
AN EXTRAORDINARY EXPERIENCE

in spa wellness

life day spa
Century City & Waterfront



www.lifedayspa.co.za

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AWARDS

life day spa
Century City



FINALIST BEST DAY SPA, South Africa
2014

WINNER BEST DAY SPA, South Africa
2013

WINNER BEST DAY SPA, South Africa
2012

WINNER BEST HOTEL SPA, South Africa
2011

life day spa
Waterfront



Founded October 2016

WATCH THIS SPACE...

LOYALTY

We proudly present “Loyalty at Life”, a “cashback” reward program that has been created specifically for our loyal customers. Through this program we would like to build a longterm 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 Mon-Thurs. Ask our Guest Relations Team how you can join our programme now.



A SENSE OF BELONGING

SPA MEMBERSHIP

| MEMBERSHIP LEVEL | CLASSIC | PRIVILEGE | ELITE |
|--|---------|-----------|---------|
| Upfront payment | R15 000 | R20 000 | R30 000 |
| Percentage Discount - Treatments | 10% | 15% | 20% |
| Percentage Discount - Retail Products | none | 5% | 5% |

The upfront payment will be loaded onto your account and all treatments will be credited against this amount until funds are depleted. The applicable discounts will be applied at point of sale.

THE FINE PRINT:

- Receive a discount off your treatments and products every time you visit the spa
- Discount only applies to regular priced treatments and products and not on already discounted offers / promotions
- Free access to facilities for members only, while you have credit remaining
- Membership can be used to purchase Gift Vouchers
- Membership account can be used by others, provided the member has given permission
- Free parking for members only for time at the spa
- Free access to Events and partner gets 50% off their ticket
- Loyalty Points are not earned on membership payments
- Up to 24 months in which to use membership balance
- The full price of the membership is payable upfront.



COMPLIMENTARY FACILITIES

These facilities are offered complimentary with all spa treatments booked, excluding “grooming” treatments. For the use of only the spa facilities with no additional treatments a surcharge of R250 per day will apply.



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CENTURY CITY

STEAM ROOM

This steam-based treatment is designed to detoxify the body and makes use of 100% humidity to cleanse the body of impurities.

OUTDOOR POOL AND RELAXATION AREA

Take in the majestic Table Mountain and enjoy the suspended outdoor pool with a glass viewing wall. Chill out on a pool lounge while quenching your thirst at the trendy cocktail bar.

VIRTUAL FOREST

Enjoy a session in our Virtual Forest where mindfulness meets nature. The goal is to “bathe” every physical cell and your entire psyche in the forest’s essence. Breathe deeply and mindfully, and sit and experience the sights, sounds and textures of the forest.

WATERFRONT

INDOOR HEATED POOL

Immerse yourself in this warm crystal clear pool while enjoying the invigorating spa jets - feel the tension leave your body. Enjoy the soothing water surrounded by natural sunlight and complete your relaxation on a sun lounge nearby.

OUTDOOR RELAXATION DECK

Take in the sights and sounds of the Waterfront as you gaze out to see from the wooden deck. Enclosed by a wall garden this outdoor area is wonderful to take time to soak up the sun while sipping flavoured water or a cup of coffee/tea.

STEAM ROOM

This steam-based treatment is designed to detoxify the body and makes use of 100% humidity to cleanse the body of impurities.

RAIN SHOWER

Enjoy a tropical rain shower surrounded by thousands of glistening mosaic tiles. Let the rain drops fall gently as you imagine being caught in a “spring rain”.

ADDITIONAL FACILITIES

FLOATATION THERAPY

30 mins - R310 pp | 60 mins - R450 pp

Surrounded by 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 - R350 pp | 60 mins - R490 pp

Based on the traditional Turkish bath, this exfoliating and cleansing ritual uses pure natural medicinal earth mud to cleanse and detoxify the body. 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.

ROMANTIC RASUL FOR TWO

60 mins - R990 per couple

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

TRANQUILLITY FOR TWO

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.

60 mins - R990 per couple

90 mins - R1500 per couple

120 mins - R1700 per couple

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.

TIME FOR HIM

2 hours - R1100

- Floatation Pool
- Express Skincare Treatment
- Sports Massage

JOURNEY OF LIFE

2 hours - R1250

- Floatation Pool
- Middle Eastern Mud Ritual
- Sole Revival Foot Massage
- Express Facial or Back, Neck and Shoulder Massage

HOT STONE HEAVEN

3 hours - R1200

- Hot Stone Massage
- Luxury Stone Manicure
- Luxury Stone Pedicure

INSTANT REVIVAL

2 hours - R1250

- Middle Eastern Mud Ritual
- 30 min Back, Neck and Shoulder Massage
- Indian Head Massage
- Express Facial

SPA PACKAGES

MOM-TO-BE PREGNANCY PACKAGE (from 12 weeks)

3 hours - R1450

- Body Exfoliation or Floatation Pool
- Full Body Pregnancy Massage
- Luxury Pedicure
- Express Facial

PURE BLISS

4 hours - R1550

- Swedish Massage
- Luxury Stone Manicure
- Luxury Stone Pedicure
- Optiphi Classic Facial

IT'S ALL ABOUT YOU

Full Spa Day

5 hours - R2500

- Middle Eastern Mud Ritual
- Floatation Pool
- Babor or La Prairie Facial
- Full Body Massage
- Luxury Stone Manicure
- Luxury Stone Pedicure
- Lunch

COUPLES GET AWAY

3 hours - R3200

- Romantic Mud Ritual for two including sparkling wine
- Full body Hotstone Massage
- 60 mins Classic Skincare Treatment
- Lunch
- Couple's Suite

CREATE YOUR OWN PACKAGE*

Pick any combination of the treatments listed below to create a package that suits you. **

2 hours - R1160

3 hours - R1680

4 hours - R2100

30 MINUTE OPTIONS

- Sole Revival Foot Treatment
- Back Neck and Shoulder Massage
- Indian Head Massage
- Express Facial
- Express Pedicure
- Express Manicure
- Floatation Pool
- Body Exfoliation
- Middle Eastern Mud Ritual

60 MINUTE OPTIONS

- Full Body Massage
- Classic Facial
- Luxury Manicure
- Luxury Pedicure
- Body Wrap
- Floatation Pool
- Middle Eastern Mud Ritual

** limited to 90 mins massage

MASSAGES*

30 MINUTES

INDIAN HEAD AND SCALP MASSAGE

R390

An alternating slow and vigorous massage, concentrating on pressure points of the scalp, neck and shoulders, to relieve tension.

SOLE REVIVAL FOOT MASSAGE

R390

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

BACK, NECK AND SHOULDER MASSAGE

R390

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

45 MINUTES

FOOT AND LEG MASSAGE

R460

This massage focuses purely on the legs and feet to relieve tension of these commonly overstressed muscles.

BACK, NECK AND SHOULDER MASSAGE

R460

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

BACK OF BODY MASSAGE

R460

This massage focus purely on the back of the body to relieve tension of these commonly overstressed muscles.

60 MINUTES

SWEDISH MASSAGE

R590

A combination of traditional strokes and pressure point techniques are used to improve blood circulation, reduce stress and muscle tension.

LOMI-LOMI MASSAGE

R590

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

AROMATHERAPY MASSAGE

R590

A gentle, therapeutic massage that stimulates the lymphatic system through the power of touch.

PREGNANCY MASSAGE

R620

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

HOT STONE THERAPY

R640

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

SPORTS MASSAGE

R650

A deep massage designed to manipulate tense and strained muscles to improve flexibility and endurance of muscles.

SOY CANDLE MASSAGE

R650

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

MASSAGES*

75 - 90 MINUTES

THE MARVELLOUS MASSAGE

75 mins - R810

"Knot" your normal massage. A full body experience incorporating all the favourites. Focused on the back of the body and includes a mini head and foot massage.

7TH HEAVEN

90 mins - R950

A signature massage that combines 7 different techniques to provide the ultimate massage experience.



R100

The Bellabaci massage is a modified version of the wonderful ancient "cupping therapy". These silicone cups can be added to any massage to enhance the treatment specifically regarding lymphatic and blood circulation. Excellent for the removal of toxins and other waste products from your muscles. Brilliant for deep tissue stimulation.

* add Hot Stones to any of the above for R50

SKINCARE & FACIALS

CLASSIC CARE AND DEEP CLEANSE

SKIN REJUVENATION

ANTI-AGEING

SENSITIVE SKIN

SKINCARE FOR MEN

ADVANCED SKIN CARE

IPL & MICRO NEEDLING

CLASSIC CARE & DEEP CLEANSE

EXPRESS FACIAL

30 mins - R390

A cleansing facial that covers the basics - does not include a face massage or extractions. Great for people on the go or as an add-on to other treatments.

OPTIPHI CLASSIC FACIAL

60 mins - R510

A revolutionary treatment using this award winning cosmeceutical product range - results driven and formulated to treat all skin types.

NIMUE THERAPEUTIC FACIAL

60 mins - R510

A result orientated relaxing treatment customized to your skin condition with all the essentials including: cleanse, exfoliate, massage and mask.

BABOR CLASSIC FACIAL

60 mins - R550

The Skinovage^{PX} treatment is based on a holistic approach to beauty. It incorporates wonderful massage techniques that stimulate the entire body and optimize the skins ability to absorb active ingredients.

LA PRAIRIE HYDRATING FACIAL

60 mins - R890

This treatment will bio-energise the skin, eliminate congestion and skin impurities to reveal a younger, fresher looking skin. Your skin will burst with moisture and vital energy.

SKIN REJUVENATION

NIMUE REJUVENATING FACIAL

60 mins - R610

A specialized active skin rejuvenation treatment ideal for environmentally damaged, hyper pigmented and problematic skin types. Delivers powerful results including reduced pore size, refined texture, increased elasticity and radiance.

OPTIPHI SKIN REJUVENATION PEEL

45 mins - R510 | 60 mins - R610

Experience true skin rejuvenation without the nasty side effects. A solution to all skin conditions by combining the regenerative capabilities of Glycolic Acid and intensely hydrating active ingredients.

[Add a Neck and Décolleté Peel to any of the above for R480](#)

BABOR SKIN REJUVENATING FACIAL

60 mins - R650

Strengthen your skin and boost your body's defences. The concentrated power of Osmotech and Alpine Stemcells invigorate your skin and firms the connective tissue. Evening out skin tone, restoring lost moisture and leaving skin thoroughly vitalized.

NIMUE TCA PEEL

60 mins - R630

A superficial peel that boosts the skins metabolism. Phenomenal for skin with a rough texture, dull appearance and enlarged pores. It also assists with reducing the appearance of lines, acne scars, uneven pigmentation and acne breakouts.

ANTI-AGEING TREATMENTS

OPTIPHI SKIN REJUVENATION PEEL

45 mins - R510 | 60 mins - R610

Experience true skin rejuvenation without the nasty side effects generally associated with peeling. A solution to all skin conditions combining the regenerative capabilities of Glycolic Acid and intensely hydrating active ingredients.

BABOR ANTI-AGING FACIAL

60 mins - R650

A luxurious facial treatment incorporating two anti-aging products to lift, tighten and tone the skin. Instantly reducing visible expression lines resulting in your skin looking relaxed and rosy.

LA PRAIRIE GOLD RADIANCE FACIAL

60 mins - R890 | 90 mins - R1100

La Prairie's gold standard for anti-ageing. The pure golden drops of Cellular Radiance Concentrate visibly lifts, firms, brightens and energises. Imparted with the most subtle 24 karat incandescent glow, your skin will look and feel radiant, luscious and vibrantly alive.

LA PRAIRIE CAVIAR FIRMLING SKIN FACIAL

60 mins - R890 | 90 mins - R1100

The ultimate luxury in skincare. An unprecedented concentration of Caviar Extracts and unique Sea Proteins are combined to transform your face. A lifted, illuminated, satin skin replaces the tiredness of moments ago. The results are immediate. The improvement is dramatic.

SENSITIVE SKIN

OPTIPHI CLASSIC FACIAL

60 mins - R510

A revolutionary treatment using this award winning cosmeceutical product range - results driven and a favourite amongst our clientele. Formulated to treat all skin types and concerns.

NIMUE THERAPEUTIC FACIAL

60 mins - R510

A result orientated relaxing treatment customized to your skin condition with all the essentials including: cleanse, exfoliate, massage and mask. Suitable for all skin types.

BABOR CLASSIC FACIAL

60 mins - R550

The Skinovage^{PX} treatment is based on a holistic approach to beauty. It incorporates wonderful massage techniques that stimulate the entire body and optimize the skins ability to absorb active ingredients.

FOR MEN

EXPRESS FACIAL

30 mins - R390

A cleansing facial that covers the basics - does not include a face massage or extractions. Great for people on the go or as an add-on to other treatments.

OPTIPHI CLASSIC FACIAL

60 mins - R510

A revolutionary treatment using this award winning cosmeceutical product range - results driven and a favourite amongst our clientele. Formulated to treat all skin types and concerns.

NIMUE MENS FACIAL

60 mins - R510

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.

Includes the removal of unwanted facial hair (nose, ears, brow).

BABOR FACIAL

60 min - R550

A sophisticated treatment tailored to male needs to strengthen and activate body, mind and soul, while banishing fatigue and stress.

LA PRAIRIE HYDRATING FACIAL

60 min - R890

This treatment will bio-energise the skin, eliminate congestion and impurities to reveal a younger, fresher looking skin. Your skin will burst with moisture and vital energy.

ADVANCED SKINCARE

MICRO NEEDLING

A minimally invasive treatment, also known as collagen induction therapy, that uses fine needles to stimulate the skin's natural collagen and elastin production. The result is a reduction in fine lines and wrinkles, improved texture and firmness, reduction in scars and pore size as well as an improvement of pigmentation.

45 mins - R600 per session

R600 once off purchase of Roller

Recommended sessions = 6

IPL SKIN REJUVENATION (Century City only)

Face: 60 mins - R900

Neck and Décolleté: 45 mins - R900

Hands and Arms: 30 mins - R900

- Treats imperfections from sun damage
- Evens out skin colour (hyper-pigmentation)
- Decreases fine lines and wrinkles
- Approximately 3 - 4 sessions required at one month intervals

PLEASE NOTE: All retinol / cortisone / vitamin A products need to be stopped 2-3 days before IPL.

BODY TREATMENTS

BODY EXFOLIATION

30 mins - R350

Removing dead skin cells will leave your skin radiant and soft to the touch. Restoring the natural glow and vitality of your body.

EXOTIC FRANGIPANI SALT SCRUB

45 mins - R450

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

SPRAY TAN

R350

SPRAY TAN WITH EXFOLIATION

R610

SEAWEED DETOX BODY WRAP

45 mins - R550

A brilliant treatment with Marine Algae to re-mineralise and detoxify tired and stressed bodies.

BACK CLEANSING TREATMENT

60 mins - R510

An essential treatment that removes dead skin cells and impurities while gently hydrating the skin.

BIOMINCEUR SLIMMING BODY WRAP

3/4 body 60 mins - R890

Full body 60 mins - R940

In clinical trials the BioMinceur Body Wrap has been shown to dramatically **decrease the appearance of fat deposits and cellulite by 67% in less than 4 weeks**. Benefits of treatment include - average loss of 1-4cm per measured area, reduction in appearance of cellulite and fat deposits, detoxes, slims, firms and tones.

NAIL BAR

TIME FOR A (SPA)RTY?

Enjoy your treatments in the company of your friends in this stylish Nail Lounge. This private lounge offers the opportunity to customise the setting for your special occasion.

Perfect for:

- BABY SHOWERS
- HEN PARTIES
- GIRLS DAY OUT
- BIRTHDAY PARTIES

MANI

EXPRESS MANICURE

30 mins - R190

Hand them your best! Cuticle care, nail shaping, buff and polish application.

LUXURY HOT STONE MANICURE

60 mins - R290

A classic manicure including a paraffin wrap and a hot stone massage to the hands and forearms.

ANTI-AGEING HAND & ARM PEEL

30 mins - R260

Hide your age with this fast acting peel that targets fine lines, wrinkles, discolouration and dryness.

LONG LASTING NAIL POLISH / GEL

45 mins - R270 (stand-alone)

30 mins - R160 (add on)

This revolutionary long lasting Nail Polish can be done as a stand-alone treatment or added to any other mani. This is a UV nail polish that is quick drying and can last up to 14 days.

Re-paint: 30 mins - R130

Soak off: R110

French paint: R55 when added to Express treatment

PEDI

EXPRESS PEDICURE

30 mins - R220

Put your best foot forward! Cuticle care, nail shaping, foot filing, buff and polish application.

LUXURY HOT STONE PEDICURE

60 mins - R310

A classic pedicure including a paraffin wrap, coupled with a luxurious hot stone massage.

SIGNATURE PEDICURE

75 mins - R380

This unique experience includes a Medi-heel Foot Peel, Paraffin treatment and Caviar Jelly soak. This deluxe treatment covers all aspects of renewing your feet from the cuticle work to a relaxing massage.

LONG LASTING NAIL POLISH / GEL

45 mins - R270 (stand-alone)

30 mins - R160 (add on)

This revolutionary long lasting Nail Polish can be done as a stand-alone treatment or added to any other pedi. This is a UV nail polish that is quick drying and can last up to 14 days.

Re-paint: 30 mins - R130

Soak off: R110

French paint: R55 when added to Express treatment

WAXING, TINTING & LASHES

WAXES

| | |
|-----------------|------|
| Full leg | R260 |
| 3/4 leg | R230 |
| Half leg | R210 |
| Underarm | R150 |
| Standard bikini | R160 |
| Brazilian | R210 |
| Hollywood | R270 |
| Full back | R250 |
| Half back | R200 |
| Full arm | R220 |
| Half arm | R150 |
| Brow | R75 |
| Chest | R180 |
| Abdomen | R150 |
| Lip | R75 |
| Chin | R95 |
| Cheeks | R95 |
| Eyebrow shape | R75 |

TINTING

| | |
|--------------|------|
| Eyebrow tint | R85 |
| Eyelash tint | R100 |

LASH EXTENSIONS

| | |
|-------------|------|
| 30 minutes | R320 |
| 60 minutes | R530 |
| 120 minutes | R780 |

IPL HAIR REMOVAL

(Century City only)

IPL

Safe and proven hair removal by qualified therapists using second generation IPL Technology.

| AREA | DURATION | PRICE |
|--------------------|----------|-------|
| Brow | 15 mins | R350 |
| Upper lip | 15 mins | R350 |
| Cheeks | 15 mins | R350 |
| Chin | 15 mins | R350 |
| Full face | 45 mins | R1050 |
| Neck | 15 mins | R350 |
| Décolleté | 30 mins | R700 |
| Shoulders | 45 mins | R900 |
| Underarms | 30 mins | R700 |
| Chest | 45 mins | R1050 |
| Chest plus stomach | 60 mins | R1400 |
| Back (full) | 60 mins | R1800 |
| Back (half) | 30 mins | R1000 |
| Buttocks | 45 mins | R900 |
| Hands | 30 mins | R700 |
| Feet | 15 mins | R350 |
| Full bikini | 45 mins | R700 |
| Standard bikini | 30 mins | R500 |
| Full arms | 45 mins | R1050 |
| Forearms | 30 mins | R700 |
| Full leg | 90 mins | R1900 |
| Half leg | 60 mins | R950 |

Approximately 6-12 sessions required at 1-3 months intervals.

CORPORATE OFFERINGS

CLIENT FUNCTIONS

TEAM BUILDING

SPECIAL EVENTS

STAFF INCENTIVES

Tailored according to your budget we can facilitate up to 60 people depending on availability and treatment packages required. Our dedicated Events Manager will ensure that your booking unfolds as planned and that someone is on site to manage the event to the highest standard.



TIME FOR THAT TEAM BUILD...?

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. We will provide a towel, slippers and robe for your stay at the spa. Additional fee of R150 for spa facilities and spa robes/slippers will apply for "Nail Bar Only" and "Waxing Only" treatments.

MAKE SURE YOU KNOW YOUR STUFF

- 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.
- Life 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 cancelled 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

CENTURY CITY

Tel: 021 525 3883

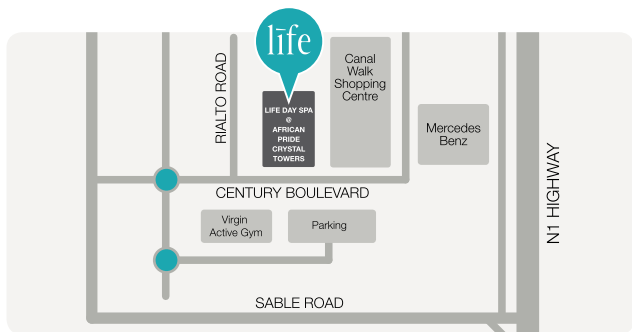
info@lifedayspaCC.co.za

Address:

1st Floor, Crystal Towers Hotel & Spa,
Cnr Century Boulevard and Rialto Road, Century City, 7441

Operating Hours:

Mon-Sat: 8am-7pm, Sun & Public Holidays: 9am-5pm



LifeDaySpaCPT



LifeDaySpaCPT



WATERFRONT

Tel: 021 180 4772

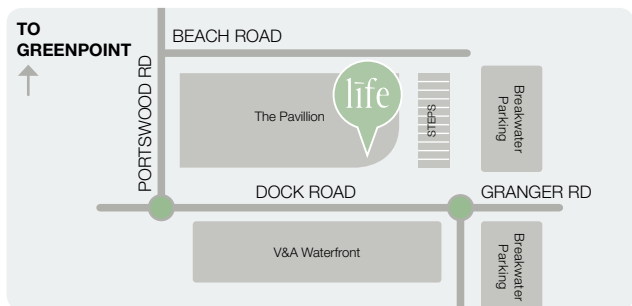
info@lifedayspaWF.co.za

Address:

The Pavilion, Ground Floor, Cnr Beach and Portswood Road,
Waterfront, Cape Town, 8001

Operating Hours:

Mon-Sat: 8am-7pm, Sun & Public Holidays: 9am-5pm



LifeDaySpaWaterfront



LifeDaySpaWF

