



AN **EXTRAORDINARY**
EXPERIENCE



 soulstice
day spa • silverstar casino

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LOYALTY PROGRAMME

We proudly present “Loyalty at Soulstice”, a reward programme that has been created specifically for our loyal customers. Through this programme you can earn up to 5% back on products and treatments purchased.

Ask our guest relations team how you can join our programme.

SPA MEMBERSHIPS

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
- 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

GROUP / CORPORATE OFFERINGS

Corporate and Client Functions
Team Building
Events
Staff Incentives
Bachelorette Parties

Tailored according to your budget, we can facilitate up to 100 people depending on availability and treatment packages required.

(SPARTY)

Enjoy your spa treatments in the company of your friends. Perfect for hen parties, baby showers, team building 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 R350 will apply.

STEAM ROOM

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

INDOOR HEATED SPA POOL

Soulstice Day Spa's indoor heated spa pool will relax even the most stressed individual. This group orientated facility allows for both socialising and relaxation.

OUTDOOR SWIMMING POOL

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

COUPLES SPA PACKAGES

LUXURY EXECUTIVE COUPLES SUITE

R490

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 - R660 per couple

Enjoy the exotic chamber with the one you love.

TRANQUILITY FOR TWO

1 hour - R1150 per couple

Combine the Floatation experience with the Romantic Rasul for an unforgettable couples experience.

ETERNALLY YOURS (COUPLES)

2.5 hours - R2750 per couple

- Middle Eastern Mud Ritual in the Rasul Chamber
- Luxurious Candle Massage
- Use of the Luxury Couples Suite including the private spa bath and fruit platter with sparkling wine
- Add on an hour to use spa facilities

TOGETHERNESS JOURNEY (COUPLES)

4.5 hours - R5110 per couple

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

- A Full Body Exfoliation
- Indulgent Chocolate Wrap
- Signature Massage - Universal Ceremony - 90 minutes
- Facial - 60 minutes
- Lunch (value R140)
- Add on 2 hours for lunch and spa facility use



WELLNESS JOURNEYS

FLOATATION THERAPY

30 mins - R320 pp

Go back to a time and place where your body was enveloped by nothing but water. One session in our floatation bath equates to 4 hours of undisturbed sleep. The water combined with a high salt content, allows your body to become weightless, relieving skeletal tension and provides mental relaxation.

- Reduces Stress
- Reduces Headaches
- Anxiety Relief
- Increased Circulation
- Sports recovery
- Promotes Restful Sleep
- Pain Relief
- Promotes Relaxation
- Tames and teaches a restless mind to meditate

RASUL CHAMBER - MIDDLE EASTERN MUD RITUAL

30 mins - R390 pp

Based on the traditional Turkish bath, this exfoliating and cleansing ritual uses pure natural medicinal earth mud to cleanse and detoxify the body and combines steam to open pores and draw out impurities. To complete the ceremony, a tropical rain shower will wash away the mud providing an all over cleansing, detoxifying and rejuvenating experience. This ceremony can be enjoyed alone or in a group. The Rasul Chamber can accommodate up to 6 people at a time.

HYDRO POOL AND SWISS SHOWER

30 mins - R150 pp

Hydrotherapy is the use of water to relieve discomfort and promote physical well-being. Hydrotherapy focuses on reducing muscle tension and therefore reducing pain, rehabilitates injured muscles, boosts the immune system, encourages detoxification and relieves stress. The swiss shower allows the body to be overwhelmed by 6 jets that massage simultaneously with warm water. Then, with the touch of a button, the body is invigorated by a cold waterfall.



SPA PACKAGES

ON THE GO

1.5 hours - R760 pp

- Express Manicure
- Express Pedicure
- Back, Neck & Shoulder Massage or Express Facial
- Add on an hour to use spa facilities

EXECUTIVE RETREAT

1.5 hours - R890 pp

- Floatation Therapy - 30 minutes
- Swedish Massage
- Add on an hour to use spa facilities

BODY REVIVAL JOURNEY

1.5 hours - R1190 pp

- Floatation 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 - R1830 pp

- A Full Body Exfoliation
- Hot Stone Massage
- Signature Manicure
- Signature Pedicure
- Lunch (value R140)
- Add on 2 hours for lunch and use of spa facilities

DAY TIME DELIGHT

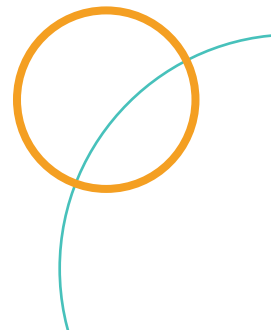
3.5 hours - R1990 pp

- Rasul Chamber
- Swedish Massage
- Classic Facial
- Classic Pedicure
- Lunch (value R140)
- Add on an hour to use spa facilities

MOMMY-TO-BE PACKAGE

2 hours - R1330 pp

- Body exfoliation
- Full Body Pregnancy Massage
- Express Facial
- Add on an hour to use spa facilities



FACIALS & SKINCARE

TOP TO TOE

4 hours (half day package) - R2020

- Full Body Swedish Massage
- Facial - 60 minutes
- Signature Manicure
- Signature Pedicure
- Lunch (value R140)
- Add on 2 hours for lunch and spa facility use

THE SPAS OF DISTINCTION JOURNEY

5.5 hours (full day package) - R3310

- Exfoliation
- Therapeutic Wrap
- Candle Massage
- Facial - 90 minutes
- Signature Manicure
- Signature Pedicure
- Lunch (value R140)
- Add on 2 hours for lunch and spa facility use

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

THE CLASSIC ESSENTIAL FACIALS

60 minutes

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 - R590
- Optiphi Hydrate and Repair Facial - R690
- Babor Glow Facial - R690

RADIANCE BOOSTER FACIALS

60 minutes

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.

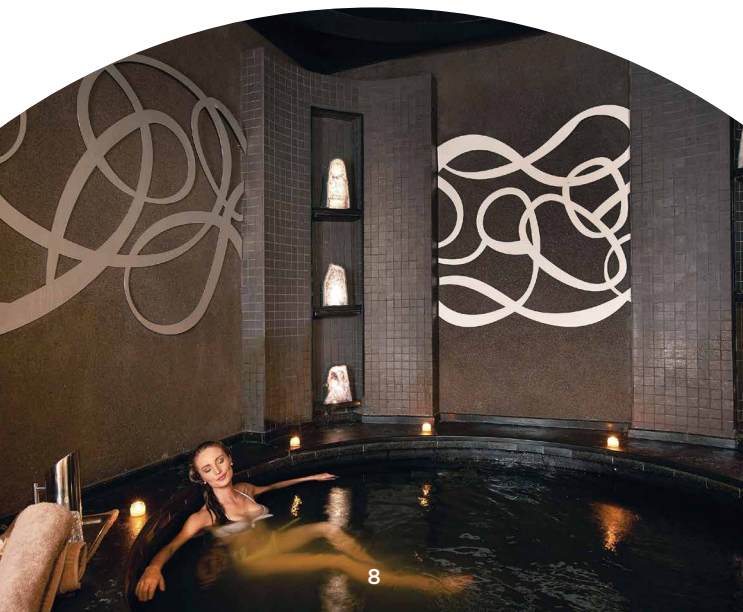
- Optiphi Firming Facial - R690
- Babor Skin Renewal - R850
- La Prairie Signature Facial - R1290

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 - R720
- Optiphi Radiance Facial - R890
- La Prairie Caviar Lifting & Firming Facial / Revitalising & Perfecting Radiance Facial - R1490





ENHANCE
ANY FACIAL
WITH
BELLABACI

MEDISPA TREATMENTS

SKIN REJUVENATION PEEL

A rejuvenating peel with a difference. Experience true skin rejuvenation results without the 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 - **R590**
- Nimue 60 minutes - **R720**
- Optiphi 60 minutes - **R740**

OPTIPHI LHA PEEL

60 minutes - R960

The first of its kind. Lipohydroxy Acid (LHA) is a new generation beta hydroxy acid. The LHA Peel is depth dependent, not time dependent, and thus does not need neutralizing. This oil-based peel is highly lipophilic, allowing for an extended exfoliating action of up to 4 days.

OPTIPHI 30/30 PEEL

30 minutes - R650

A peeling treatment to calm sensitive skin, recover skin hydration and enhance skin radiance and vitality.

OPTIPHI MICRO-NEEDLING TREATMENT

75 minutes - R1450

This treatment is designed to allow deeper penetration into the skin, thereby stimulating the regeneration process at a dermal (deep) level. An effective treatment for wrinkles, pigmentation and tightening of the skin.

Aftercare notes: SPF Vital. Therapist will recommend supportive home care products.

Add on additional areas for R250 per area.



MASSAGE

BACK, NECK & SHOULDER MASSAGE

30 minutes - R390 / 45 minutes - R540

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

REFLEXOLOGY

30 minutes - R390 / 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 - R390

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 - R390

Alternating slow and vigorous massage movements are applied to the head. A pressure point massage to the scalp, head and shoulders is incorporated to relieve stress.

SWEDISH MASSAGE

60 minutes - R620 / 90 minutes - R770

A light to firm pressure massage using classic massage movements to improve blood circulation, ease muscle aches and tension, improve flexibility and reduce stress.

HOT STONE THERAPY

60 minutes - R670

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

ENHANCE
ANY MASSAGE
WITH
BELLABACI

DEEP TISSUE MASSAGE

60 minutes - R670

A 60 minute intense massage that works core deep for people requiring extra pressure in massage techniques applied. Stretches are done before and after the massage to improve muscle tension, circulation and pain relief.

MOTHER-TO-BE MASSAGE

60 minutes - R670

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

AROMATHERAPY MASSAGE

60 minutes - R670

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

LUXURIOUS CANDLE MASSAGE

60 minutes - R720

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 - R790

This full body layer locking massage incorporates exfoliation, massage with a serum followed by a body butter and a soy candle. Experience four seasons, 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.

UNIVERSAL CEREMONY

90 minutes - R890

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.

SOULSTICE JOURNEY MASSAGE

90 minutes - R960

Start your journey with an invigorating full body exfoliation followed by an indulgent signature frangipani oil massage and polished off with our luxurious hydrating body milk. This journey will leave your body re-energised and your skin left silky soft and smooth.

BELLABACI CUPPING ADD ON TO ANY MASSAGE

R100

Bellabaci Cupping Therapy is a modified and simplified version of the ancient cupping therapy which can assist in treating various conditions starting from cellulite to pain relief. We can perform a localised cupping session, which will remove stagnation, eliminate toxins, help with pain relief, all relatively quickly with the added benefits of a lymphatic drainage massage.



BODY TREATMENTS

BODY EXFOLIATION

30 minutes - R330

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

EXOTIC FRANGIPANI SALT SCRUB

45 minutes - R560

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime frangipani salt glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

BACK CLEANSING TREATMENT

60 minutes - R440

A treatment essential to the removal of dead skin cells and impurities whilst hydrating and repairing the skin

OPTIPHI BODY CURVE TREATMENT

60 minutes - R690

Indulge your skin with the optimum in skin science. This treatment will soothe and refine skin while increasing cellular oxidation and circulation, and facilitates the removal of trapped fluids. This dual-action complex of chemical and enzymatic components will exfoliate your skin, removing dead skin cells and calming sensitivity, resulting in soft and radiant looking skin. This treatment includes a take home Optiphi Body Buffer.

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: **R390**

With exfoliation (recommended to prolong your tan): **R680**

INDULGENT BODY WRAP

60 minutes - R690

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 scrub finishing up with an amazing aroma of body butter, while your body is wrapped.

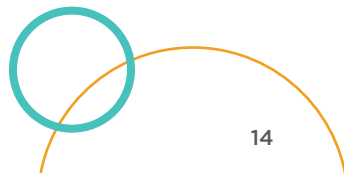
SLIMMING, DETOX, CELLULITE, FIRMING, TONING & LIFTING

60 minutes - R960

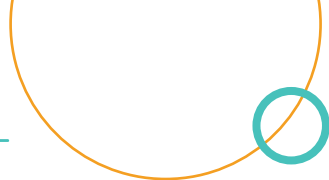
A body and figure corrective treatment for both men and women. It targets cellulite, fat, burns calories, enhances weight loss, slims, firms and tones producing visible long lasting results. It is packed full of essential oils, plant and algae extracts, resulting in a wide range of additional therapeutic 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!

WAXING

Full leg	R300	Half arm	R180
3/4 leg	R270	Lip	R140
Half leg	R240	Chin	R150
Underarm	R180	Cheeks	R150
Standard bikini	R190	Brow	R160
Brazilian	R250	Chest	R200
Hollywood	R280	Abdomen	R170
Full back	R280	Full Face	R235
Full arm	R260		



HANDS & FEET



CLASSIC MANICURE - 60 minutes File, buff, cuticles, soak, exfoliate and massage	R290
SIGNATURE MANICURE - 60 minutes Classic manicure with a caviar soak and hot stone massage	R350
GEL POLISH MANICURE - 60 minutes	R410
CLASSIC PEDICURE - 60 minutes File, buff, cuticles, soak, exfoliate and massage	R320
SIGNATURE PEDICURE - 60 minutes Classic pedicure with a caviar soak and hot stone massage	R390
GEL POLISH PEDICURE - 60 minutes	R480
RE-VARNISH - 15 minutes	R140
GEL POLISH RE-PAINT - 30 minutes	R250
ACRYLIC TIPS With colour	R400
SOAK OFF ACRYLIC - 15 minutes	R140
SOAK OFF GEL - 15 minutes	R70

ADVANCED TREATMENTS

MEDI-PEDI ADD-ON - 30 minutes Excludes paint	R210
MEDI-PEDI - 60 minutes Includes paint	R480
CHAMPAGNE MANICURE - 75 minutes An indulgent awakening of the senses. A silky soft hand treatment using decadent ingredients to deeply exfoliate, hydrate and nourish the skin. Indulge with a glass of sparkling wine.	R430
CHAMPAGNE PEDICURE - 75 minutes An indulgent awakening of the senses. A silky soft foot treatment using decadent ingredients to deeply exfoliate, hydrate and nourish the skin. Indulge with a glass of sparkling wine.	R500

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.

UNIQ BROWS

Uniq'Brows is South Africa's express, no-appointment Brow and Lash Bar. We deliver glamorous, elegant services and innovative brow and lash techniques by a team of proficiently trained therapists.

THREADING

BABY GOT BROWS For the first-time brow shapers	R85
BROW BOSS For those whose brows are designed and shaped regularly	R110
Lip / Chin / Forehead / Sideburns / Cheeks	R105
Full Face	R285
Full Face And Neck	R440
Full Face Including Tint Of Choice	R335
Flirt Combo (Brow, Lip & Chin)	R265
Tease Combo (Sideburns, Jawline And Neck)	R280

BROWS AND LASHES

Brow Tint	R105
Lash Tint	R115
Heartbreaker Combo (Brow & Lash Tint, Brow Design & Thread)	R265
LASH LIFT 25 minute professional treatment that can last from 6-12 weeks	R650
LASH EXPRESS	
Natural Set	R500
Medium Set	R550
Dramatic Set	R600
Extreme Dramatic Set	R650
Lash Removal (Non-burning cream based)	R130
Lash Removal (Other brands)	R210

MALE GROOMING

Goodbye Unibrow	R85
A Gents Brow	R120

MICROBLADING BY UNAIZA

Strictly by appointment	
Microblading	R3000
Touch up	R1500



NIX
HAIR BAR

Nix Hair Bar @ Soulsticeday Spa

Blow dry	R245 - R295
Cut and Blow	R345 - R420
Gents Cut	R210
Brazilians	from R1200
Treatments	R350
Easi Hair Pro Extensions	from R6000 - R12000
Makeup	R350 - R450

WHATSAPP US TO MAKE A BOOKING:

Nicole Bryan
0606671175



DINING

Enjoy casual dining in a beautiful, relaxing environment or simply relax over a fruit juice or cappuccino in between treatments. Kindly note that food is prepared and supplied by outlets outside Soulstice day Spa.

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, Indoor Heated Pool and Outdoor Swimming Pool.

- Kindly bring your 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 tranquility 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 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.
- For group bookings, we require cancellations 7 days prior.

PLEASE CONSULT WITH 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
- Allergy to iodine, sulphur or product allergies
- Sunburn





CONTACT US

PHYSICAL ADDRESS:

Silverstar Casino and Hotel,
R28, Muldersdrift

T: 011 662 7500/1

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

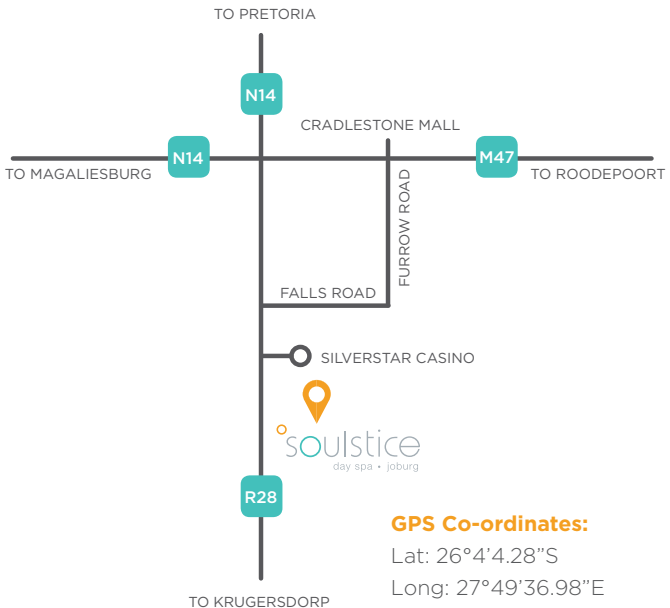
WhatsApp: +27 (0) 73 014 5159

WEBSITE / ONLINE VOUCHER PURCHASES:

www.soulsticedayspajhb.co.za



Soulstice Day Spa Silverstar Casino



GPS Co-ordinates:

Lat: 26°4'4.28"S

Long: 27°49'36.98"E

Operating Hours:

Monday - Friday 8am - 7pm

Saturday 9am - 7pm

Sundays and Public Holidays 9am - 5pm