Back, Neck and Shoulder Massage

EXECUTIVE RETREAT

1.5 hours including spa facilities - R840

- Floatation Therapy Experience
- Swedish Massage

EXPRESS SHAKE-UP

2.5 hours including spa facilities - R940

- Express Manicure
- Express Pedicure
- Express Facial
- Floatation Therapy Experience

HOT STONE HEAVEN

3 hours including spa facilities - R1350

- Body Exfoliation
- Hot Stone Therapy Massage
- Sole Revival Foot Treatment
- Spa Lunch

BODY REVIVAL

3 hours including spa facilities - R1380

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

PURE BLISS

5 hours including spa facilities - R1850

- Swedish Massage
- Classic Facial
- Luxury Manicure
- Luxury Pedicure
- Spa Lunch

LUXURY EXECUTIVE COUPLES SUITE

R420

Experience the ultimate indulgence when you spoil yourself and your partner in this luxury suite. Once you've indulged in the treatments of your choice, spend an additional hour sipping champagne and snacking on fresh fruit whilst you enjoy the opulence of your own private jetted Spa Bath.

ROMANTIC RASUL FOR TWO

45 mins - R700 per couple

Enjoy the exotic chamber with the one you love. This treatment includes a bowl of chocolate balls and glass of sparkling wine.

AQUATIC AWAKENING FOR TWO

R740 per couple

Combine the 45 minute Floatation experience with the full day use of the Hydrotherapy Pool and Swiss Showers whilst laying back with glass of bubbly.

TRANQUILITY FOR TWO

45 mins / 60 mins - R1280 per couple

Combine the Floatation experience with the Middle Eastern Mud Ritual for a couples experience you will not forget. This treatment includes a bottle of sparkling wine and selection of treats.

COUPLES SPA PACKAGES

ETERNALLY YOURS (COUPLES)

2.5 hours including spa facilities - R2500

- 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

DAYTIME DELIGHT (COUPLES)

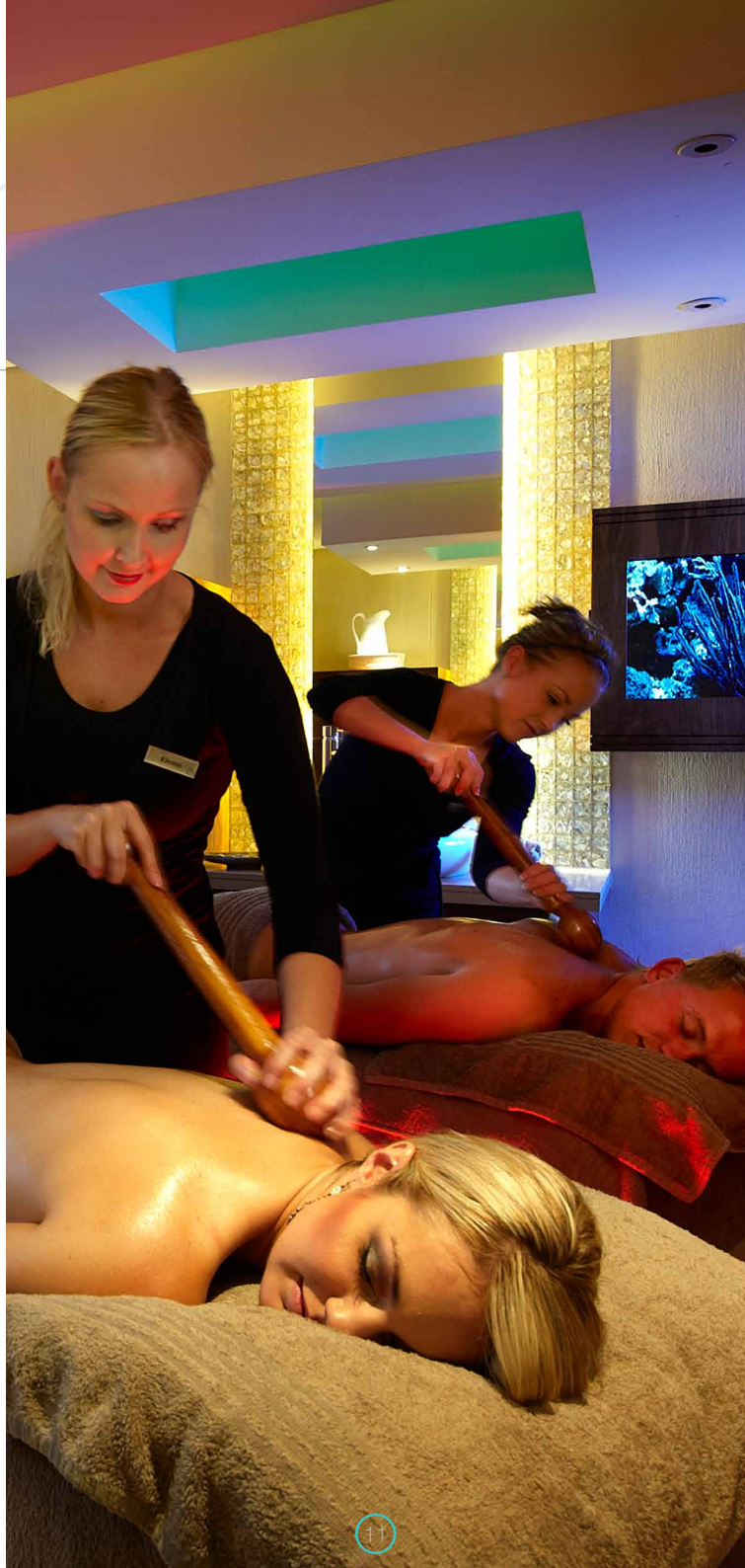
4.5 hours including spa facilities - R3200

- Middle Eastern Mud Ritual
- Back, Neck and Shoulder Massage for 45 minutes
- Luxury Pedicure
- Luxury Manicure
- Spa Lunch

ULTIMATE SERENITY (COUPLES)

5.5 hours including spa facilities - R4000

- Middle Eastern Mud Ritual
- 30 minute Back, Neck & Shoulder Massage
- Sole Revival Foot Massage
- Classic Facial
- Floatation Therapy
- Spa Lunch





SKINCARE & FACIALS

- CLASSIC CARE & DEEP CLEANSE
- SKIN REJUVENATION
- FOR MEN

CLASSIC CARE & DEEP CLEANSE

OPTIPHI CLASSIC FACIAL

60 minutes - R520

A results driven and a favourite amongst our clientele. Formulated to treat all skin types and concerns.

NIMUE THERAPEUTIC FACIAL

60 minutes - R520

A result orientated treatment customized to your skin condition.

BABOR CLASSIC FACIAL

60 minutes - R520

The SKINOVAGE^{EX} treatment is based on a holistic approach to beauty. It incorporates wonderful massage techniques that stimulate the entire body and optimize skins ability to absorb active ingredients. At the same time the body's own energies are brought back into perfect balance, restoring your radiant beauty and promoting total inner harmony.

LA PRAIRIE CELLULAR SWISS ICE CRYSTAL

60 minutes - R990

This facial encourages younger looking skin, bursting with moisture and vital energy. Incorporating an exquisite eye and face massage will leave you feeling completely relaxed.

LA PRAIRIE CLASSIC FACIAL

60 minutes - R1190

The most dramatic results for stressed, fatigued skin. This intensive facial re-news, re-charges and re-builds the skin with La Prairie's latest cell energizer Cellular Power Infusion, to hydrate, smooth lines, revive luminosity and restore firmness. Skin looks younger and bursts with moisture and vital energy.

SKIN REJUVENATION

OPTIPHI SKIN REJUVENATION PEEL

30 minutes - R520

60 minutes - R720

The Optiphi 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 (experience true skin rejuvenation without the nasty side effects generally associated with peeling.)

OPTIPHI ROYAL ANTI-AGEING FACIAL

90 minutes - R760

Advanced anti-ageing facial which includes 4 masks targeting the hot/cold effect on the skin. Lymph drainage stimulates your skin increasing it's natural glow and general health.

NIMUE REJUVENATING FACIAL

60 minutes - R650

A specialized active skin rejuvenation treatment ideal for environmentally damaged, hyper pigmented, problematic and interactive skin types. It is a potent, yet gentle active treatment that delivers powerful results including reduced pore size, refined texture, increased elasticity and radiance.

NIMUE 35% GLYCOLIC FACIAL

60 minutes - R650

The glycolic peel treatment provides a controlled and predictable removal of dead skin cells. This advanced rejuvenation treatment enhances cell regeneration and improves the texture, appearance and overall health of the skin. Ideal to use on dry, delicate as well as mature skin due to its hydrating and plumping benefits. Skin is left feeling soft, glowing and hydrated. Great for a first time chemical peel.

NIMUE MICORNEEDLING FACIAL

60 minutes - R690

This professional facial treatment procedure is performed by a Nimue Skin Care Professional to achieve immediate and visible, long lasting skin rejuvenation and renewal. A minimally invasive Microneedle roller is utilised to stimulate collagen induction and serves as a trans-dermal delivery device, this increases penetration of active skin care ingredients captured in specially formulated trans-dermal solutions.

BABOR INTERMEDIATE FACIAL

60 minutes - R890

Advanced anti-ageing facial which includes 4 masks targeting the hot/cold effect on the skin. Lymph drainage stimulates your skin increasing it's natural glow and general health.

LA PRAIRIE ADVANCED FACIALS

ULTIMATE CAVIAR LIFTING FACIAL

90 minutes, including Back, Neck and Shoulders - R1290

Pure luxury that instantly firms skin, giving it a more perfect tone and texture. Caviar pearls instantly lift and infused the face and eye to transform even the dullest complexions into radiant, luminous skin.

PURE GOLD RADIANCE FACIAL

90 minutes, including Back, Neck and Shoulders - R1290

The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly lift, brighten and energize the skin. This incredibly facial will leave the skin looking smoother and feeling radiant and vibrantly alive.

FOR MEN

IPL SKIN REJUVENATION

OPTIPHI CLASSIC FACIAL

60 minutes - R520

A results driven and a favourite amongst our clientele. Formulated to treat all skin types and concerns.

NIMUE MENS FACIAL

60 minutes - R520

Focused on the prevention and treatment of male skin concerns such as ingrown hair, dehydration and ageing. This facial offers everything a man needs in the form of superior results, relaxation and skin health improvement.

BABOR CLASSIC FACIAL

60 minutes - R520

The SKINOVAGE^{PX} treatment is based on a holistic approach to beauty. It incorporates wonderful massage techniques that stimulate the entire body and optimize skins ability to absorb active ingredients. At the same time the body's own energies are brought back into perfect balance, restoring your radiant beauty and promoting total inner harmony.

LA PRAIRIE MENS FACIAL

60 minutes - R1190

Instantly cleanses, energizes and conditions skin. The balance of the skin seems to be renewed and restored, helping to return the skin back to normal. La Prairie's exclusive Cellular Complex and Cellular 3-Minute Peel combine to bio-energize the skin and eliminate congestion and skin impurities to reveal younger, fresher-looking skin.

IPL - INTENSE PULSED LIGHT*

Come in for a free consultation

This IPL features the state-of-the-art light-treatment technology that can be used to rejuvenate your skin and reduce pigmentation. IPL is a wonderfully comfortable and effective way to take care of your skin with immediate results.

SKIN REJUVENATION

Face and Neck

from R590

Décolleté

from R490

Hands

from R250

MASSAGE

BACK, NECK & SHOULDER MASSAGE

30 minutes - R350
45 minutes - R470

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

SOLE REVIVAL FOOT MASSAGE

30 minutes - R350

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

INDIAN HEAD MASSAGE

30 minutes - R350

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

30 minutes - R490

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

60 minutes - R550
90 minutes - R690

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

LOMI LOMI MASSAGE

60 minutes - R590

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

AROMATHERAPY MASSAGE

60 minutes - R590

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

HOT STONE THERAPY

60 minutes - R590

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

DEEP TISSUE MASSAGE

60 minutes - R590

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

THAI MASSAGE

60 minutes - R590

Thai massage works on pressure points of the body to relieve tension, stretching to improve flexibility and various other basic movements to manipulate muscles and joints.

MOTHER-TO-BE MASSAGE

60 minutes - R590

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

LUXURIOUS CANDLE MASSAGE

60 minutes - R650

Enjoy a full body massage using the molten wax of an aromatic Soy candle.



BODY TREATMENTS

BODY EXFOLIATION

30 minutes - R290

30 minutes, with exfoliation bar - R420

Revitalise your skin. Your body will be deeply cleansed and oxygenated with the application of a specially formulated scrub.

SPRAY TAN

Expect to receive a beautiful tan that will last longer thanks to its innovative deeper colour pigment. Your deep flawless tan can be achieved in just 10 minutes and lasts for up to a week. It won't turn orange or drip and it's proven to be more effective than conventional 'spray booths'.

Without exfoliation: R370

With exfoliation: R650

With exfoliation bar: R730

BODY-LIFT & CELLULITE

BIOMINCEUR BODY WRAP

60 minutes - R950

Biominceur targets cellulite, fat, burns calories, enhances weight loss, slims, firms and tones producing fabulous visible long lasting results from the first treatment. Packed full of essential oils, plant and algae extracts and caffeine resulting in a wide range of additional therapeutic benefits which includes improving the appearance of varicose veins & stretch marks. 98% of women saw dramatic improvement of "orange peel" skin with a significant reduction of cellulite. 100% of women observed a decrease of 1 to 4 cm around their waist. Book a complimentary consultation to create a personalized slimming programme.



TIP TO TOE

EXPRESS MANICURE

30 minutes - R130

CLASSIC MANICURE

60 minutes - R260

LUXURY MANICURE

60 minutes - R290

GEL POLISH MANICURE

90 minutes - R390

GEL POLISH LUXURY MANICURE

90 minutes - R450

EXPRESS PEDICURE

30 minutes - R150

CLASSIC PEDICURE

60 minutes - R290

LUXURY PEDICURE

60 minutes - R370

GEL POLISH PEDICURE

60 minutes - R 430

GEL POLISH LUXURY PEDICURE

90 minutes - R490

MEDI HEEL PEEL AND FOOT MASK

R130

SOAK OFF

15 minutes - R110

POLISH RE-PAINT

15 minutes - R130

GEL POLISH RE-PAINT

30 minutes - R210

MEDI-PEDI

60 minutes - R450



WAXING & TINTING

WAXES

Full leg	R280	Full arm	R240
3/4 leg	R250	Half arm	R170
Half leg	R230	Lip	R130
Underarm	R170	Chin	R140
Standard bikini	R180	Cheeks	R140
Full bikini	R270	Brow	R120
Full back	R260	Chest	R190
Half back	R220	Abdomen	R160

TINTING

Eye brow tint	R130
Eye lash tint	R140
Eye brow shape	R150

PERMANENT HAIR REMOVAL

IPL - INTENSE PULSED LIGHT*

Come in for a free consultation

This IPL features the state-of-the-art light-treatment technology that can be used to rejuvenate your skin and reduce pigmentation. IPL is a wonderfully comfortable and effective way to take care of your skin with immediate results.

HAIR REMOVAL

Underarm	from R350
Standard bikini	from R450
Full bikini	from R590
Half legs	from R1750
Lip and chin	from R350



NOURISHMENT

Enjoy dining in a beautiful, relaxing environment or simply relax over a fruit juice or cappuccino in between treatments.

YOU NEED TO KNOW

- Kindly bring your bathing costume.
- Credit card details or an EFT payment will be required to secure your booking.
- Ensure cellular phones are switched off during treatments and in the relaxation areas of the spa.
- All prices and information are subject to revision without prior notice.
- Products purchased are not refundable.
- Soulstice Day Spa is not held responsible for any theft, damage, loss or misfortune that may occur.
- Please inform your therapist if you are pregnant, have any allergies, medical conditions or if you are on any medication.
- We kindly request punctuality as late arrivals will result in a reduction in treatment time whilst the full treatment fee will apply.
- No children under 16 years of age.

CANCELLATION POLICIES

- A 24-hour notice period is required for cancellations and rescheduling.
- If a treatment is not canceled 24-hours prior, the full treatment fee will apply and we reserve the right to charge your credit card/redeem your voucher accordingly.

PLEASE CONSULT YOUR THERAPIST IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS:

- On any medication
- High blood pressure
- Any heart condition
- Recent surgery
- Muscle or joint injuries
- Sinusitis
- Pregnancy
- Epilepsy
- Diabetes
- Eczema or Psoriasis
- Sunburn
- Allergy to iodine, sulphur or product allergies





CONTACT US

PHYSICAL ADDRESS:

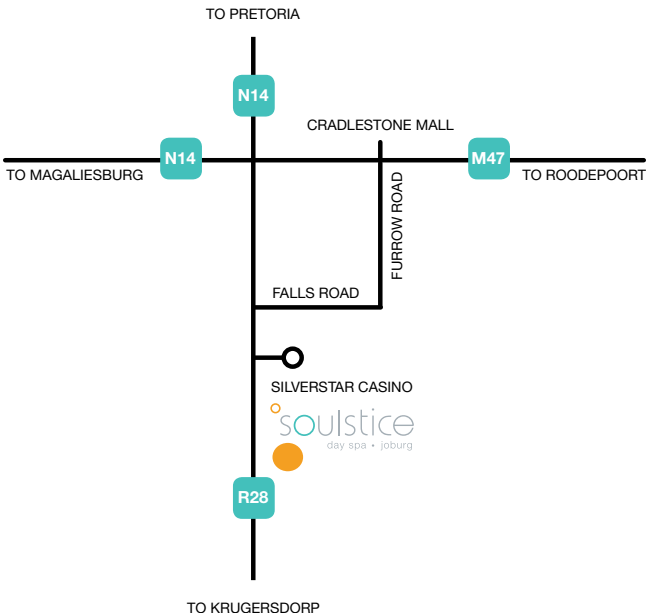
Silverstar Casino and Hotel,
Cnr Hendrik Potgieter and N14,
Mogale City, 1740

Tel: +27 (0)11 662 7500/1 | Fax: +27 (0) 86 230 0916

E-mail: info@soulsticedayspa.co.za /
reservations@soulsticedayspa.co.za

WEBSITE / ONLINE VOUCHER PURCHASES:

www.soulsticedayspa.co.za



GPS Co-ordinates:

Lat: 26°4'4.28"S
Long: 27°49'36.98"E