



**L i F E**

**DAY SPA** **WESTRAND**  
SILVERSTAR CASINO

WELCOME TO OUR SPA EXPERIENCE

*Your Journey Awaits*

**L i F E**  
DAY SPA





# WELCOME TO

# LiFE

DAY SPA

Imagine stepping into a place where your wellbeing and renewal are the center of attention - that's what Life Day Spa is all about.

For over five decades, Life Day Spa has brought together a family of day spas that understand the true importance of health and wellness. We believe that taking time out for yourself isn't just a luxury; it's a necessity for a balanced and fulfilling life.

Our 5-star sanctuaries are spread across the country, from Johannesburg and Pretoria to Cape Town and even Namibia. Each location offers treatments and services that have been carefully designed to rejuvenate not just your body, but your mind and spirit as well.

We invite you to step into our world, where the wisdom of tradition meets the best of modern wellness practices. Let us guide you on a journey toward complete relaxation and renewal.

# OUR SPA *Philosophy*

At Life Day Spa, we believe in the power of self-care as an essential cornerstone for a balanced life.

At the heart of our spa philosophy is a commitment to your holistic wellbeing.

We design our spa experiences around the “LDS Holistic Table of Wellness”, which represents the 7 key cornerstones essential to leading a balanced beautiful life:

Stress Reduction, Wellbeing Boost, Burnout Therapy, Sleep Promotion, Glow Up, Ageless Beauty, Pure Perfection & Sense

Each treatment is tailored to support your personal goals, guiding you towards a life of true wellness.

**Look for the key icons under each treatment to easily find the experiences that support your personal wellness journey.**

# HOLISTIC TABLE

**L i F E**  
DAY SPA



**Stress Reduction**



**Wellbeing Boost**



**Sleep Promotion**

*Of Wellness*



**Burnout Therapy**



**Glow Up**



**Ageless Beauty**



**Pure Perfection**



**Sense**

# QUICK *Reference Menu*

Easily navigate through our spa experience guide by clicking on the icon to be taken directly to the treatment page of your choice.



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A collection of white ceramic bowls containing various spa ingredients like salts, oils, and powders, arranged on a light blue surface. The bowls are filled with different textures and colors, including white salts, yellow oils, and light blue powders.

# *What* ARE OUR SIGNATURE *Experiences*

Discover the essence of luxury and relaxation with our Signature Experiences, where each treatment is meticulously crafted to offer you an unparalleled journey of wellness and indulgence. Immerse yourself in the serenity and elegance that defines Life Day Spa, as we guide you through experiences designed to rejuvenate your body, mind, and soul. Explore these unique offerings, each one a gateway to the ultimate in relaxation and renewal.

# SIGNATURE *Experiences*

## Signature Four Seasons Journey

75min R1 040.00

Embark on a transformative journey inspired by the seasons. Begin with an Autumn-inspired exfoliation that renews your skin, followed by Spring's deep hydration with a nourishing serum. Summer brings the warmth of luxurious body butter, leaving your skin glowing. Finally, Winter's soothing Soy Candle massage melts away tension, guiding you into a state of relaxation and radiant tranquility.



## Signature Tranquility for Two

1hr 45min R2 880.00 per couple


Embark on a serene journey of connection and relaxation. Begin with a soothing Floatation session, where the gentle embrace of weightlessness calms both body and mind. Next, share a moment of deep connection in the Rasul Ritual, where you and your partner apply healing scrub and mud, enveloped by steam and the soft caress of a rain shower. Complete your experience with a 45-minute Back & Shoulder Release Massage, melting away tension and leaving you both profoundly restored and united.



A woman is shown in a white robe, sitting in a white spa chair. The background is a bright, airy room with large windows. The image is faded and serves as a background for the top half of the page.

*Our*

# COMPLIMENTARY FACILITIES

A woman is shown from behind, relaxing in a hot tub. The water is a vibrant blue, and the scene is peaceful. This image serves as the background for the bottom half of the page.

Enhance your visit with access to our luxurious complimentary facilities, designed to provide you with the ultimate relaxation and rejuvenation experience. Enjoy our serene relaxation zones, invigorating saunas, and tranquil steam rooms & pool areas at selected Life Day Spas - all included with your treatment. Whether you're unwinding before or after your session, these facilities are here to ensure your comfort, helping you to fully relax and recharge during your time with us.

# Discover OUR HYDRO WELLNESS Experiences

Experience the profound benefits of Hydro-Wellness, where the healing power of water rejuvenates your body and mind. Our state-of-the-art facilities are designed to elevate your wellbeing, using advanced hydrotherapy techniques to soothe stress, restore balance, and revitalize your inner harmony. Step into a sanctuary of tranquility, where the essence of water nurtures and renews you, fostering deep relaxation and a lasting sense of wellness.

# HYDRO WELLNESS *Experiences*

## Rasul Therapy

30min R480.00

Embrace the rejuvenating ritual of Rasul, where you begin by self-applying a luxurious scrub and nourishing mud. As the minerals work to purify your skin, followed by a soothing steam session that deeply relaxes and revitalizes, the final indulgence is a gentle rain shower that washes away the residue, leaving your skin smooth and your spirit renewed.



## Floataction Therapy

30min R480.00 | 60min R710.00

Drift into a state of deep relaxation with our Floataction therapy. As you lie back in a serene pool of warm, buoyant water, the sensation of weightlessness eases tension from your body and mind. This tranquil experience allows you to disconnect from the outside world, promoting profound relaxation, mental clarity, and a renewed sense of balance.





*Immerse* YOURSELF IN OUR  
MASSAGE *Experiences*

Our massage offerings have been carefully curated to deliver personalized experiences that cater to your unique needs. Each treatment is designed to guide you into a state of deep relaxation, where expert hands tailor every touch to rejuvenate your body and soothe your spirit. Discover the perfect massage that resonates with you, offering a blend of therapeutic relief and luxurious comfort.



# MASSAGE *Experiences*

## Timeless Massage

60min R850.00 | 90min R1 200.00

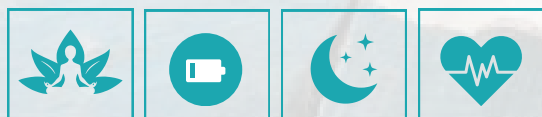
Experience the essence of relaxation with our Timeless Massage - a soothing escape that uses Swedish massage techniques to gently ease tension, revitalize your senses, and leave you feeling utterly renewed.



## Magnesium Infused Recovery Massage

60min R960.00 | 90min R1 700.00

Rejuvenate your body with our Magnesium Infused Recovery Massage, a powerful Deep Tissue treatment that targets muscle tension and enhances recovery. Infused with magnesium, this massage relieves soreness and promotes relaxation.



## Soy Candle Massage

60min R960.00 | 90min R1 390.00

Indulge in the warmth of our Soy Candle Massage, where melted soy wax transforms into a luxurious massage oil. This soothing treatment nourishes your skin, eases tension, and envelops you in a cocoon of relaxation and tranquility.



## Aroma Infused Massage

60min R880.00 | 90min R1 280.00

Elevate your senses with our Aroma Infused Massage, where pre-blended aromatherapy oils enhance every touch. This therapeutic treatment soothes your body, calms your mind, and invigorates your spirit.



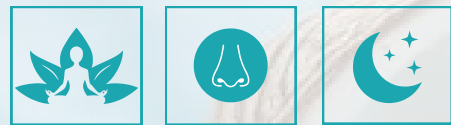
# MASSAGE

# Experiences

## Life Signature Massage

90min R1 280.00

Immerse yourself in the Life Signature Massage, a bespoke journey that combines expert techniques and unique tools tailored to you. This signature experience transcends the ordinary, blending massage modalities to perfectly address your needs, leaving you profoundly renewed and deeply relaxed.



## Bellabaci Cupping Massage

60min R960.00

Experience the Bellabaci Cupping Massage, a detoxifying treatment that combines traditional cupping with modern techniques. This unique massage boosts circulation, alleviates tension, and provides effective pain relief, leaving you refreshed and balanced.



## Shoulder Release Massage

45min R640.00

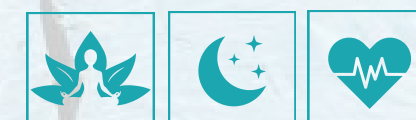
Unwind with the Shoulder Release Massage, a targeted treatment focusing on your back, neck, and shoulders. This specialized massage eases tension, relieves muscle stiffness, and promotes relaxation, helping you feel revitalized and at ease.



## Sole Relief Massage

30min R460.00

Experience the Sole Relief Massage, where expert techniques target key pressure points in your feet, easing tension and promoting deep relaxation. As each stroke soothes and revitalizes, your mind will unwind, leaving you in a state of pure tranquility and calm.



# Massage

## ENHANCERS

Enhance your massage experience with our bespoke enhancers, designed to elevate your relaxation and amplify the benefits of your treatment.

These tailored additions can be seamlessly integrated into any massage, allowing you to customize your journey toward ultimate well-being.

### CBD Oil

R190.00

Experience enhanced relaxation, known for its pain-relieving, sleep improving, and mood-enhancing properties, promoting overall wellbeing.



### Copaiba Oil

R190.00

Celebrated for its anti-inflammatory benefits that eases stress and alleviates burnout, providing profound relief and rejuvenation.



### Turmeric Oil

R190.00

Known for its potent antioxidant and immune-boosting properties, enhancing overall wellness and promoting a natural, invigorating balance.



### Hot Stones

R200.00

Known for their soothing heat that deeply relaxes muscles, relieves tension, and enhances circulation, offering profound comfort.



### Lava Shells

R240.00

Self-heating for a soothing, continuous warmth that deeply relaxes muscles, enhances circulation, and melts away tension, delivering a profoundly calming experience.



### Cupping

R200.00

Experience deep relief with cupping, a technique that uses suction cups to alleviate muscle tension, improve circulation, and enhance overall relaxation.





# What IS OUR BODY Therapy

Elevate your skin's radiance with our Body Therapy treatments. Indulge in luxurious body scrubs that exfoliate and polish, revealing a soft, luminous glow. Detoxifying therapies purify and renew, leaving you refreshed and revitalized. Experience the ultimate in skin rejuvenation and well-being.

# BODY *Therapy*

## Frangipani Body Scrub

45min R700.00

Experience the allure of the tropics with our Exotic Frangipani Salt Exfoliation. This revitalizing treatment blends mineral-rich salts with the hydrating essence of frangipani, gently polishing your skin to reveal a smooth, glowing complexion. Let the exotic fragrance transport you to paradise as your skin is left beautifully refreshed and radiantly soft.



## Body Refinement Therapy

75min R990.00

Experience the ultimate transformation with our Body Refinement Therapy, where every step is designed to sculpt, tone, and rejuvenate your body. Begin with invigorating dry body brushing to exfoliate and stimulate circulation, followed by a slimming massage that contours and refines. Conclude with a detoxifying body wrap that draws out impurities, leaving your skin smooth, firm, and revitalized.



# MOTHER-TO-BE

## *Experience*

Embrace the beauty of motherhood with our nurturing treatments designed specifically for expectant mothers. Each experience is crafted to provide deep relaxation, soothe tired muscles, and promote overall well-being for both mother and baby. Indulge in a serene escape that honors this special time, leaving you feeling balanced, rejuvenated, and beautifully supported on your journey to motherhood.

# MOMMY Moments

## Mother-to-be Massage

75min R880.00 from week 12 of pregnancy

Indulge in 75 minutes of pure serenity with our expertly crafted Mother-to-Be Massage. Designed with the utmost care for both mother and baby, this treatment ensures the highest level of safety and comfort. Our skilled therapists use gentle techniques to ease tension, soothe tired muscles, and nurture your body, creating a beautiful moment of relaxation. Enjoy this special time with your little one while indulging in a blissful experience tailored just for you.



## Mother-to-be Indulgence

3hrs R1 930.00 from week 12 of pregnancy

Pamper yourself with the ultimate in relaxation during this special time with our Mother-to-Be Indulgence package. Begin with a soothing 75-minute Mother-to-Be Massage, designed to ensure both mom and baby's safety and comfort. Enjoy a 30-minute On-the-Go Express Facial that leaves your skin radiant and refreshed. Complete your experience with our luxurious Diamond-Inspired Pedicure. A delicious lunch, valued at R180 per person, is also included, making this indulgent escape perfect for expecting moms.



A couple in white robes sitting at a table in a spa, holding hands and glasses of wine. The background is softly blurred, showing a warm, candlelit atmosphere. The man is on the left, looking towards the woman on the right. They are both smiling and appear to be in a relaxed, intimate setting.

# COUPLES

## *Experience*

Reignite the spark and create unforgettable memories with our Couples Experience, designed to bring you closer together in a serene and intimate setting. Immerse yourselves in a world of relaxation and connection as you indulge in synchronized massages, soothing aromatherapy, and luxurious treatments tailored for two. From candlelit ambiance to the gentle sounds of calming music, every detail is crafted to enhance your bond and ignite the romance. This is more than just a spa day - it's a journey of love and togetherness that will leave you both feeling cherished, refreshed, and deeply connected.

# COUPLES *Experience*

## Romantic Rasul



1hr 15min R2 270.00 per couple

Embark on an intimate journey with our Romantic Rasul for two. Share the indulgence of mineral-rich scrub and mud application, followed by a soothing steam and gentle rain shower. Delight in a romantic platter with champagne, and conclude with a 45-minute Shoulder Release Massage, leaving you both feeling deeply connected and refreshed.

## Lover's Escape



2hrs 30min R3 420.00 per couple

Experience pure bliss together with our Lover's Escape package. Begin with a 30-minute floatation therapy, where you'll drift into deep relaxation side by side. Continue your journey with a 60-minute Aroma-Infused Massage, as soothing essential oils melt away tension. Finish with a Timeless Classic Pedicure, leaving you both refreshed and revitalized. The perfect escape to reconnect and unwind in each other's company.

## Soulmate Serenity



2hrs R3 420.00 per couple

Embark on a journey of connection and relaxation with our Soulmate Serenity package. Begin with a 30-minute Rasul therapy, where you and your partner will indulge in self-exfoliation and mud application, washed away by a gentle rain shower and soothing steam. The experience continues with a luxurious 60-minute Soy Candle Massage, enveloping you both in warmth and tranquility. Finally, unwind with a 30-minute Sole Relief Foot Massage, leaving you both feeling rejuvenated and deeply connected.

Use of the couples room is included in all couples packages.



# EXPERIENCE *Our* *Wellbeing* SPA PACKAGES

At Life Day Spa, we understand that true wellbeing is achieved through the balance of body, mind, and spirit. Our Wellbeing Spa Packages are thoughtfully designed to align with our four pillars - stress reduction, wellbeing boost, burnout therapy, and sleep promotion. Each package is tailored to your personal goals, guiding you on a journey of rejuvenation and renewal. Whether you're taking a moment of "me time" or sharing the experience with friends, our spa packages offer the perfect escape to restore harmony and embrace a life of true wellbeing.

# Spa PACKAGES

## Tranquil Spa Getaway



2.5hrs R1 940.00 per person

Step into pure relaxation and the perfect escape. Begin with a calming 30-minute Hydro Wellness Floatation Session, allowing your body to drift into a state of weightless serenity. Next, indulge in a 60-minute Classic Glow Boost Renewal Facial, designed to refresh and hydrate, leaving your skin radiant. Complete your journey with a soothing 60-minute Timeless Massage using Swedish techniques that melt away tension.

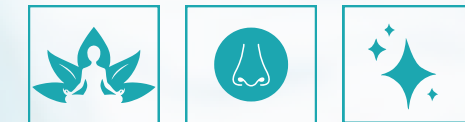
## Detox & Destress



2.5hrs R1 880.00 per person

Experience the ultimate in rejuvenation with our Detox and Destress package. Begin with a 60-minute Cupping Massage to release toxins and tension, followed by a 60-minute Deep Cleanse facial to purify and refresh your complexion. Conclude with a soothing 30-minute Sole Relief Foot Massage to leave you feeling completely revitalized from head to toe. The perfect escape to detoxify and unwind.

## Mindful Recharge



4.5hrs R2 830.00 per person

Unwind with the ultimate half-day retreat, starting with a 90-minute Life Signature Massage, using expert techniques from around the world. Enjoy a 60-minute Classic Glow Boost Renewal facial, leaving your skin refreshed and radiant. Finish with a luxurious 60-minute Timeless Manicure and Pedicure for a polished look. A delicious lunch valued at R180 is included, making this the perfect recharge for body, mind, and spirit.

## Wellbeing Oasis



3hrs R1 710.00 per person

Immerse yourself in the ultimate rejuvenation with our Wellbeing Oasis package. Begin with a 60-minute Timeless Massage, using soothing Swedish techniques to melt away tension and restore balance. Follow with a luxurious 60-minute Signature Diamond-Inspired Manicure and Pedicure, leaving your hands and feet smooth, radiant, and beautifully polished. A true oasis of relaxation and refinement.

# Spa PACKAGES

## Sleep Retreat



1.5hrs R1 370.00 per person

Drift into deep relaxation with our Sleep Retreat package. Begin with a 30-minute Hydro Wellness Floatation session, allowing your body to completely unwind. Follow with a soothing 60-minute Timeless Massage infused with CBD oil, designed to promote restful sleep and melt away tension. Perfect for those seeking the ultimate escape into peaceful slumber and restoration.

## Birthday Bash



3.5hrs R2 140.00 per person

Celebrate your special day with the ultimate pampering experience in our Birthday Bash package. Begin with a 30-minute Hydro Wellness Rasul session to relax and detoxify, followed by a soothing 60-minute Timeless Massage using Swedish techniques. Enjoy a luxurious 60-minute Timeless Manicure and Pedicure for a flawless finish. Top off your celebration with a delicious lunch valued at R180. A perfect indulgence for your birthday!

## Life's Journey



6hrs R4 060.00 per person

Indulge in the ultimate full-day escape with our luxurious package. Start with a 30-minute Hydro Wellness Floatation session, followed by a 45-minute Exotic Frangipani Salt Exfoliation to leave your skin radiant. Unwind with a 90-minute Life Signature Massage and revitalize your complexion with a Timeless Classic Facial. Complete the experience with a Diamond-Inspired Signature Manicure and Pedicure. A delicious lunch valued at R180 is included, making this day of indulgence truly unforgettable.

## Create Your Own

Enjoy tailored pricing with a special discount when selecting three or more 60 minute treatments.

Design a spa experience that's perfectly yours by selecting from our range of luxurious treatments. Tailor each element to your unique needs and indulge in a personalized journey of relaxation and rejuvenation.

A close-up photograph of a woman's face, smiling gently. Her hands are placed on her cheeks, framing her face. The background is a soft, out-of-focus light blue. The text is overlaid on the image.

# *The Best* OF SKIN – WELLNESS

Indulge in the unparalleled luxury of our skincare treatments, where every detail is meticulously crafted to offer you an experience that transcends the ordinary. Our treatments are not just about pampering—they are an essential ritual for maintaining radiant, youthful skin. Imagine your complexion bathed in the finest ingredients, expertly blended to nourish, hydrate, and rejuvenate.

# EXPERT SKIN *Wellness*

## On-the-Go Care



30min R530.00

Refresh your complexion in no time with our On-the-Go Care facial. This express treatment delivers a deep cleanse, gentle exfoliation, soothing massage, and revitalizing mask, leaving your skin radiant and rejuvenated, all in under an hour. Perfect for those with a busy schedule who still want to look and feel their best.

## Deep Cleanse



60min R660.00

Uncover fresh, revitalized skin with our Deep Cleanse treatment. This intensive facial purifies and detoxifies, removing impurities and excess oil while refining pores. Experience a deeply refreshing cleanse that leaves your complexion clear, balanced, and glowing.

## Classic Glow Boost Renewal

60min R820.00

Elevate your skin's radiance with our Classic Glow Boost Renewal facial. Choose from the renowned skincare brands Nimue, Babor, or Optiphi, each offering a tailored experience to refresh, hydrate, and rejuvenate your complexion. This treatment deeply nourishes and revitalizes, leaving your skin glowing with health and vitality. Embrace timeless beauty with a facial designed to enhance your natural glow.



# The Best SKIN RESURFACING

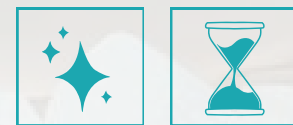
## Rejuvenation Peel



60min R880.00

Discover the perfect introduction to skin peels with our Rejuvenation Peel. This glycolic acid treatment smooths texture, evens tone, and targets hyperpigmentation and early signs of aging. Ideal for those new to peels, it revitalizes your complexion, revealing a fresh, youthful glow.

## 30 | 30 Peel



60min R950.00

Step up your skincare routine with the 30|30 Peel, designed for those familiar with peels. This advanced treatment combines 30% Glycolic Acid, 30% Ascorbic Acid, and Glycyrrhetic Acid to target inflammation, sun damage, pigmentation, and boost collagen production. Experience deeper rejuvenation and a brighter, more even complexion.

## Retinol Peel



30min R970.00 | 60min R1 330.00

Transform your skin with the Retinol Peel, a powerful treatment designed to improve everything from fine lines to acne scars. Using advanced Retinol technology, this peel is ideal for those dealing with signs of aging, acne, or uneven skin tone, it delivers noticeable results for a smoother, clearer, and more youthful complexion.

## Microneedling



Face Only | Face & Neck | Face, Neck & Decollete  
R1 070.00 | R1 210.00 | R1 810.00

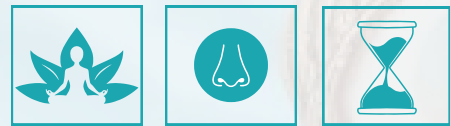
Experience the rejuvenating power of Microneedling, a treatment that stimulates collagen production to smooth fine lines, reduce scars, and even out skin tone. Tiny micro needles create micro-channels in the skin, encouraging natural healing and renewal. The result is a firmer, more radiant complexion that looks refreshed and revitalized.

# Skin LUXURY

## Signature Age-Defying Vitality Facial

90min R1 800.00

Indulge in the ultimate expression of luxury with the Babor Signature Facial. Rooted in Babor's philosophy of precision skincare, this treatment combines advanced science with exquisite rituals to deliver unparalleled results. Tailored to your skin's unique needs, it revitalizes, hydrates, and enhances your complexion, leaving you with a luminous glow that reflects true beauty.



## Plump & Perfect Lip Treatment

20min R200.00

Give your lips the ultimate boost with our Plump & Perfect Lip Treatment. This luxurious treatment combines exfoliation, hydration, and a specialized plumping formula to smooth, soften, and enhance your lips, leaving them irresistibly full and perfectly defined. Ideal for those looking for a rejuvenated, luscious pout.



## Life Signature Glass Skin Facial

75min R1 290.00

Achieve instant dewy, glass-like skin with our Life Signature Glass Skin Facial, a luxurious treatment that delivers immediate radiance. Combining the soothing touch of Rose Quartz Gua Sha, precision rollers, and advanced LED light technology, this facial enhances your skin's moisture levels, leaving it plump, smooth, and luminous. Experience the K-Beauty trend firsthand with a complexion that glows with clarity and youthful vitality.



## Dermaplaning

R280.00

Dermaplaning softly exfoliates the skin, removing dead cells and peach fuzz, revealing a smoother, more radiant complexion.



## Eyebrow & Lash Tint

R170.00 per area

Eyebrow and lash tinting adds depth and definition, enhancing your natural beauty with rich, long-lasting color.



## Facial Waxing

From R150.00

Facial waxing targets individual areas, including eyebrows, chin, cheeks, and lips, to remove unwanted hair and leave your skin smooth and effortlessly refined.



## Skin Supplements

From R160.00

Advanced skin supplements, featuring high-performance ampoules, deliver targeted nutrients for personalized results, elevating your skincare to a new level of radiance and rejuvenation.



## Advanced Masks

From R150.00

Elevate your facial with our advanced mask treatment, designed to deeply nourish and rejuvenate your skin for an enhanced, luminous glow.



## Advanced Eye Treatment

R150.00

Revitalize your eyes with our advanced treatment featuring COSRX Advanced Snail Hydrogel Eye Patches, which deeply hydrate and smooth, reducing signs of fatigue for a refreshed and radiant look.



# Skin Care

## ENHANCEMENTS

Elevate your skin treatment with our thoughtfully curated Skincare Enhancements, offering an exquisite touch that perfects and personalizes your experience.

From precision treatments to nourishing boosts, these enhancements are the key to unlocking the full potential of your skin, bringing out its most radiant and refined state.

A person's hands and feet are being treated in a spa setting. The hands are being massaged by a therapist's hands, and the feet are being treated with a white cream. The background is a soft, out-of-focus blue and white, with a lit candle and a glass jar of cream visible.

# HANDS & FEET

## *Experience*

Discover the ultimate in relaxation with our Hands & Feet Experiences, where luxurious manicures and pedicures meet exceptional care. Our treatments are crafted to refresh, rejuvenate, and beautify, offering an exquisite escape for your hands and feet. From revitalizing scrubs to indulgent massages, experience the height of elegance and comfort with every touch.



# HANDS *Spoil*

## On-the-Go Nail Express

Natural	Polish	Gel	French
R280.00	R290.00	R320.00	R350.00

Perfect for your fast-paced lifestyle, this swift treatment offers expert cuticle care, precise nail shaping, and gentle buffing, ensuring polished results with minimal time investment.

## Signature Diamond Manicure

Natural	Polish	Gel	French
R500.00	R510.00	R550.00	R580.00

Inspired by diamond dust, our Signature Diamond Manicure combines a luxurious hand massage with a treatment that leaves your skin smooth and radiant. Experience a manicure that not only beautifies your nails but also indulges your senses.

## Timeless Manicure

Natural	Polish	Gel	French
R410.00	R420.00	R450.00	R480.00

Embrace the elegance of our Classic Manicure, where a revitalizing fizz ball soak, expert cuticle care, and a soothing hand massage come together to deliver beautifully refined hands. This luxurious treatment leaves your skin smooth and your nails perfectly polished.

# NAIL *Elegance*

## Acrylic Nails



Acrylic Nails offer a durable and stylish option, creating a strong, sculpted finish that enhances the length and shape of your natural nails for a chic, polished look.

### Tips

Natural R570.00 | Polish R580.00 | Gel R590.00 | French R600.00

### Overlay

Natural R480.00 | Polish R520.00 | Gel R550.00 | French R560.00

### Buff & Fill

Natural R400.00 | Polish R420.00 | Gel R450.00 | French R490.00

### Soak Off

R110.00

## Full Cover Tips with Gel



R650.00

Transform your nails with Full Cover Tips and Gel, providing a flawless, natural-looking finish with added strength and durability for a lasting, elegant look.

## Nail Art

R40.00 per nail

Express your unique style with custom Nail Art, adding a creative, elegant touch to your manicure. From delicate designs to bold statements, each detail enhances your nails with artistry and flair.



## IBX Nail Repair Treatment

R170.00

Strengthen and repair weak or damaged nails with our IBX Nail Repair Treatment. This intense treatment improves nail integrity, promotes natural nail growth, and acts as a protective shield under gel polish, ensuring your nails stay healthy and resilient. Ideal for restoring thin or damaged nails.



## Soak Off

R130.00

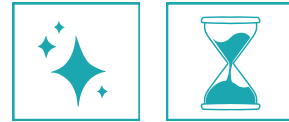
Gently remove old polish or gel with our Soak Off treatment, leaving your nails clean, smooth, and ready for your next flawless manicure. Perfect for maintaining the health and beauty of your natural nails.



## Hydra-Infusion Hand Softening Treatment

R240.00

Indulge your hands in the ultimate hydration with our Hydra-Infusion Hand Softening Treatment. This waterless treatment, enriched with macadamia and coconut oils, vitamin E, and shea butter, delivers the same deeply nourishing and softening effect as a paraffin manicure, leaving even the driest skin feeling silky smooth and rejuvenated.



# Hand & Nail

## ENHANCEMENTS

Elevate your manicure experience with our Hand & Nail Enhancements, designed to perfect and refine every detail.

Each enhancement is crafted to leave your hands beautifully polished and pampered.

Discover the finishing touches that makes your manicure truly exceptional.

# FEET *Spoil*

## On-the-Go Feet Express

Natural	Polish	Gel	French
R290.00	R300.00	R350.00	R380.00

Perfect for your fast-paced lifestyle, this swift treatment offers expert cuticle care, precise nail shaping, and gentle buffing, ensuring polished results with minimal time investment.



## Timeless Pedicure

Natural	Polish	Gel	French
R430.00	R440.00	R480.00	R490.00

Embrace the elegance of our Classic Pedicure, where a refreshing soak, expert cuticle care, and a soothing foot massage come together to deliver beautifully refined feet. This luxurious treatment leaves your skin silky smooth and your nails perfectly polished, capturing timeless beauty.



## Signature Diamond Pedicure

Natural	Polish	Gel	French
R530.00	R540.00	R570.00	R600.00

Inspired by diamond dust, our Signature Diamond Pedicure combines a luxurious foot massage with a treatment that leaves your skin soft and radiant. Experience a pedicure that not only beautifies your feet but also indulges your senses, capturing the timeless elegance of diamonds.



## Medi Pedi Upgrade

R220.00

Enhance your pedicure with our Medi Pedi Upgrade, a specialized treatment designed to target and treat specific foot concerns. This upgrade offers advanced care for your feet, leaving them feeling refreshed, revitalized, and perfectly polished. Ideal for those seeking extra attention to foot health and wellbeing.



## Nail Art

R40.00 per nail

Express your unique style with custom Nail Art, adding a creative, elegant touch to your pedicure. From delicate designs to bold statements, each detail enhances your nails with artistry and flair.



## IBX Nail Repair Treatment

R170.00

Strengthen and repair weak or damaged nails with our IBX Nail Repair Treatment. This intense treatment improves nail integrity, promotes natural nail growth, and acts as a protective shield under gel polish, ensuring your nails stay healthy and resilient. Ideal for restoring thin or damaged nails.



## Soak Off

R130.00

Gently remove old polish or gel with our Soak Off treatment, leaving your nails clean, smooth, and ready for your next flawless pedicure. Perfect for maintaining the health and beauty of your natural nails.



## Hydra-Infusion Foot Softening Treatment

R240.00

Indulge your feet in the ultimate hydration with our Hydra-Infusion Foot Softening Treatment. This waterless treatment, enriched with macadamia and coconut oils, vitamin E, and shea butter, delivers the same deeply nourishing and softening effect as a paraffin pedicure, leaving even the driest skin feeling silky smooth and rejuvenated.



# Feet

## ENHANCEMENTS

Elevate your pedicure experience with our Feet Enhancements, designed to perfect and refine every detail.

Each enhancement is crafted to leave your feet beautifully polished and pampered.

Discover the finishing touches that makes your pedicure truly exceptional.





# WAXING *And* GROOMING

Discover our premium waxing and grooming services, tailored to give you smooth, flawless skin and a refreshed appearance. Our expert technicians use high-quality, gentle products to ensure a comfortable and precise experience, whether you're looking for a quick touch-up or a complete grooming session. We offer a range of services for both men and women, including eyebrow shaping, facial waxing, body hair removal, and more.

# Smooth WAXING

## Glow Below Treatment

Intimate Rejuvenation R410.00 | Intimate Brightening R410.00

Experience our Glow Below Vajacial, designed to pamper your most delicate skin. Choose Brightening to even skin tone or Rejuvenation to hydrate and renew, leaving you refreshed and radiant.

## Flawless Face Waxing

Lip R150.00 | Chin R150.00 | Brows R150.00  
Cheek R150.00 | Full Face R290.00

Achieve a smooth, radiant complexion with our expert face waxing services, tailored to perfect every feature.

## Intimate Waxing

Hollywood R410.00 | Bikini R300.00 | Buttocks R300.00

Feel confident and flawless with our gentle, precision waxing for your most intimate areas.

## Silky Body Waxing

Underarm R200.00 | Half Arm R250.00 | Full Arm R330.00  
Half Back R310.00 | Chest R310.00 | Abdomen R220.00  
Half Leg R310.00 | 3/4 Leg R330.00 | Full Leg/Back R400.00

Experience irresistibly smooth skin from head to toe with our luxurious body waxing treatments.

A couple is walking away from the camera on a wooden deck. The woman is on the left, wearing a white dress, and the man is on the right, wearing a white shirt and light-colored pants. They are walking towards a large blue rectangular area that serves as a background for the text. The overall scene is bright and serene, with a pool of water visible in the foreground and background.

# L i F E

DAY SPA

WESTRAND  
SILVERSTAR CASINO

## EXCLUSIVE AT OUR SPA

Experience enhanced beauty and wellbeing with treatments available exclusively at Life Day Spa Westrand. Each offering has been carefully crafted to deliver exceptional results, focusing on elevating your natural radiance and restoring balance. Indulge in these unique treatments, designed to provide the ultimate in beauty and wellness, only at our Westrand location.

# Exclusive TREATMENTS

## Lashes

Elevate your look with our luxurious lash treatments, enhancing length, volume, and definition for a naturally glamorous appearance. Whether for a subtle lift or dramatic fullness, your eyes will be beautifully framed and captivating.

### Classic

new set R550.00 | 2 week fill R350.00 | 3 week fill R450.00

A timeless, elegant look with beautifully defined length and volume. Perfect for everyday wear.

### Hybrid

new set R750.00 | 2 week fill R400.00 | 3 week fill R450.00

Perfect balance of volume and definition for a fuller, more textured lash look. Ideal for those seeking added drama with a natural finish.

### Volume

new set R700.00 | 2 week fill R450.00 | 3 week fill R500.00

Achieve bold, dramatic lashes with our Volume Lashes, adding fullness and depth for a striking, glamorous look.

### Mega Volume

new set R850.00 | 2 week fill R500.00 | 3 week fill R550.00

For the ultimate lash drama, delivers intense fullness and boldness, creating a striking, show-stopping look.

### Lash Lift

lift R600.00 | lift & tint R660.00

Enhance your natural lashes with a Lash Lift, giving them a beautiful, long-lasting curl and lift for a naturally eye-opening effect without the need for extensions.

### Lash Removal

R180.00

# Exclusive TREATMENTS

## Brow Lamination

R600.00 | add tint R60.00

Brow Lamination is the perfect solution for achieving fuller, more defined brows. This treatment smooths and lifts the brow hairs into place, creating a uniform, polished look. Ideal for taming unruly brows or achieving a sleek, well-groomed appearance, brow lamination gives you beautifully shaped, long-lasting results.

## Spray Tan

with exfoliation R690.00 | without exfoliation R520.00

Achieve a flawless, sun-kissed glow with our custom spray tan. For the best results, add an exfoliation to prepare your skin, ensuring an even and long-lasting tan. Whether you choose the exfoliation or go straight to the tan, you'll enjoy a radiant, streak-free finish that enhances your natural beauty.

# Exclusive TREATMENTS

## Permanent Makeup - Eyebrows

Achieve perfectly shaped, long-lasting brows with our permanent makeup treatments. Expertly applied to enhance your natural brow shape, this treatment offers effortless definition, giving you beautifully groomed eyebrows every day.

### Microblading

R2 300.00 | 6 week follow-up R1 050.00

Achieve naturally defined, fuller brows with microblading. This semi-permanent technique uses fine, hair-like strokes to enhance your brow shape, delivering beautiful, long-lasting results that blend seamlessly with your natural brows.

### Ombre

R2 300.00 | 6 week follow-up R2 300.00

Create soft, gradient brows with our Ombre Permanent Brows treatment. This semi-permanent technique delivers a natural, powdery finish that transitions from lighter to darker, giving your brows a fuller, more defined look with long-lasting results. Perfect for a subtle, polished appearance.

### Hybrid

R1 050.00 | 6 week follow-up R2 300.00

Get the best of both worlds with our Hybrid Brows, a combination of Ombre shading and Microblading. This technique blends soft, powdery shading with precise, hair-like strokes, creating full, defined brows with a natural yet polished look.

### Annual Refresher

R2 300.00

Keep your permanent brows looking fresh and flawless with our Annual Refresher, designed to maintain their shape and color for long-lasting beauty.

# Exclusive TREATMENTS

## Permanent Makeup – Lips

Enhance your natural lip shape and color with our permanent makeup for lips. This treatment delivers long-lasting definition and a beautifully polished look, giving you effortlessly fuller, more vibrant lips every day.

### Lip Liner

R2 000.00 | 6 week follow-up R950.00

Define and enhance the shape of your lips with our permanent Lip Liner treatment. This precise technique provides long-lasting contour and a naturally fuller appearance, giving your lips beautifully defined edges that complement your natural beauty.

### Nano Blush

R2 000.00 | 6 week follow-up R1 150.00

Achieve a soft, natural flush of color with our Nano Blush treatment. This technique enhances your lips with a subtle, rosy hue, adding vibrancy and a naturally radiant look. Perfect for those seeking a gentle, long-lasting lip tint.

### Nano Solid

R3 000.00 | 6 week follow-up R1 150.00

For bold, defined lips, our Nano Solid treatment offers full coverage with a rich, long-lasting color. This technique creates a beautifully enhanced, vibrant look that stays flawless throughout the day. Perfect for those seeking a striking, all-day lip color.

### Annual Refresher

R2 200.00

Keep your permanent lips looking fresh and flawless with our Annual Refresher, designed to maintain their shape and color for long-lasting beauty.

# Exclusive TREATMENTS

## Permanent Makeup - Eyeliner

Enhance your eyes with our permanent eyeliner treatment, designed to create beautifully defined lines that last. Whether you prefer a subtle, natural look or bold definition, this long-lasting treatment provides effortless, smudge-proof eyeliner for perfect eyes every day.

### Top & Bottom Lash Line

R2 500.00 | 6 week follow-up R1 050.00

Enhance the shape and definition of your eyes with permanent eyeliner on both the top and bottom lash lines. This treatment delivers long-lasting, smudge-proof results, giving your eyes a beautifully framed, polished look all day, every day.

### Top Lash Line

R1 350.00 | 6 week follow-up R900.00

Define your eyes with precision using permanent eyeliner on the top lash line. This treatment enhances the natural beauty of your eyes with long-lasting, smudge-proof results, giving you a perfectly polished look with minimal effort.

### Bottom Lash Line

R1 350.00 | 6 week follow-up R900.00

Subtly enhance your eyes with permanent eyeliner on the bottom lash line. This treatment adds soft, long-lasting definition, creating a naturally polished look that beautifully frames your eyes.

### Annual Refresher

R 1 100.00

Keep your permanent eyeliner looking fresh and flawless with our Annual Refresher, designed to maintain shape and color for long-lasting beauty.

A couple is walking away from the camera on a wooden deck. The woman is on the left, wearing a white dress, and the man is on the right, wearing a white shirt and light-colored pants. They are walking towards a large, light blue rectangular area in the background. The scene is set outdoors, with a swimming pool visible in the foreground and a building in the background. The overall atmosphere is serene and luxurious.

# Spa Membership

## THE PATH TO ULTIMATE WELLBEING

Discover the pinnacle of relaxation and rejuvenation with our exclusive membership tiers, each designed to support your journey through our four pillars: Stress Reduction, Wellbeing Boost, Burnout Therapy, and Sleep Promotion. Choose the membership that best aligns with your lifestyle and enjoy unparalleled access to luxurious treatments and wellness experiences.

# WHY CHOOSE A



# Membership

**FREE  
Treatments**

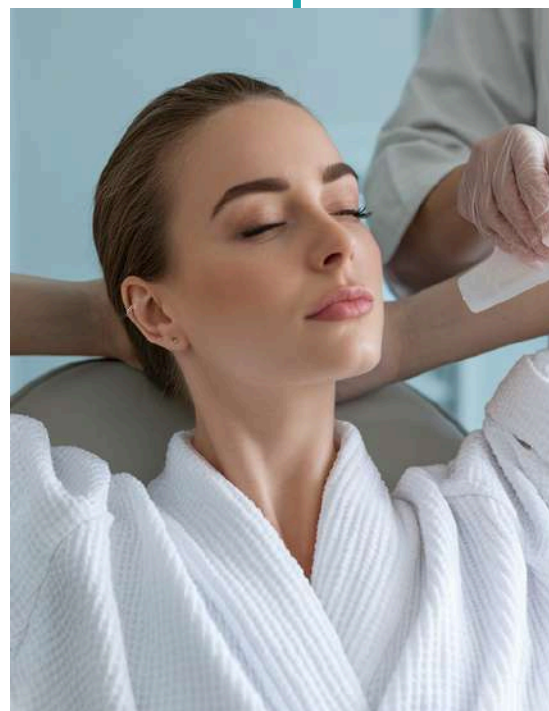
**Treat your  
Friends  
on your  
account**

**Gift  
Vouchers  
On Your  
Account**

**24 months  
Unlimited  
Access**

**Corporate  
Gifting, reward  
employees or  
impress your  
clients**

**24 months to  
utilize your  
membership  
credit at your  
convenience**



# Membership TIERs



## Tranquility Membership

R10,000 | Includes R1,000 additional treatment value



## Harmony Membership

R15,000 | Includes R1,500 additional treatment value



## Serenity Membership

R20,000 | Includes R2,500 additional treatment value



## Euphoria Membership

R30,000 | Includes R4,500 additional treatment value

# TERMS *And* CONDITIONS

## CANCELLATION POLICY

- Cancellations made 24 hours or more before your appointment will incur no charge.
- For cancellations made less than 24 hours in advance, 100% of the service will be charged.
- No-shows will be charged at 100% of the service price.
- Group bookings require a 7-day notice for cancellation, or a 100% cancellation fee will apply.

## PAYMENT POLICY

- 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.

## LATE ARRIVALS POLICY

- Late arrivals will result in a shortened treatment time, but the full treatment price will still apply.

***To ensure a peaceful and luxurious experience for all our guests, we kindly request the following:***

- Please bring your bathing suit to enjoy the spa facilities.
- Our spa is unisex, and we welcome guests of all genders, but no children under 16 years are allowed.
- For the comfort of others, cell phones should be set to silent during your visit.
- Kindly arrive 20 minutes prior to your scheduled treatment to complete your consultation card and enjoy the full experience.
- Late arrivals may result in a shortened treatment time to accommodate the next guest.
- We cannot be held responsible for any loss, theft, or damage to personal belongings, so please take care of your valuables.
- Due to load-shedding, some facilities may not be available during your visit.

A graphic featuring a seashell filled with light blue bath salts. The word "Spa" is written in a teal cursive font above the shell, and the word "ETIQUETTE" is written in a black serif font across the middle of the shell.

*Spa*  
ETIQUETTE

***Thank you for your understanding and cooperation in making our spa a sanctuary of serenity.***

## Fourways

2 Design Quarter District,  
Leslie Ave East, Fourways

Phone: 011 465 7777  
Whatsapp: 062 465 7777

info@lifedayspafws.co.za

## Rosebank

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Johannesburg

Phone: 011 447 2255  
Whatsapp: 084 923 9618

info@lifedaysparsb.co.za

## Sandton

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Place, Sandhurst, Sandton

Phone: 010 594 5393  
Whatsapp: 010 594 5393

info@lifedayspasandton.co.za

## Waterfall

Magwa Cres, Waterfall  
City, Midrand

Phone: 010 753 1049  
Whatsapp: 069 709 6968

info@lifedayspawfall.co.za

## West Rand

Silverstar Casino, 14 Falls  
Road, Mogale City, Krugersdorp

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Whatsapp: 073 014 5159

info@lifedayspasilverstar.co.za

## Pretoria

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687 Silverlakes Road,  
Hazeldean 2400

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WhatsApp: +27 66 024  
2471

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## Octavias

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Emperors Palace, 64 Jones  
Road, Kempton Park

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Whatsapp: 082 287 1878

lifedayspa@octavias.co.za

## Aspen Hills

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Business Park, 6 Rodeo Drive,  
Johannesburg South

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Whatsapp: 010 900 4296

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## Waterfront

The Pavillion, Ground Floor,  
Cnr Portswood & Dock Rd,  
Waterfront, Cape Town

Phone: 021 180 4772  
Whatsapp: 076 649 8450

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## Century City

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Riato Road, Century City,  
Cape Town

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Whatsapp: 072 234 3708

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## Windhoek

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Jonker Rd, Klein Windhoek,  
Windhoek, Namibia

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Visit Our  
Website



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DAY SPA BABY

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AESTHETICS  
HAIR RESTORATION

**L i F E**

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*Your Journey Awaits*