DANIKASPA
embracethe four in yourself
TREATMENT MENU


## ABOUTUS

An oasis, nestled in unique surroundings. We focus on restorative and restful experiences, where our guests become our friends. Whilst experiencing peaceful journeys. Our professional treatments are intricately intended to provide ultimate relaxation.

Allow us to take you on a journey of peace, love and tranquility.


## BODY THERAPY

BODEXALION ..... 3
FACIAL THERAPY ..... 4-7
THERAVINE ..... 4-5
LAMELLE ..... 6-7
LUXURY MANICURES ..... 8
ROYAL PEDICURES ..... 9
GEL APPLICATION ..... 10
WAXING ..... 11
PL LAZER ..... 12
EYE AND BROW GROOMING ..... 13
G5 SLIMMING SESSIONS ..... 13
TANCAN - HORIZONTAL ..... 13
SPRAY TAN ..... 13
SPA KIDS ..... 14
SPA KIDS PACKAGES ..... 15
DANIKA SPA PACKAGES ..... 16
BUILD YOUR OWN PACKAGE ..... 17

FULLBODY
90 MINS R1300
Extend your Full Body Massage Journey by 30 mins. Select one of our massage oils to soothe and relax tired fatigued muscles, stimulate and invigorate circulation and promote a wonderful sense of well being. (Top up your massage with 20 mins Hot Stone therapy for an extra R300)

## FULLBODY

60 MINS R760 Start your Full Body Massage lourney by selecting one of our massage oils to soothe and relax tired fatigued muscles, stimulate and invigorate circulation and promote a wonderful sense of well being (Top up your massage with 20 mins Hot Stone therapy for an extra R300)

## BACK AND NECK

45 MINS R580
A Focused Massage concentrating on the body's main support structure, bringing great relief to tense shoulder muscles and muscles along the spine and lower back. (Top up your massage with 20 mins Hot Stone therapy for an extra R200)

## HOT STONE FULLBODY

60 MINS R880
Specialised Massage that uses flat heated basalt stones, hot stones can relieve pain and tension in your muscles. Heat from the stones helps increase blood flow, which can improve healing.

HOT STONE BACK \& NECK
45 MINS R680 A Focused Massage concentrating on the back, shoulders and lower back. Heat from the stones provides instant relief to tensed and stressed muscles.

## INDIANSCALPANDSHOULDER

Ultra Relaxing, Stress Relieving Head, Scalp and Shoulder Massage. Pressure points are worked to relieve tension in the scalp.

## PREGNANCYFULLBOD <br> 60 MINS R 700

Designed for Mommy-To-Be. Specialised positioning ensures comfort and relaxation.
Pregnancy safe oil is used to make sure mom are safe and still gets the benefit of a specialised oil.

PREGNANCYBACKANDNECK30MINSR450
A Focused Massage concentrating on the back, lower back and spine, with specialised positioning and pregnancy safe oil to bring about much needed relief and support to moms tired body

REFLEX FOOTMASSAGE
35 MINS R 400 Therapeutic Massage for feet. Bring balance and relaxation by stimulating pressure points on the feet.

REFLEX HAND MASSAGE 35 MINSR400 Hand Massage Therapy that uses gentle pressure on specific points to help relax, ease stress and promote a feeling of well being.

BOOK THE SPA IN HOUSEPOOL FACILITIES HALF DAYR3OO Half Day Pass (limited access).

## BODY EXFOLIATION

Thoroughly Cleanse and Remove build-up of dead skin cells. and allow optimal penetration of active ingredients. Skin feels refreshed, soft and radiant. (An application of body moisturiser is applied afterwards)

Your Choice of Scrubs

- Vanilla Sugar Scrub
- Lavender and Rooibos
- Sweet Orange Sugar


## BACK EXFOLIATION



Application of chosen scrub is applied on the back and specific movements are preformed to achieve a beautiful glow.

FULL BODYEXFOLIATION 45 MINS R480 Application of chosen scrub is applied on full body and specific movements are performed to achieve a beautiful glow. 3

## DEEPBACKCLEANSE

This back facial begins with a gentle steaming to open pores and impurities, followed by deep cleansing and exfoliation, therapeutic mask and relaxing back, neck and shoulder massage.

## PREPARATION FOR TREATMENT

One of our skilled therapist use gentle exfoliation technics to remove dead skin cells, revealing a smoother and radiant back. Our guests will be asked to select a scrub and the chosen area will be treated, followed by a shower and moisturiser application. Ask your therapist for our Danika Spa body scrub and body butter to take home and prolong the benefits of this treatment


## THERAVINE FACIAL THERAPY

Theravine is an Award Winning Scientifically Advanced Range of health and skincare products. Facial treatments include skin analysis, cleansing, exfoliating, massage of the declaté, arms and hands, serum application, specialised mask, day cream and SPF.

## PRO BRILLIANCE FACIAL

Ideal for a dull, devitalised skin with discolouration concerns, this treatment is specifically aimed at diminishing uneven skin tone while also minimizing the minimizing the appearance of fine lines and wrinkles. Targeting hyperpigmentation at various levels with scientifically advanced actives and natural lightening plant extracts, this treatment will aid in a rehydrated complexion, leaving your skin looking luminous and feeling radiant.

## EXPRESS



MINS R400
An Express Vine Therapy Facial Boost Experience, customised to your specific skin concerns.

## THERAVINEMEN'S FACIAL <br> 60 MINS P620

3 Key Fundamentals: Cleanse, Hydrate and Revitalise, help restore freshness and clarity, whilst leaving the skin comfortably soothed.

## ADD ON OR TOP UP YOUR TREATMENT

You can choose any of the following Top-up Treatments with your Facial Therapy

| Brow Tint | 10 M I N S R 80 |
| :--- | :--- | :--- |
| Lash Tint | 10 M IN S R 80 |
| Combo Tint | 15 M IN S R125 |
| Reflex Hand Massage | 15 M IN S R 250 |
| Jelly Mask | 15 M IN S R150 |

Jelly masks provide full hydration and a natural cooling effect all at once



## LAMELLE RESULT DRIVEN FACIALS

Lamelle produces highly advanced products for both the professional and consumer with solutions for pigmentation, problematic skins, age correction and sun protection Lamelle's products are developed through a rigorous program of research, review, meticulous production and constant improvement
Please Note: Consultation is compulsory as this will ensure that your therapist will select the best suited treatment for your skincare, goals and concerns.

60 MINS R 790

## LACTIC FIRM $30 / 10$ ANDMASK

The Acid is Combined with a Plumping Ingredient - DMAE. It's a very comfortable, Skin-Firming and revitalising treatment with little if any, social downtime.

## BETAPEEL $20 \%$

60 MINS R 890
Beta-Hydroxy Peet is ideal for both treating Acne and Pigmentation on the skin. On its own, a Beta Peel is fairly mild, only causing some dryness and a little flaking

## BETA PEEL $30 \%$



60 MINS R930 Beta-Hydroxy Peel is ideal for both treating Acne and Pigmentation on the skin. On its own, a Beta Peel is fairly mild, only causing some dryness and a little flaking.

## RESTISTORE


60 M I N S
R1170 This Peel is a Lamelle Proprietary Complex, and it gives Full Epidermal Restructuring for a more advanced ageing treatment, with minimal social downtime.

NOVE INTRODUCTION
(NEEDLING SYSTEM)
60 MIN R 1257
Dermaheal $S R$ is a powerful Anti-Wrinkle, Anti- Aging solution designed for skin rejuvenation by means of injected stem cells. It contains a mixture of peptides and growth hormones. It moisturizes skin \& shrinks pores, while revitalizing dry \& dull skin by stimulating cell proliferation.

## LAMELLE RESULT DRIVEN FACIALS

 Lamelle produces highly advanced products for both the professional and consumer with solutions for pigmentation, problematic skins, age correction and sun protection Lamelle's products are developed through a rigorous program of research, review, meticulous production and constant improvementPlease Note: Consultation is compulsory as this will ensure that your therapist will select the best suited treatment for your skincare, goals and concerns.

NOVAPIGMENTATION (NEEDLINGSYSTEM)

60 MIN R1010 Dermaheal SB is a Skin Brightening, Anti-Pigmentation treatment containing active ingredients to resolve skin discolouration. Encapsulated Arbutin and Licorice extract blocks the conversion of L-DOPA to eumelanin and phaeomelanin by inhibiting the enzyme tyrosinase.

## NOVA AGING SKIN AGING

## (NEEDLING SYSTEM)

60 MINS R1610
Micro-Needling (Lamelle Nova Pen) is used as a treatment for Fine Lines and Wrinkles. It glides over your skin \& creates micro-point punctures in the skin. The body perceives the punctures as damage \& this stimulates the release of growth factors that trigger the production of collagen \& elastin.

## ADD ON OR TOP UP YOUR TREATMENT

You can choose any of the following Top-up Treatments with your Facial Therapy

## Brow Tint

Lash Tint
Combo Tint

## Reflex Hand Massage

Jelly Mask
Jelly masks provide full hydration and a natural cooling effect all at once.


## LUXURY MANICURES

Choose a Manicure Journey specially developed by Danika Spa. All Manicures Include: Soak, Scrub, Cuticle Work, Nail Polish Application and Hand Massage.

## NOURISH - REGENERATE <br> 60 M I N S R 320

Danika Spa Luxury Manicure. A Manicure Journey designed to Nourish and Regenerate. Warm coconut milk is slowly poured over hands giving the ultimate in nourishment, vanilla and honey scrub and massage

## BREATHE

RELAX
\&
A Manicure Journey designed to Relax and Soothe stressed and tired minds and hands. Start with a remineralising soak that contains lavender and rooibos, brown sugar, shea butter and lavender scrub and a relaxing massage.

ARISE-AWAKE \& ENERGIZE 60 MINS R320 A Manicure Journey designed to Awaken and Energise the Body and Mind. Our manicure starts with a remineralising and energising soak, an uplifting citrus scrub and massage.

ANTIAGING HANDTREATMENT 60 MINS R350
A Danika Spa Hand Treatment that Deeply Nourishes and improves texture and tone of the skin,
softens sun spots and leaves hands looking glamorous and youthful.
ADD ON OR TOP UP YOUR TREATMENT
PARAFFIN DIP ON HANDS

JELLY HAND MASK
This elly masks provide full hydration and a natural cooling effect all at once
DANIKA GEL OVERLAY
BIOSCULPTURE - EVO GEL OVERLAY
SOAK OFF
DRILL OFF

15 MINS R150
20 MINS R200
20 MINS R280
30 MINS R100
15 MINS R100

## ROYAL PEDICURES

Choose a Pedicure Journey specially developed by Danika Spa. All Pedicures Include: Soak, Scrub, Cuticle Work, Nail Polish Application and Foot Massage.

## BOAZ - DANIKA MEN

60 MINS R370
Specialised Pedicure designed for Danika men. Coffee, almond oil, tea tree and activated charcoal are some ingredients found in this pedicure. Special attention given to heels, nail and cuticle work, leaving our men's feet looking neat and soft.

## NOURISH - REGENERATE

Danika Spa Luxury Pedicure. A Pedicure Journey designed to Nourish and Regenerate. Warm coconut milk slowly poured over legs and feet giving the ultimate in nourishment, vanilla honey scrub and foot massage

## ARISE - AWAKE \& ENERGIZE 60 MINS R370

 Pedicure Journey designed to Awaken and Energise the Body and Mind. This pedicure starts with a remineralise and energising soak, a uplifting citrus scrub and foot massage
## BREATHE - RELAX

60 MINS R 370
Pedicure Journey designed to Relax and Soothe stressed and tired minds and feet. Start with a remineralising soak that contains lavender and rooibos, brown sugar, shea butter and lavender scrub and a relaxing foot massage.
FOOT PEELTREATMENT 60 MINSR400
Danika Spa Foot Treatment that Deeply Nourishes the skin, improves texture of the heels and softens the feet.

## ADD ON OR TOP UP YOUR TREATMENT

PARAFFIN DIP ONFEET
15 MINS R150 PARAFFIN DIP ON FEET es the skin.
$\qquad$

JELLY FOOTMASK 5 MINS R200
This elly masks provide full hydration and a natural cooling effect all at once
FOOT PETL
GELONTOES - NATURALOR VELENA BASE COLOUR GELONTOES - COLOUR OR FRENCH
SOAK OFF
20 MINS R200
15 MINS R180
15 MINS R180
15 MINS R230 5 MINS R230 0 MINSR100
10 MINSR100

OVERLAY ON NATURAL NAILS-NEW SET
Natural (Clear) or Velena Rubber Base Colour
90 MIN R 320 Danika Nails
Biosculpture - EVO Gel
IBX Nail Treatment - nail strengthener oughen repair and protect nail
TIP WITH OVERLAY - NEW SET
Danika Nails
90 MIN R 540
30 MIN R 200

Banika Nails
120 MIN R 490
120 MIN R 570
2-3 WEEK FILL
Danika Nails
Biosculpture - EVO Gel
60 MIN R 310
60 MIN R 450
GELONTOES
Natural (Clear) or Velena Rubber Base Colour
Colour or French
Soak Off
Drill Off
Ingrown Toe Nail Treatment (Per Toe)
IBX Nail Treatment - nail strengthener, toughen, repair and protect nail (can be used under gel polish or on natural nail)

60 MIN R 290
60 MIN R 330
20 MIN R100
10 MIN R100
20 MIN R150
30 MIN R 200
ADD ON OR TOP UP YOUR TREATMENT
NAIL ART (PER NAIL)
15 MINS R20
Nail Art is a Creative way to embellish, paint, decorate or enhance nails. Ask your Nail Tech about creating something special for you.
SOAK OFF NAILS
30 MINS R100 DRILL OFF NAILS

15 MINS R100
PARAFFIN DIP ON HANDS
15 MINS R100
Hands are submerged in a warm mixture of paraffin wax, the warm temperature soothes joint stiffness and deeply hydrates the skin.
JELLY HAND MASK Repairs and Moisturises

15 MINS R150

WAXING
Stockists of DEPILÈVE, DNA Crystal Film TREATMENT Wax, which allows for skin rejuvenation and gentle hair removal, simultaneously contains actives which respects maturing skin and helps restore skins youthfulness.
FACIAL WAXING - DEPILÈVE
BROWS
LIP
EARS
NOSE
CHIN AND CHEEK
COMBO: LIPS. BROW AND CHIN

$$
\begin{aligned}
20 & \text { MINS R100 } \\
15 & \text { MINS R } 50 \\
15 & \text { MINS R } 50 \\
15 & \text { MINS R } 40 \\
20 & \text { MINS R100 } \\
30 & \text { MINS R180 }
\end{aligned}
$$

BODY WAXING - DEPILEVE
FULL LEG
HALF LEG
3/4 LEG
FULL ARM
UNDER ARM

BIKINILINE
SIDES
BRAZILIAN - MIDDLE AND SIDES
HOLLYWOOD-FULL
FULL BACK - CHARCOAL WAX DESIGNED FOR MEN
HALF BACK - CHARCOAL WAX DESIGNED FORMEN
FULL CHEST - CHARCOAL WAX DESIGNEDFORMEN
HALF CHEST - CHARCOAL WAX DESIGNED FORMEN
TOES
VAJACIAL
50 MINS R380
Includes a cleanse, mild enzyme exfoliant, extraction of ingrowns followed by a soothing mask, completed with a skin brightening serum or spot treatment.

## IPL LAZER HAIR REMOVAL



PRE/POST TREATMENTCARE
After your treatment avoid sun exposure, ask your therapist

## OTHER DANIKA TREATMENTS

## EYE AND BROW GROOMING



## GS SLIMMING SESSIONS

C5 will help with breakdown of stubborn fatty tissue in the stomach. thighs and bottom and can n help reduce the appearance of cellulite
ONE SESSION
10 SESSIONS BUNDLE -2 SALULITE WRAPSEXTRAN R100
10 R1800

## CANCAN - HORIZONTAL

ONESESSION
10 SESSIONS BUNDLE

## SPRAY TAN - BRONZING

FULL BODY
FULL BODY WITH EXFOLIATION

## PRE/POST TREATMENT CARE

CANCAN - HORIZONTAL can protect your skin as well
SPRAY TAN
For best results, gently buff away dead skin cells to allow your application to glide on smooth and prevent streaking. Your therapist
can exfoliate your skin prior to your spray tan. (Book an Exfoliation session)

## Banika



## SPAKIDS

## ONLY from ages 8 to 12. Parental supervision required, if you book for a party of kids.

PRINCESS FULLBODY MESSAGE
60 MIN R 450
Indulge your child in the ultimate relaxation experience, with our full body massage tailored specifically for little ones.

PRINCESS BACK ANDNECK
45 MIN R350
Focused Massage that concentrates on your little ones shoulders, lower back and spine, providing therapeutic benefits. Helps decrease muscle tension and increase concentration.
LITTLEDEBORAHBEEMANICURE 50 MIN R 280 Manicure includes a soak, scrub, cuticle work, mini hand massage and nail polish for princess hands.
LITTLEDEBORAHBEEPEDICURE 50 MINR300 Add some sparkle to your toes with this Pedicure, includes scrub, cuticle work, mini foot massage and nail polish.

## LITTLE QUEEN ESTHER FACIAL

 Treat your little princess to a facial that includes cleansing, exfoliating, face mask and tips on keeping her skin healthy from a young age.$$
\begin{aligned}
& \text { ADD ON OR TOP UP YOUR TREATMENT } \\
& \text { PARAFFIN DIP ON HANDS ORFEET } \\
& \text { JELLY MASK HANDS OR FEET } \\
& \text { GEL ON HANDS OR TOES } \\
& \text { NAIL ART HANDS (PER NAIL) } \\
& 15 \text { MINS R100 } \\
& 15 \text { MINS R140 } \\
& 20 \text { MINS R180 } \\
& 15 \text { MINS R15 } \\
& \text { SOAK OFF OR DRILL OFF } \\
& 15 \text { MINS R80 }
\end{aligned}
$$

## SPAKIDS PACKAGES

ONLY from ages 8 to 12. Parental supervision required, if you book for a party of kids.
YOU, special Princess are the Daughter of the KING and YOU 'RE more precious to HIM than any other thing.
FROM PRINCESSTO QUEEN 90 MINS R800 PP Spoil your little princess with pure pampering. She will enjoy, hand massage, foot massage, neck and shoulder massage and a mini calming, relaxing facial:

RUTH'S ROYALTY SPA DAY 100 MINS R700 PP Royal Manicure and |Pedicure dreatment. Allow us to end off her day with a picture perfect facial all done by herself with the guidance of a therapist, teaching her the importance of good skin care habits.

MY PRINCESSANDME 90 MINS R1500FOR TWO Enjoy a Relaxing Back and Neck Massage together, with a Mini Mani and Petite Pedi that includes. wash soak, scrub, nail, cuticicle work and nail polish application

## BUILDYOUR "SPARTY"

Build your own Royalty Party by Choosing 3 of the following Options: (Groups limited to 10 kids max)
Our "Bee Hive "Room can be booked at an additional cost of R1500 for or 2 hourss ( (private functions and catering)
The Pink Olive" Facilities and Menu is also available for Restaurant use

- Kids Back and Neck (p.p) - select one of our massage oils and enjoy the pampering
- Indian Scalp and Shoulder (p.p) - ultra Relaxing head, scalp and shoulder massage
- Mini Manicure (p.p) - soak, scrub, nail and cuticle work, nail polish and hand massage
- Petite Pedicure (p.p) - soak, scrub, nail and cuticle work, nail polish and foot massage
- Picture Perfect Facial (p.p) - done by thhemselves with guidance from a theropist

30 MINS R300
20 MINS R250 30 MINS R200 30 MINS R200 40 MINS R300

## ADD ON OR TOP UP YOUR TREATMENT

 TOP UP YOUR MASSAGE WITH HOT STONESPARAFFIN DIP ON HANDS OR FEET
JELLY MASK HANDS OR FEET
GELON HANDS ORTOES
NAIL ART HANDS (PER NAIL)
JELLY MASKFACE


DANIKA SPA PACKAGES
Book the Spa In House Pool Facilities. Half Day Pass (limited access) for R300 pp extra on top of your package.

BLESSED MAMA
3 H 30 MINS R1800 P P Pregnancy Full Body massage with specialised pregnancy oil.. Enjoy a NOURISH manicure and pedicure and choose between a jelly or paraffin specialised mask on hands and feet. Includes, soak, scrub, nail and cuticle work, heel attention and nail polish for hands and feet.

BECOMING HIS BRIDE 4 HOURS R3000 PP
Full Body Hot Stone Massage, hydrating facial with kabido massage and gold mask treatment. Anti aging hand treatment with manicure and foot peel treatment with pedicure. Includes, soak, scrub, nail, cuticle work and heel attention. Gel application for hands and feet.

COUPLES RECONNECT HOURSR2800 PER COUPLE
Couples Rasaul Experience. Combines heat, steam and mud to detoxify, cleanse and condition the skin. Couples full body hot stone 90 mins massage and end off with lunch and bubbly from "The Pink Olive" Restaurant.

TIME TO REFRESH
Sugar Full Body Exfoliation that cleanses and removes dead skin cells and allows optimal penetration of active ingredients., end with a refreshing shower. Afterwards, a hot stone full body massage, hydrating wrap and refreshing application of body gel. Includes a meal and drink voucher from "The Pink Olive" Restaurant to the value of R200.

## BUILD YOUR OWN SPA PACKAGE

Build Your Own Danika Spa Package by Choosing a Minimum of 2 Treatments from the following list: (Prices per person)

## Our "Bee Hive" Room can be booked at an additional cost of R1500 for 2 hours (private functions and catering)

 "The Pink Olive" Facilities and Menu is also available for Restaurant use- Hydrating or Balanced Facial
- Full Body 60 mins
- Back and Neck
- Hot Stone Full Body
- Hot Stone Back and Neck
- Indian Scalp and Shoulder
- Fire and Ice Massage
+ 
- Reflex Foot Massage
- Reflex Hand Massage
- Full Body Exfoliation Treatment
- Royal Pedicure; Choose a Specialised Pedicure Journey - (Nourish, Arise, Breathe) - Boaz - Danika Men Pedicure
- Foot Peel Treatment
- Luxury Manicure; Choose a Specialised Manicure Journey- (Nourish, Arise, Breathe)
- Anti Aging Hand Peel
- Paraffin Dip Hands
- Paraffin Dip Feet
- Jelly Mask Hands
- Jelly Mask Feet

- Rasaul Experience: Mud and Body Scrub Treatment (2 People Max)
- Jacuzzi Bath: Milk Bath with Snack Board and Bubbles (2 People Max)
- Spa In-House Pool Facilities; Half Day Pass (Limited Access)
- Add a Meal and Drink Voucher from "The Pink Olive"

60 MINS R620
6 MINS R760 45-MINS R5 80 60 MINS R880 45 MINSR680 45 MINS R450 $60 \mathrm{M} / \mathrm{NS}$ R 890 35 MINS R400 35 MINS R400 45 MINS R480

## 60 MINS R370

45 MINS R 370
60 MINS R450
60 MINS R320
60 MINS R350
15 MINS R100
15 MINS R150
15 MINS R150
15 MINS R 200
30 MINS R600
30 MINS R800
30 MINS R350

# MONDAY TO FRIDAY 

O8HOO-17HOO
SATURDAY
O8HOO-16HOO
CLOSED ON SUNDAY
14 MAUREENSTREET
SOUTHERKSRORAR 2571

0662360052
NFO@DANIKASPA.COM
WWW.DANIKASPA.COM


INHALE CALMNESS•EXHALE STRESS

