



°soulstice
day spa • pretoria

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LOYALTY PROGRAMME

We proudly present “Loyalty at Soulstice”, a 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. Ask our guest relations team how you can join our programme.

YOUR TICKET **TO BLISS...**



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

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

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

CORPORATE OFFERINGS

- 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.

(SPA)RTY

TIME FOR A (SPA)RTY?

Enjoy your spa treatments in the company of your friends in our stylish spa lounge. Perfect for hens parties, baby showers, team buildings and girls / guys day out.

COMPLIMENTARY SPA FACILITIES

These facilities are offered complimentary with every treatment booked. For the use of only the spa facilities with no additional treatments, a surcharge of R290 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.

SAUNA

Enter our sauna to rid your body of toxins. The hot, dimly lit environment and smell of wood is sure to make your experience all the more pleasurable.

SWISS SHOWER

The body is overwhelmed by 5 jets that massage simultaneously with warm water. With the touch of a button, the body is invigorated by a cool waterfall.

INDOOR HEATED SPA POOL (Air Jet 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.

OUTDOOR SWIMMING POOL

A cool and refreshing outdoor pool should you wish to relax and unwind close to nature.

ADDITIONAL SPA FACILITIES

FLOATATION THERAPY

- SUSPENDING GRAVITY

30 mins - R290 pp

People have a deep psychological and physical desire to escape from gravity's relentless pull. Go back to a time and place where your body was enveloped by nothing but water. 30 minutes in our Floatation bath equates to 4 hours of undisturbed sleep. Allow your body to become weightless, relieving skeletal tension and induce a deep state of physical and mental relaxation.

RASUL CHAMBER

30 mins - R390 pp

Based on the traditional Turkish bath, this self-exfoliating and cleansing ritual uses pure natural 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.

The Rasul Chamber can accommodate up to 8 people at a time.

TOGETHER

LUXURY EXECUTIVE COUPLES SUITE

R510

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 sparkling wine and snacking on fresh fruit whilst you enjoy the opulence of your own private jetted spa bath. The ultimate in romance!

ROMANTIC RASUL FOR TWO

30 mins - R650 per couple

Enjoy the exotic chamber with the one you love.

TRANQUILLITY FOR TWO

60 mins - R1140 per couple

Combine the Floatation experience with the Middle Eastern Mud Ritual for an unforgettable couples experience.

SPA PACKAGES

ON THE GO

1.5 hours - R700

- Express Manicure
- Express Pedicure
- Back Neck & Shoulder Massage or Express Facial
- Add 1 hour for spa facility use

EXECUTIVE RETREAT

1.5 hours - R890

- Floatation therapy - 30 minutes
- Swedish massage
- Add on 1 hour for spa facility use

BODY REVIVAL JOURNEY

1.5 hours - R1090

- Float therapy - 30 minutes
- Rasul - 30 minutes
- Soy candle massage - 30 minutes
- Add on an hour to use spa facilities

HOT STONE HEAVEN

3.5 hours - R1760

- A full body exfoliation
- Hot stone massage
- Signature manicure
- Signature pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

DAY TIME DELIGHT

3.5 hours - R1880

- Rasul Chamber
- Swedish Massage
- Classic Facial
- Classic Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

SPA PACKAGES cont.

TOP TO TOE

4 hours (half day package) - R1890

- Full body Swedish massage
- Facial - 60 minutes
- Signature manicure
- Signature pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

TOGETHERNESS JOURNEY (COUPLES)

3.5 hours - R2180 per person | R4360 per couple

This “togetherness package” is designed for you to share intimate space and time

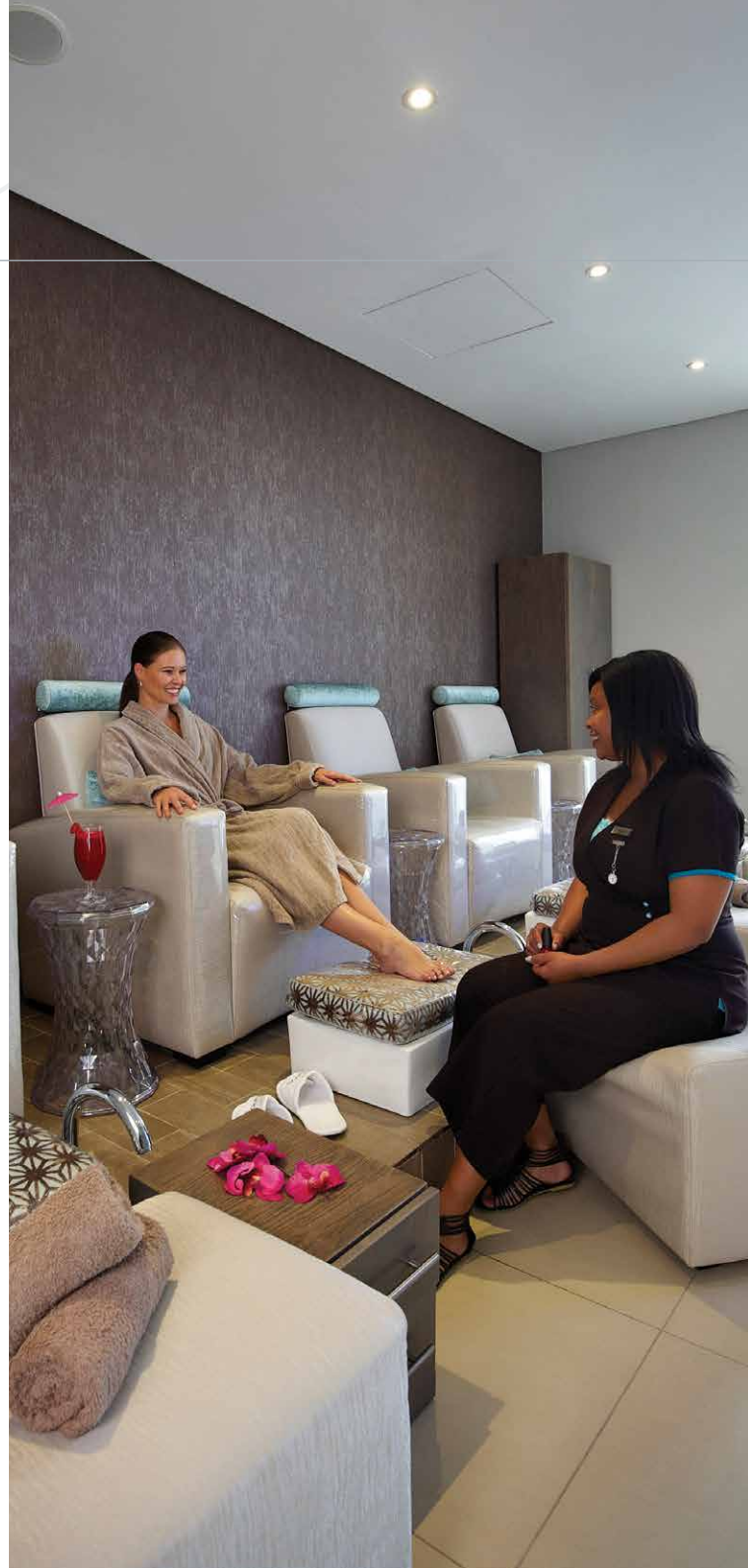
- A full body exfoliation
- Therapeutic wrap
- Signature massage - universal ceremony - 90 minutes
- Facial - 60 minutes
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

THE SPAS OF DISTINCTION JOURNEY

5.5 hours (full day package) - R2970

- Exfoliation
- Therapeutic wrap
- Candle massage
- Facial - 90 minutes
- Signature manicure
- Signature pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

Guests are welcome to use the sauna, steam room, indoor heated jet pool, outdoor pool and Swiss shower at no additional cost. The time allocated per package does not include time for facility use and lunch. An estimated time of 2 hours needs to be added for this.





SKINCARE & FACIALS

THE CLASSIC ESSENTIAL FACIAL

A deep cleanse, followed by a gentle exfoliation. A face, neck and shoulder massage releases and eases tension, whilst a mask and nutritional boosters or serums restore your skin.

- Nimue Therapeutic Facial - [R550](#)
- Optiphi Classic Facial - [R550](#)
- Babor Classic Facial - [R650](#)
- La Prairie Swiss Crystal Facial - [R990](#)

RADIANCE BOOSTER FACIAL

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

- La Prairie 60 minutes - [R1190](#)
- Babor 60 minutes - [R890](#)

SKIN REJUVENATION PEEL

A rejuvenating peel with a difference. Experience true skin rejuvenation results without the nasty side effects generally associated with peeling. The 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. No down time... can be used even on sensitive skin. Unlike other peels, this will stimulate skin growth and makes your skin thicker and robust. Results driven facial!

- Optiphi 30 minutes - [R520](#)
- Optiphi 60 minutes - [R720](#)
- Nimue 60 minutes - [R690](#)

SKINCARE & FACIALS cont.

FOR MEN

MICRONEEDLING TREATMENT

60 minutes - R750

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. The roller consists of very fine 1mm needles. Multiple treatments are required to achieve the desired result as the treatments have a cumulative effect. Assists with thickening of thin skin, acne scarring, fine lines and wrinkles and pigmentation.

TOTAL YOUTH REGENERATING FACIAL

90 minutes

Brighten and energise your skin. Your results would be a smoother, radiant and vibrantly alive skin. Delays premature ageing, re-texturises, renews and firms while treating lines and wrinkles. Environmental protection, treats hormonal shifts and defends against dehydration.

- Nimue Rejuvenating Facial - [R690](#)
- Optiphi Royale Facial - [R790](#)
- Babor Advance luxurious Facial - [R1190](#)
- La Prairie Cellular Hydrating / Anti - Ageing Treatment - [R1390](#)
- La Prairie Caviar Firming / Pure Gold Radiance Facial - [R1390](#)

ADD-ON OUR EYE FOCUS TREATMENT

R150

Incorporate this cooling protein eye pack for tired stressed eyes, and eliminates puffiness, dark circles and wrinkles to instantly soothe and rejuvenate.

MENS CLASSIC FACIAL

60 minutes

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

- Nimue - [R550](#)
- Optiphi - [R550](#)
- Babor - [R650](#)
- La Prairie - [R1190](#)

MENS ADVANCE FACIAL

90 minutes

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. Eliminates congestion and skin impurities to reveal younger, fresher-looking skin.

- Nimue - [R690](#)
- Optiphi - [R790](#)
- Babor - [R1190](#)
- La Prairie - [R1390](#)

MASSAGE

BACK, NECK & SHOULDER MASSAGE

30 minutes - R370 | 45 minutes - R490

REFLEXOLOGY

30 minutes - R370 | 45 minutes - R490

This is an ancient treatment that focuses on the nerve locations on your feet to treat the entire body. It is a relaxing pressure-point foot massage that balances the body to re-establish your energy and healing flows that relieve stress and restores harmony.

SOLE REVIVAL FOOT MASSAGE

30 minutes - R370

A relaxing foot massage to relieve tension in the feet and lower legs. This de-stressing treatment involves a foot ritual with a soak and scrub followed by a soothing pressure point massage to ease tired legs and feet.

SCALP, NECK & SHOULDER MASSAGE

30 minutes - R370

SWEDISH MASSAGE

60 minutes - R590

LOMI LOMI MASSAGE

60 minutes - R650

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

HOT STONE THERAPY

60 minutes - R650

Using heated lava stones, muscles are gently heated to expand and relax, allowing a deeper massage into the core of the muscle.

AROMATHERAPY MASSAGE

60 minutes - R650

Using a blend of fragrant aromatic oils to relax or re-energise the body, Total relaxation of the mind and body, whilst stimulating the lymphatic system and uplifting your spirit.

DEEP TISSUE MASSAGE

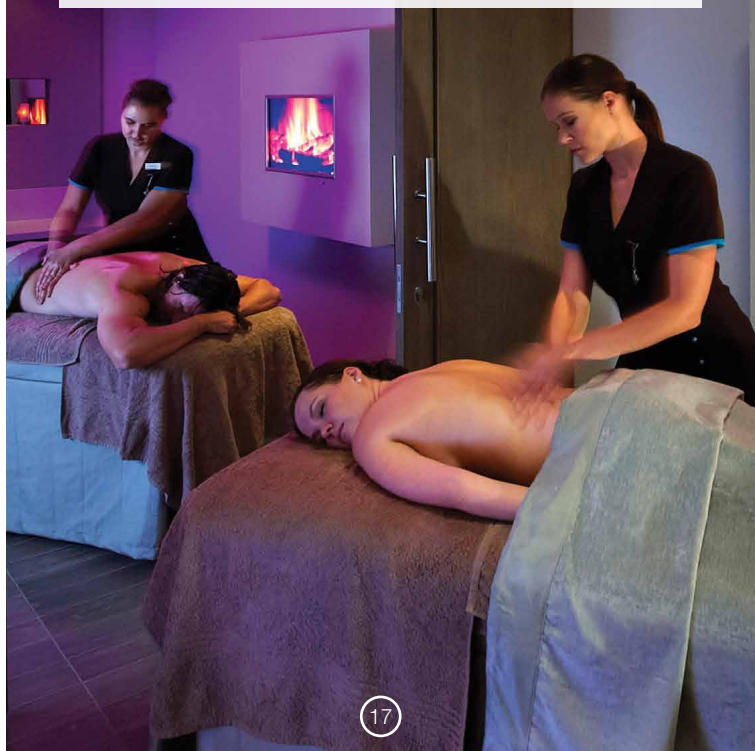
60 minutes - R650

A 60 minute intense massage that works core deep for people requiring extra pressure in massage techniques applied.

MOTHER-TO-BE MASSAGE

60 minutes - R650

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



MASSAGE cont.

LUXURIOUS CANDLE MASSAGE

60 minutes - R690

When lit, the massage candle melts into a warm sumptuous massage oil. This warm oil of natural butters can then be poured over the skin for a luxurious massage treatment to melt away tension, and delicately nourish the skin. Take the candle home to extend your spa journey.

FOUR SEASONS MASSAGE JOURNEY

60 minutes - R750

This full body layer locking massage incorporating exfoliation, serum, body butter and a soy candle. Like Autumn, your skin will be sloughed to prepare it for nourishment. Spring will add moisture to the skin with a nourishing serum (Like rain hydrating the earth), followed by Summer, allowing your skin to glow radiantly. Winter, protect your skin from natural elements with a barrier from a soy massage candle that melts into a warm sumptuous massage oil poured over the skin for a luxurious massage treatment to melt away tension. Take the four seasons pack home to extend your spa journey.

UNIVERSAL CEREMONY

90 minutes - R860

A signature massage created using various international touches and techniques for the massage connoisseur who enjoys pure massage and touch therapy. Ease away muscular aches and tension by improving circulation and stimulation.

BODY TREATMENTS

BODY EXFOLIATION

30 minutes - R290

Invigorate your skin with a full body exfoliation, eliminating excess surface skin cells. Your skin is left soft, nourished and ready to absorb nutrients.

DETOXING AROMA SPA WRAP

1h 15 minutes - R790

Let thoughts drift away, whilst being cocooned and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention.

INDULGENT CHOCOLATE WRAP

60 minutes - R650

Chocolate Lovers beware! This is a royal treat for the skin, a moisturizing and conditioning formulation. This hydrating boosting wrap also contains antioxidants which help to refresh and nourish the skin. Your body will be polished with a Chocolate soufflé scrub finishing up with an amazing aroma of chocolates, while your body is wrapped.

SPRAY TAN

Expect to receive a tan that will last even longer. Your deep flawless tan can be achieved in just 20 minutes and lasts for up to a week. You're guaranteed to receive the following benefits: It won't turn orange or drip and it's proven to be more effective than conventional 'spray booths'.

- **Without exfoliation:** R350
- **With exfoliation** (Recommended to prolong your tan): R590



**SLIMMING, DETOX, CELLULITE, FIRMING,
TONING & LIFTING**

60 minutes - R890

A body and figure corrective treatment for both men and women. It targets cellulite, fat, burns calories, enhances weight loss, slims, firms and tones producing visible long lasting results. It is packed full of essential oils, plant and algae extracts, resulting in a wide range of additional therapeutic benefits. The active essential oils results in detoxifying and water retention reduction, whilst treating stretch marks and varicose veins. Centimetre loss is visible from your first treatment but varies from person to person. Not for the faint hearted, as this is a very effective treatment!

BLISSFUL BASIC - HANDS & FEET

CLASSIC MANICURE

60 minutes - R270

CLASSIC PEDICURE

60 minutes - R290

SIGNATURE MANICURE

60 minutes - R320

SIGNATURE PEDICURE

60 minutes - R380

MEDI-PEDI

60 minutes - R450

GEL POLISH MANICURE

60 minutes - R390

GEL POLISH PEDICURE

60 minutes - R450

RE-VARNISH

15 minutes - R120

SOAK OFF

15 minutes - R120

GEL POLISH RE-PAINT

30 minutes - R230

Kindly inform the reservationist if you currently have gel or acrylic on your nails that needs to be removed as this does require extra time to be booked out at an additional fee.

WAXING & TINTING

WAXES

Full leg	R290	Full arm	R250
3/4 leg	R260	Half arm	R170
Half leg	R230	Lip	R130
Underarm	R170	Chin	R140
Standard bikini	R180	Cheeks	R140
Brazilian (G-string)	R220	Brow	R120
Hollywood (Whole)	R260	Chest	R180
Full back	R270	Abdomen	R160
Half back	R220		

* threading subject to availability

TINTING

Eye brow tint	R130
Eye lash tint	R130
Eye brow shape	R130

NOURISHMENT

Enjoy casual dining in the dining area or outside, or simply relax over a fruit juice or cappuccino in between treatments. We provide catering for group bookings, ranging from cocktail platters to 3 course meals. A menu with a selection of platters for group bookings is available on request. Kindly note that food is prepared and supplied by outlets outside Soulstice Day Spa, and although every care will be taken, Soulstice Day Spa is not responsible for the presentation, time-lines and quality.

WHAT YOU NEED TO KNOW

We suggest that you arrive 60 minutes prior to your scheduled treatment/s to allow you sufficient time to use the spa facilities including the Steam Room, Sauna, Swiss Shower, Indoor Heated Pool and Outdoor Swimming Pool.

- Please bring a swimsuit to enjoy our hydrotherapy area. We will provide a towel, slippers and robe for your stay at the spa.
- All family members under 16 years of age must be accompanied by an adult and are not permitted to use the spa hydro facilities.
- Your spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity.
- Cellular phones must be turned off on arrival.
- Reserve your preferred treatment times in advance to avoid disappointment. Advance bookings will require a guarantee.
- Should guests not vacate the spa prior to our closing times, an additional fee will be levied.

CANCELLATION POLICY

- 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.
- For group bookings, we require cancellations 7 days prior.

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

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



CONTACT US

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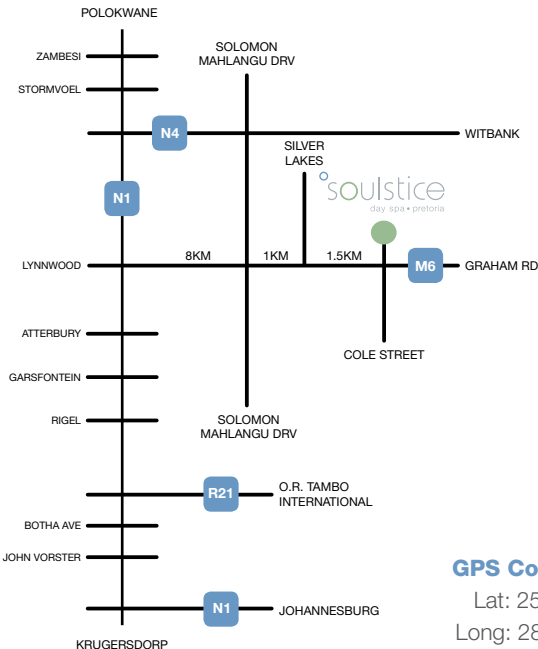
E-mail: info@soulsticedayspaptata.co.za /
reservations@soulsticedayspaptata.co.za

WEBSITE / ONLINE VOUCHER PURCHASES:

www.soulsticedayspa.co.za

 <http://www.facebook.com/SoulsticeDaySpaPta>

 <http://twitter.com/SoulsticeSpaPta>



GPS Co-ordinates:

Lat: 25°47'34.16"S
Long: 28°21'44.37"E

The spa facilities can be accessed during the following times:

Monday-Friday: 08h00 to 18h00 | Saturday: 08h00 to 17h00

Sunday: 09h00 to 17h00 | Public Holidays: 09h00 to 17h00