



SPA

TREATMENT MENU

Luxury in Africa's richest square mile.





MASSAGE THERAPY

ALL MASSAGES INCLUDE USE OF OUR SPA FACILITIES AND REFRESHMENTS

Back, Neck and Shoulder Massage

30mins R480 • 45mins R520

Add on Back of Legs 15mins R150

Tranquil Swedish Massage

A relaxing massage designed to focus on your areas of concern

60mins R750 • 90mins R950

Deep Tissue Massage

A Firm massage to help destress those tired and sore muscles

60mins R800 • 90mins R1000

Aroma Therapy Massage

Allowing your body to choose what it needs by using colour therapy, your therapist gives you a soothing Aroma Therapy Massage using Bella Bacci Balms which target specific body systems to address localised concerns, physical, emotional and spiritual wellbeing.

60mins R850

Hot Stone Massage

A massage with a warm touch of hot stones to unravel tension and stress in the body.

60mins R800 • 90mins R1000

Precious Cargo Massage

A gentle and relaxing massage for a Mom to Be.

45mins R750

Foot Massage

30mins R350

MASSAGE ENHANCEMENTS

Hot Stones

R90

Cupping

R100

CBD Oil

R120

Aroma Oil Concentrates

Detox, Deep Relax & Muscle Support

R200

Soy Candles

R180

Wood Therapy

R150



“ GREAT SKIN

DOESN'T HAPPEN BY CHANCE,
IT HAPPENS BY APPOINTMENT.

”

- ANON



SKIN THERAPY

Radiance Express Facial by Matsimela

A classic facial to help restore balance to your skin, leaving it feel refreshed and moisturised
30mins *R350*

Rejuvenating Teen Facial by Matsimela

This facial helps to promote healthy skin at a young age by hydrating and healing the skin
45mins *R400*

Express Hydra Facial – by Thalgo (All Skin Types)

The Ultimate Hydra Marine Ritual, this facial magnifies radiance by improving dull and tired complexions. 30mins *R660*

Source Marine Facial – by Thalgo (All Skin Types)

Give your skin a bath of hydration rich in remineralising marine active ingredients to instantly hydrate and strengthen even the thirstiest skin
60mins *R1200*

3 Algae Facial – by Thalgo (Oily Combination Skin Type)

In this facial we use the power of micronised marine algae, to rebalance and remineralise the skin leaving it clearer and purified
60mins *R1100*

Classic Hydrate and Repair – by Optiphi (Sensitive & Dehydrated Skin Type)

The facial is designed to deliver actives that exfoliate, brighten and protect the skin from further inflammatory pigmentation. A truly unique skincare treatment, you'll leave with radiant skin.

60Mins *R950*

Deep Cleansing Teen Facial - by SIX

The perfect facial treatment to deeply cleanse teen skin, removing all impurities, excess oils, blackheads, and pimples. Ideal for maintaining clear and healthy skin, this must-have facial is recommended once a month.

45mins *R600*

Energising Skin Treatment – by SIX

An efficient express treatment tailored to your specific needs, perfect for starting your skincare journey or fitting into a busy schedule. This booster treatment or mini deep cleanse will rejuvenate, revitalize, and refresh your skin, leaving it glowing and renewed.

30 Mins *R550*

Double Exfoliating Skin Treatment – by SIX

This double exfoliating treatment combines an Energizing Express Skin Treatment with your choice of three spa rituals for a truly indulgent experience. Choose from a back, foot, or Indian head massage ritual. This treatment delivers efficient skincare while offering wellness and recharging time.

45mins *R700*

Intelligent Skin Treatment by SIX

Experience the pinnacle of advanced skincare with this luxurious treatment, combining a soothing hot oil back massage and herbal compress therapy with a rejuvenating facial. Enjoy a double exfoliation, hand treatment, and our signature facial massage, all designed to revitalize and refresh your skin. This is truly the Rolls Royce of skincare treatments, offering the ultimate in relaxation and rejuvenation.

90min *R1400*

ADVANCED FACIALS – BY OPTIPHI

Rejuvenating Express Glycolic Peel

Ideal for those new to peels. This treatment improves skin tone & texture, targets hyperpigmentation, sun damage and premature ageing.

30mins *R780*

ADVANCED FACIALS – BY SIX

Reveal Skin Peel 60mins R900

A superficial chemical peel of either Lactic Acid or Glycolic Acid designed to gently exfoliate the skin, boost hydration, treat acne scarring, pigmentation and sun damage.

Glutathione Peel 60mins R1350

A superficial chemical peel designed to treat dull, uneven skin tone, environmental stressed skin and early signs of ageing. Its strong antioxidant properties help with detoxification and radiant enhancements.

Lumi RX Peel with Dermaplaning 60mins R1650

This is a progressive peel designed to renew the skin gradually with minimal downtime. This peel improves skin texture, clarify, tone fine lines and reduce pigmentation

FACIAL THERAPY ENHANCEMENTS

Add on Eye Treatment

R250

Dermaplaning

R200

High Frequency

R100

Add on Microneedling

R400





BODY THERAPY

ALL BODY TREATMENTS INCLUDE USE OF OUR SPA FACILITIES AND REFRESHMENT

Kalahari Salt Scrub by Matsimela

This lavish exfoliation with a salt scrub gently eliminates all traces of dull skin cells and impurities. After the exfoliation, an application of softening balm containing pure Shea Butter is applied, leaving the body fully quenched and silky smooth

30mins *R420*

Exfoliating Mud Scrub by Matsimela

This lavish exfoliation with a mud scrub gently eliminates all traces of dull skin cells and impurities. After the exfoliation, an application of softening balm containing pure Shea Butter is applied, leaving the body fully quenched and silky smooth

30mins *R420*

Self Application Steam Cocoon

Enjoy a lavish exfoliation that gently eliminates all traces of dull skin cells and impurities. The Steam improves blood circulation, giving a overall holistic benefit to this treatment

30mins *R480*

Muscle Ease Detox Wrap by Matsimela

This complete body treatment helps to relieve muscle stiffness and sore joints, promotes relaxation, and aids in detoxification. This treatment combines a gentle exfoliation scrub, and the nourishment of the warm clay. Relax while cocooned with a relaxing scalp and shoulder massage.

60mins *R600*

Self Heating Body Scrub by Spalicious

Revitalize your body with our luxury self-heating body exfoliation. Our sugar-based heating formula gently exfoliates to improve circulation whilst leaving your skin smooth and soft. Boost your body and embrace a renewed sense of vitality.

30mins *R500*

Reviving Back Treatment by Spalicious

Experience a luxurious back treatment designed specifically the Back. A self-heating sugar scrub exfoliates and revitalizes your skin, while a kaolin mask detoxifies and cleanses. Enjoy a soothing back of leg massage and a relaxing back massage, followed by a dry body spritz to nourish the skin.

45mins *R550*



Body Cocooning Wrap by Spalicious

Commence your journey with an exhilarating exfoliation, boosting circulation and priming your skin for optimal absorption of potent active ingredients. Experience the sensations during the cocooning wrap for a revitalizing effect. The last memory is a gentle spritz of mandarin and sandalwood dry body oil that delicately envelopes you, leaving your skin irresistibly soft and rejuvenated.

* **Anti-stress Peppermint Wrap**

* **Firming Chocolate Wrap**

* **Detox Mandarin & Sandalwood Wrap**

60mins *R750*

Light Leg Treatment by Spalicious

A vigorous massage using Wood Therapy and Sweet Fennel oil which aims to soften stubborn fat cells and eliminate toxins. Conclude with the application of an orange & ivy contour cream, enriched with firming ingredients that activate skin firmness and promote lipolysis. The perfect treatment to relieve water retention or reduce the appearance of cellulite.

45mins *R750*

Cellulite Melting Wrap by Spalicious

Experience the transformative power of a cellulite melting wrap, this stimulating and fast-acting treatment is specifically formulated to target cellulite and promote firmness. Let us guide you through this remarkable treatment that aims to address the skin concern of cellulite, unveiling smoother and more toned-looking skin.

60mins *R750*

“

A massage is just like a movie, really relaxing and a total escape, except in a massage you're the star.

And you don't miss anything by falling asleep! ”

- Elizabeth Jane Howard

MEN'S GROOMING DAY



MEN'S TREATMENT AND GROOMING

Man on the Move – by SIX

This express treatment combines an excellent men's specific facial with your choice of one of three wellness rituals for a powerful 30-minute experience. Choose from a back massage, foot ritual, or Indian head massage ritual to enjoy top-tier skincare along with an added touch of wellness.

30mins *R550*

Energizing Men's Facial – by SIX

The perfect remedy for tired-looking skin, our SIX MAN facial offers deep cleansing and hydration while reducing fine lines and wrinkles. Thorough exfoliation removes dull, dead skin cells, leaving your skin energized and invigorated. Specific massage techniques tone and refresh your skin, making it supple and revitalized. To complete the experience, a deeply relaxing scalp massage is performed while an exceptional mask sets on your skin.

60min *R900*



First Class Men's Treatment – by SIX

Renowned as our 'Hero' treatment, this SIX MAN experience delivers triple results by targeting the back, face, and scalp. Ideal for comprehensive rejuvenation, it begins with a specialized back massage using unique movements to relieve tension, followed by an energizing facial, and concludes with an outstanding Indian head massage ritual. Perfect for revitalizing and refreshing the modern man

90mins *R1200*

Hands Grooming

45mins *R350*

Foot grooming

45mins *R400*

We also do wax treatments for Men.

**‘REAL MEN GET
FACIALS’**





INBELLYSH

Mother to be Therapy

Helping Mothers to feel refreshed, renewed and beautifully confident in their changing bodies.

Precious Cargo Massage

This Hawaiian inspired relaxing full body massage combines free flowing massage techniques combined with breathing and stretching to assist in easing anxiety, decreasing back and leg pain associated with pregnancy and improve sleep. Our unique blend of oils will nourish and protect the skin whilst calming and relaxing the mind and body. Belly comfort, back support and light legs is priority in this unique massage.

45mins *R800*

Glow Body Buff

A luxurious, vigorous exfoliation of the full body using aromatherapy infused sweet almond oil. The aroma will carry your mind off to relaxation and rejuvenation whilst your body is exfoliated leaving a light trace of oil on the skin, resulting in nourished, repaired, and silky smooth skin.

30mins *R550*

Belly and Bust Wrap

A very special peel-off wrap enriched with spirulina with a high protein content to protect the skin elastin and collagen and Ginkgo Biloba to soothe and protect the skin! Feel light and toned with the cooling effect of the menthol leaving your belly and bum refreshed.

45mins *R1000*

Light Leg Relief

An intensive exfoliation of the skin stimulates circulation and preps the skin for deep penetration of key active ingredients. Making use of hot and cold throughout the treatment to dilate and constrict blood vessels creates better lymph flow through the deeper layers of the skin stimulating the blood circulation. Finished off with cooling gel massage to cool, soothe to reduce swelling and water retention.

30mins *R450*



HANDS AND FEET THERAPY

Express Manicure - 30mins	<i>R320</i>
Manicure and Polish - 45mins	<i>R400</i>
Express Pedicure - 30mins	<i>R400</i>
Pedicure and Polish - 60mins	<i>R450</i>
Gel Add On	<i>R120</i>
Gel Removal	<i>R100</i>
Heel Peel Add On	<i>R180</i>
Parafiin Add On	<i>R165</i>

NAIL TECHNOLOGY

ACRYLIC

New Set with Gel Overlay (Tips)	<i>R550</i>
New Set with Gel Overlay (Sculpting)	<i>R550</i>
2 Week Fill	<i>R300</i>
3 Week Fill	<i>R400</i>
Nail Art per Nail	<i>R10</i>
Nail Repair per Finger	<i>R80</i>
Acrylic Soak Off	<i>R150</i>

GELISH SOFT TIPS

New Set with Gel Overlay	<i>R600</i>
2 Week Fill	<i>R350</i>
3 Week Fill	<i>R450</i>

WAXING AND TINTING

WAXING

Bikini	R200
Brazilian	R300
Hollywood	R420
Underarms	R200
Half Arm	R200
Full Arm	R300
Half Leg	R280
Full leg	R300
Full Face	R350
Nose/Ear	R100
Brow	R120
Lip	R120
Chin	R100
Stomach	R220
Chest	R220
Full Back	R300

TINTING

Lash	R120
Brow	R110
Lash and Brow	R200

LASH EXTENTIONS

Classic New Set	R550
2 week fill	R400
3 week fill	R450
Hybrid New Set	R650
2 week fill	R500
3 week fill	R550
Volume New Set	R750
2 week fill	R600
3 week fill	R650
Lash Removal	R150



SPA JOURNEYS

EXPRESS YOURSELF

Back Massage
Radiance Express Facial

1 Hour *R780pp*

QUEEN OF THE DAY

Tranquil Swedish Massage
Source Marine Facial - by Thalgo
Manicure and Polish
Pedicure and Polish
Spa Lunch

4 Hours *R2750*

BLISSFUL BOND

Full Body Massage
Complimentary Foot Massage

75mins *R1600 per couple*

ME, MYSELF AND I

Full Body Massage
Complimentary Hot Stones or Cupping
Radiant Express Facial

90 mins *R1090 per person*

ASPIRE KIDS

Her Royal Highness Massage	30mins	<i>R320</i>
His Royal Highness Massage	30mins	<i>R320</i>
Kids Hydrating Facial	30mins	<i>R300</i>
Mini Manicure	30mins	<i>R250</i>
Mini Pedicure	45mins	<i>R280</i>



CANCELLATION POLICY

- **24 Hours Advance Notice** - Is required for cancellations and rescheduling, if this is not adhered to, 50% of the treatment fee will be charged.
- **Late Arrival** will result in a reduction of treatment time whilst the full treatment fee will apply.

SPA ETIQUETTE

- Guests are requested to arrive at least 15 minutes prior to your treatment time to complete a consultation card. A late arrival may result in a shorter treatment or possibly even a forfeited treatment.
- The treatments you select are reserved especially for you - Please understand that in keeping with the serene atmosphere within the spa,
- Cell phones must be switched to silent.
- Gift Vouchers are available for purchase at the spa. Spa vouchers are valid for 3 years.

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

BOOK NOW

Call us: 010 880 4449

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Scan the QR Code to
download our services
brochure



A stylized white logo consisting of a central point with radiating lines, resembling a sunburst or a flower's center.
Aspire
Day Spa