



aronia®

DAY SPA

number 9 11th avenue | houghton estate | johannesburg, 2198  
p. 011.447.1204 | m. 084.412.0732 | [www.aroniadayspa.com](http://www.aroniadayspa.com) | [spa@aroniaspa.com](mailto:spa@aroniaspa.com)



# welcome

---

Immerse yourself into a unique setting where nature's finest botanicals synergise with caring hands to transport you to a place for restoration. Rejuvenate your spirit in the beauty that surrounds us. We invite you to an energising serene environment that offers unique spa treatment protocols inspired by nature. Our distinct spa rituals treat your senses to a journey of self discovery through our Aroniatherapy Gardens composed to harmonize your essence & recharge your rhythms by synergising nature & touch. Enjoy our steam room, hot tubs & heated outdoor swimming pool as you learn to enjoy the simple pleasures of life inspired from nature. Choose from one of our signature spa packages or select your experiences a la carte that lead you to a journey of wellness.

# about aronia day spa

Aronia Day Spa was developed as a sanctuary where you remember that nature surrounds us, lives in us & we live in nature. We invite you to remember how pure life can be with our numerous experiences that await you at Aronia. We have developed an elegant oasis that combines tranquil relaxation areas with a blend of spa traditions & modern luxury. Enjoy these various experiences before & after your treatment.

## aronia day spa hours

Monday – Friday	8:30am – 7:00pm
Saturday	8:30am – 6:00pm
Sunday	9:00am – 5:00pm
Public holidays	9:00am – 5:00pm

## complimentary spa amenities

Rejuvenate & detox in our steam rooms, jacuzzis, experience showers & heated outdoor swimming pool to cater to your specific needs.

## spa suites

Our spa suites offer a tranquil environment where you can enjoy any spa experience in the privacy of your own room. Spa suites may accommodate couples or just you & may include a private steam room with a shower, bath tub & private balcony for peaceful sun bathing & lounging.

## aronia gardens

Our tea sanctuaries are located in our outdoor hydrocourt. They are surrounded by aromatherapeutic herbs that stimulate, calm, refresh & detoxify your mind, body & spirit. Sip fresh tea, juice or a smoothie & enjoy the living aromatherapeutic scents that surround you. Pluck the aromatherapeutic herbs that best suit you to use as aromatherapy in the steam room or sauna. Share the herbs with your therapists to incorporate into your treatments. However you choose to use our gardens, indulge.

## corporate parties

Let us create a special memory by hosting an event for up to 30 guests. Services can include a combination of treatments & packages to suit your group's needs. We offer a convenient gathering place to rest & relax for any occasion. Events are hosted on our pool deck, catering & special requests may be arranged by our event manager

- Team building
- Special events
- Staff incentives
- Bachelorette parties
- Baby showers

## memberships

We offer several day spa memberships designed for our guests who wish to enjoy their experience more often.

### Benefits

- Free treatments
- Free use of the facilities for 24 months
- Pamper your friends and family to spa treatments on your account
- Buy vouchers on your account
- Free entry to all spa events
- Reward employees with treatments on your account

### Bronze R10 000

- R1000 free additional value in treatments

### Silver R15 000

- R1500 free additional value in treatments

### Gold R20 000

- R2500 free additional value in treatments

### All memberships include

- 24 Months in which to use credit
- Free access to facilities





# aroniatherapy

The highlight of every Aronia experience is a walk through our spectacular Aronia Gardens. We have carefully selected herbs & plants to use in your spa experiences & our treatments.

You can use the herbs in our steam rooms, waters & teas, to get aromatherapeutic benefits. Present your selected herbs to your therapists to incorporate into your Aronia Spa treatment to target specific skin, body & mood concerns. The Aroniatherapy experience helps to reduce stress, enhance well-being & lift your mood. Return to nature with Aroniatherapy.

## turkish rasul chamber 30 minutes

Based on the traditional Turkish bath, Our Rasul chamber is a cleansing ritual which will leave you feeling pure and calm with your skin beautifully exfoliated. The pampering experience takes place in a private temple under the light of a thousand stars. Apply different colored medicinal chakra mud's to specific areas of the body while inhaling steam delicately infused with pure herbs (reputed to cleanse the respiratory system). The ritual ends with warm tropical water pouring from the dome to wash the mud's away. This ceremony can be performed either alone or with a partner

## floatation therapy 30 minutes

Floating is a wonderful way of attaining the deepest relaxation - it has been said that just one treatment of floating can have the effect of four hours of undisturbed sleep. Gentle music plays underwater to help you wind down and drift into a near-meditative state of complete calm whilst being surrounded by candle light. Afterwards, take a refreshing shower before returning to the outside world feeling utterly relaxed





# massage treatments the classics

---

Each of our massage treatments begin with a consultation in which we will discuss your most difficult areas, massage preferences & goals to ensure that you receive the most wonderful benefits from your experience.

## swedish massage 30 | 60 | 90 minutes

Relaxing & invigorating, this massage utilises smoothing & friction techniques that apply pressure to restore blood flow to the heart, increase oxygen levels & release toxins from the muscles. Our Swedish massage soothes the nervous system, relieves surface tension & is suggested as part of a regular program for stress management.

## therapeutic deep tissue massage 30 | 60 | 90 minutes

Aimed at the deeper structures of your muscles, deep tissue massage uses similar techniques to Swedish massage with a more intense pressure focused on chronic muscle tension, stiffness & knots. Using a blend of essential oils used to deeply penetrate muscle tissues, freeing you from aches & pains.

## indian head massage 30 | 90 minutes

Based on ancient healing systems, this head, neck and shoulder massage uses firm & gentle rhythmic movements that stimulate acupressure points to help release everyday stress & tension.

## volcanic stone massage 60 | 90 minutes

Warm volcanic stones infused with an energising oil blend are used to heat, relax & remove blockage within the muscle tissue. The warmth of the stones provides an effective therapeutic massage with a more gentle pressure as compared to a deep tissue massage. Expect deep relaxation, harmony & an overall feeling of well-being.

## luxurious soy candle massage 60 min

A full body, light to medium pressure massage, designed to nourish and hydrate the skin. A special Soy candle is burned to release shea butter and almond oil which is gently poured over the body to produce a warm tension relieving massage.



# massage treatments ayurvedic collection

---

## udvartana ayurveda 90 minutes

Inspired by ancient Ayurvedic practices, we massage the body with a blended ubtan mask of natural ingredients & oils to stimulate cell renewal, reduce stress & mental exhaustion, smoothing the skin, adding a healthy glow. Deeply relaxing, renewing & helps with sore muscles.

## ubhyanga 60 | 90 minutes

Abhyanga is a full-body ayurvedic massage that uses warm oil to promote overall health and well-being. It involves rubbing the body down from head to toe with an herb-infused oil specifically chosen to help balance the doshas, or energies, in your body. Unleashing the ability of your body to promote self healing

## ayurvedic spa packages

### ayurveda revival package

- Ayurveda Abhyanga Massage 60 min
- Indian Head Massage 30 min
- Reflexology 60 min
- Thalgo herbal Tea

### ayurveda renewal spa package

- Ayurveda Udvartana Massage 90 min
- Indian Head Massage 30 min
- Thalgo herbal Tea



# massage treatments signature collection

---

## raindrop therapy 60 | 90 minutes

This massage combines 9 powerful aromatherapeutic oils that are applied to the spine, neck & feet, offering aromatherapeutic benefits that invigorate & balance to reduce stress & anxiety. Essential oils are dropped onto the centre of your back & gently massaged into your spine to interact with your body's natural electric field to open the flow of energy, providing a sensation of joy, extreme well-being & balance.

## aronia signature back massage 60 | 90 minutes

A fusion of Thai, shiatsu & classic deep massage techniques that help alleviate muscle tension & fatigue. Targets the legs & back through careful application of pressure & stretching, balancing 'chi'.

## aroma soul elements massage 60 | 90 minutes

A unique massage ritual that takes you on a journey through four distinct worlds - the exotic orient to de-stress; the warmth of the Mediterranean to energize; the vibrant world of India to relieve muscle aches & the ancient cultures of desert tribes to restore & strengthen for a complete sensorial experience. This massage can be incorporated with cupping therapy which acts as a 'wake-up call' to encourage your own body to restart the healing process, toxins and stagnant blood are removed; your immune system is left revitalized and your circulation cleansed.

## CBD stress-less massage 30 | 60 | 90 minutes

Our Stress-less CBD oil massage will ease your body into a total homeostatic state. Combining this powerful anti-inflammatory healing essential oil with special massage movements to enhance your wellbeing. This massage is highly recommended for inflammation, pain, spasm and insomnia. Also assisting to reduce stress and anxiety.

## reflexology 30 | 45 | 60 minutes

This delightful therapeutic foot massage combines medium pressure massage techniques, along targeted zones of the feet to stimulate organs throughout the body, improving circulation, restoring energy flow & eliminating tension.



# aronia packages

---

## half day package

- Swedish Massage 60 min
- Essential Facial 60 min
- Classic Pedicure 60 min
- Lunch

## full day package

- Full Body Polish 30 min
- Swedish Massage 60 min
- Essential Facial 60 min
- Classic Pedicure 60 min
- Classic Manicure 45 min
- Lunch

## express package

- Express Manicure
- Express Pedicure
- Indian Head Massage or Back, Neck & Shoulder Massage 30 min
- Mocktail or Latte of your choice

## corporate retreat

- Floatation Pool Therapy 30 min
- 90 min Volcanic Stone Massage / OR Deep Tissue Massage

## maternity package

- Pregnancy Massage 60 min
- Prenatal Facial 60 min
- Lucky Legs Pedicure 60 min
- Lunch

## moonlight spa

(available until late on Friday evenings)

- Luxury soy candle or CBD massage 60min
- Express facial or pedicure 30min
- Refreshments & snacks

## bride-to-be ritual

- Turkish Rhassoul Chamber 30min
- Any Signature 60min Massage
- Udvartana Body Renewal Therapy 60 min
- Indian Head Massage 30min
- Relaxing Rose Petal & Aromatic Oil infused Milk Bath
- Herbal Tea

\*recommended weekly, from approx one month prior to wedding day





# couples packages

---

## couple's ceremony

- Detox & Purify Rhassoul Experience
- Bathing Ritual
- Swedish Massage 90 min
- Classic Pedicure 60 min
- Non-alcoholic champagne
- Cheese / Fruit platter
- Private couples suite decorated with rose petals
- Lunch

\*Upgrades available upon request

## romantic escape

- Full Body Polish
- Swedish Massage 60 min
- Essential Facial 60 min
- Non alcoholic champagne
- Cheese / Fruit platter
- Private couples suite decorated with rose petals

## charming rasul for two 30min

Enjoy our Turkish rasul chamber with your loved one and indulge in a glass of nonalcoholic champagne and chocolates!

## serenity indulgence for two 60min

Float away in your private floatation pool and rejuvenate in our Turkish Rasul Chamber. This couples package includes non-alcoholic champagne and snacks.

# mum-to-be packages

---

## gorgeous glow pregnancy facial 60 minutes

Especially designed to help with hormonal breakouts, deep facial cleansing is followed by a mind-melting facial massage, clarifying mask & brightening serum. All products safe for you & your little one.

## mama mio prenatal massage 60 minutes

A relaxing full body massage using a safe & effective pre-natal massage technique with award winning Omega-rich oils to relax lower back muscles. Includes a neck & head massage & an elasticising tummy mask.

## lucky legs pedicure 60min

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too.

# body treatments

---

We offer a variety of body treatments that offer complete care for every concern. Each body treatment offers a customised experience to focus on results, using active & natural botanicals from all over the world. Enjoy softened supple & healthy glowing skin through the use of natural scrubs, deeply cleansing masks & remineralising & nourishing hydrators..

## body exfoliation 30 minutes

Add a fresh rejuvenating & exfoliating body scrub to any treatment for a smooth & radiant complexion.

## firm & tone wrap 60 minutes

A customised anti-ageing treatment that tones, firms & elasticises the skin using masks to deeply renew the skin & promote collagen & elastin synthesis.

## detox wrap 60 minutes

An intense detoxifying treatment to accelerate the body's metabolism, focusing on profound purification.

## relax wrap 60 minutes

A muscle warming, remineralising & purifying body wrap that uses deeply cleansing mud to stimulate energy flow & bestow a feeling of therapeutic relaxation, comfort & vitality.

## biominceur body wrap 60 minutes

Biominceur targets cellulite, fat, burns calories, enhances weight loss, slims, firms and tones producing fabulous visible long lasting results from the first treatment. Packed full of essential oils, plant and algae extracts and caffeine resulting in a wide range of additional therapeutic benefits which includes improving the appearance of varicose veins & stretch marks. 100% of women observed a decrease of 1 to 4cm around their waist.



# facials | skincare

---

Our romance with nature continues through our facial rituals. Each of our facials begin with our signature opening ritual.

## classic essential facial 60 minutes

Gentle exfoliation removes dry skin cells, and allows the rich face treatment oils and long-lasting, replenishing products to delivery hydration deep into the skin, soft, supple skin is revealed.

- Optiphi Hydrate & Repair Facial
- Optiphi Classic Facial
- Dermalfix Facial
- Optiphi Clarity & Clear Facial
- Gorgeous Glow Pregnancy Facial

## radiance facial 60 minutes

Target uneven pigmentation and skin-tone and breathe radiance into dull skin. Aronia's skin brightening facials use natural facial peels and radiance boosting creams to brighten and even skin tone. Natural enzymes and botanical extracts melt away dull skin cells and stimulate cell renewal for a supple, refreshed and radiant appearance.

- Absolute Pearl Facial
- Dermalfix Hyperpigmented Corrective Facial

## age defying facials 90 minutes

Focused on naturally improving the condition of the skin to provide outstanding instant and long-term results.

- Optiphi Anti Ageing Facial
- Dermalfix Anti Ageing
- Zo Skin Health Facial

# skin rejuvenation

---

## optiphi skin rejuvenation Peel 30min | 60min

This anti-aging, radiance boosting skin peel will rejuvenate the skin; improve elasticity and smooth skin texture. The strength of this chemical peel is tailored according to your skin condition with 25%-35% pure glycolic acid.

## microdermabrasion add on 15min | alone 45min

Our Medical Grade Microdermabrasion uses a highly controlled flow of fine crystals to remove the dead, outermost layer of skin. The skin exfoliation process reveals the new, living skin cells that are soft, smooth and receptive to nutrients...add this treatment on to any facial.

## regima skin peel 60min

This 'Peel & Heal' treatment gradually removes the outer dead layer and stimulates collagen production. Make your skin more youthful, lighter and brighter, also helping to repair scarring, problematic skins, pigmentation, fine lines and wrinkles.

## IS clinical fire & ice rejuvenating peel 30 minutes

Our most popular facial, this intensive clinical treatment is designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles while smoothing, softening and encouraging cellular renewal. Excellent for all skin types and ages, this facial results in a complexion that is dramatically refined, with no downtime, peeling, or other negative side effects.

## IS clinical foaming enzyme facial 45 minutes

The powerful yet soothing FOAMING ENZYME TREATMENT FACIAL combines papaya and pineapple enzymes with a potent clinical-level grade of glycolic acid. This professional treatment produces a luxurious foaming activity while bioactive ingredients exfoliate and deep-cleanse the pores; revealing a polished, healthy and radiant complexion.





**zo® 3-step peel by Dr. Zein Obagi®** 60min  
Gentle on the skin but strong enough to ensure a visible difference, the ZO Ossential Stimulator Peel is the ultimate skin boosting treatment suitable for all skin types. The peel is also known as the Red Carpet or Lunchtime Peel as it leaves clients with instantly healthier, clearer looking skin and yet has no associated downtime such as peeling or flaking. This 60 minute treatment includes extractions and a facialmassage.

## facials for men

---

### facials for Men

Just the tonic for tired looking skin, an Aronia Spa men's facial provides effective cleansing and hydration while helping to reduce fine lines and wrinkles. Enlivening men's facials treatments for smooth, supple, healthy looking skin.

- Optiphi Classic Facial
- Dermalfix Deep Cleansing Facial

### purifying back treatment

Take a load off with our super-smoothing back treatment designed to rid your muscles of stress and your skin of impurities. A deepcleansing scrub is followed by extractions and then an aromatherapy massage designed for your back's most stressed-out parts.

## add-on moments

---

### cold stone lymphatic facial massage

 30 minutes

A smoothing massage that targets 11 marma points through facial massage using cold volcanic pebbles to improve mental clarity, facial tension & sinus pressure.

### brightening eye enhancer

 30 minutes

Brighten and reduce puffiness with our power exfoliation, multivitamin cooling mask and optiphi's eyesigns activegel to target aging, dark circles and puffiness.

### eye & lip enhancing treatment

 15 minutes

The perfect add-on to any treatment. This quick facial treatment uses an eye & lip mask along with digitopressure massage to reduce puffiness & plump fine lines & wrinkles.

### timeless anti-aging brightening mask

 15 minutes

An immediate brightening and anti aging treatment for dehydrated, uneven skin tone. Softens fine lines & wrinkles, adding brightening & radiance while bestowing vitality & freshness to the skin.

### bathing ritual

 30 minutes

Soak in our private soaking tub with special oils, salts & herbs before any treatment.

# manicures & pedicures

All of our manicures & pedicures use an essential oil blend to massage the hands, feet, legs & arms to reduce pain & nourish dry skin & promote healthy & bright nail growth.

## our classic services

**classic manicure** 45 minutes

**classic pedicure** 60 minutes

Aronia's classic version of a hand & foot treatment includes shaping & grooming of the nail, a purifying soak, massage, cuticle care, maintenance of calluses, hydration & the perfect buff & polish if desired.

**aronia signature manicure** 60 minutes

**aronia signature pedicure** 60 minutes

Uses warm volcanic stones in the bath & massage to de-stress & melt away tension & pain along with detailed callus care & exfoliation. A nourishing paraffin mask is added to detoxify & soften the skin. Finish with buff or polish.

**medihand manicure** 45 minutes

A preventative Hand treatment for ageing and pigmented hands with a warming hydro exfoliation. A nail whitening soak and an anti-ageing massage and detox mask. This UV protective manicure was designed with maximum actives for a result oriented manicure. This treatment includes cuticle removal, hydration, file, clip buff & shine or paint.

**mediheel pedicure** 60 minutes

Restore dry areas, cracked heels with a callus peel, neutralization, anti-bacterial soak, enzymatic exfoliation, detox mask, massage with Elim Foot Perfector and Gold Dust. The Mediheel pedicure focuses on removing dead skin from the feet, leaving heels feeling smooth and nourished. Includes file, clip, buff & shine or paint.



## our express services

**express manicure / pedicure** 30 minutes

**file, buff, paint** 15 minutes

## enhancements

**gelish manicure / pedicure** 55 minutes

This bullet-proof power polish offers long-lasting saturated colour with a mirror shine & no dry time. This manicure shapes & grooms your nails to perfection, offers nail, cuticle & callus grooming & an ultra-shine polish that lasts for weeks.

## specialties & add-ons add to your manicure or pedicure experience

- gelish polish add on - *add this bullet proof polish to any classic mani or pedi*
- soak off
- french polish
- paraffin mask
- micro-pedi polish - *a unique, ultra effective laser treatment for the calluses*
- callus peel - *peel application specifically for callus removal*
- IBX Nail repair

# beauty enhancements

---

## wax bar hair removal services

We offer full hair removal of any area using wax & sugaring procedures.

## laser hair removal

The preferred method for permanent reduction, laser removal works by emitting pulsed light lasers onto the surface of the skin with either Diode or ND:Yag laser. The laser is attracted by the pigment of hair and directed to the route to vaporise the hair follicle.

## tanning

SPRAY TANNING - offers an instant light-free treatment that results in a flawless tan that looks & feels natural, lasting up to seven days.

## ear candling 30 minutes

A safe & effective procedure to promote ear health by gently removing excessive ear wax & debris using a muslin candle dipped in beeswax. Soft heat warms the ear wax which is naturally pulled into the unburned portion of the candle.

## lash & brow tinting

Polish your brows &/or lashes to get a perfect arch, add a geometric balance & help your eyes pop. This vegetable based dye glazes your brows & lashes to add definition & volume.







# juice bar | spa cafe

## juice bar

Aronia spa offers a fully dedicated juice bar offering uniquely designed mocktails, fruit crushes, smoothies and milkshakes.

## spa cafe

Enjoy dining in a tranquil relaxing environment. Our spa cafe caters a fully halaal menu from snacks, lunches and deserts. Include meals or platters onto any spa experience.







### facility usage

Guests receiving selected Aronia Spa treatments are able to utilise our Aronia Gardens, pool, hydrocourt & pause deck amenities. 30min for treatments under 2 hours, 60min for treatments above 2 hours. Additional time may be purchased. Bathing clothes are required in all hydrocourt & pool areas.

### cancellation policy

All reservations must be secured with a credit card. Our 24-hour notice is required for cancellation or rescheduling. Any treatments not cancelled 24h-hours prior the full treatment fee will apply. We reserve the right to charge your credit card or redeem your voucher accordingly.

### gratuities

You may allocate gratuities at your discretion upon check-out.

### age restriction

Guests must be sixteen years + or otherwise accompanied by an adult.

### arrival & punctuality

It is recommended to arrive 30 minutes+ prior to the start of your first treatment. Late arrival will simply limit your experience & treatment time as to not delay our next guest. We will make every attempt to accommodate your full service, however the full value of the original treatment will be charged.

### gift certificates

Indulge your friends & loved ones with a gift certificate to Aronia Day Spa or Sheer Touch Laser Hair Removal & Aesthetic Centre. Gift certificates may not be redeemed with any other offer. Gift certificates valid at Aronia Day Spa & Sheer Touch only.





# treatment pricing

## hydro facilities

turkish rasul chamber	30 minutes
floatation therapy	30   60 minutes

## massage treatments

back neck shoulder	30   45   60 minutes	450   600   800
swedish	30   60   90 minutes	450   700   1020
deep tissue	30   60   90 minutes	470   770   1050
indian head	30   60 minutes	520   820
volcanic stone	60   90 minutes	790   1080
aromatherapy	60   90 minutes	790   1050
cbd	30   60   90 minutes	550   870   1300
soy candle	60   90 minutes	800   1070
prenatal massage	60   90 minutes	750   1050
raindrop therapy	60   90 minutes	980   1380
aronia signature back	60   90 minutes	980   1380
aroma soul elements	60   90 minutes	980   1380
udvartana	90 minutes	1350
ubhyanga massage	60   90 minutes	870   1300
reflexology	30   45   60 minutes	450   590   750
foot massage	30   60 minutes	450   700

## body treatments

body exfoliation	30 minutes	340
firm & tone wrap	60 minutes	820
detox wrap	60 minutes	850
relax wrap	60 minutes	720
biominceur slimming wrap	60 minutes	1040

## mum-to-be treatments

pregnancy facial	60 minutes	720
prenatal massage	60   90 minutes	750   1050
rub, scrub & glow	60 minutes	790
lucky legs pedicure	60 minutes	450
maternity half day package	180 minutes	1850



ZAR inc. 15% vat

400
400   620

call 011.447.1204 for reservations  
www.aroniadayspa.com

## aronia packages

express package	2h30	890
corporate retreat	2h00	1250
half day package	4h00	1750
full day package	6h00	2350
maternity package	4h00	1850
premium full day	6h30	3350
moonlight spa	2h00	1350
ayurveda revival spa package	2h30	1920
ayurveda renewal spa package	2h00	1690
bride-to-be ritual	3h30	2900

## couples packages

couple's ceremony	5h30	4350
romantic escape	3h00	3490
moonlight couples spa	2h00	2890
enchanted rasul for two	30 minutes	720
serenity indulgence for two	60 minutes	1400

## facials

classic essential facial	60 minutes	
optiphi classic facial		720
optiphi clarify & clear		750
dermafix facial		720
optiphi pregnancy facial		720
optiphi hydrate & repair	75 minutes	900
is clinical fire and ice facial	30 minutes	995
zo skin health facial	60 minutes	950

## radiance facial

dermafix hyperpigmented corrective facial	60 minutes	900
essential® skin brightening treatment zeyn obagi	90 minutes	1700
radiance boost	90 minutes	1150
is clinical foaming enzyme facial	60 minutes	1250
aronia signature pigmentation peel	120 minutes	2800

## age defying facials

optiphi anti ageing facial	90 minutes	990
dermafix anti ageing facial		900
zo skin health anti-ageing facial		1700

facials for men	60 minutes	
optiphi classic facial		720
dermafix deep cleansing facial		720
purifying teen facial	60 minutes	600
purifying back treatment	45 minutes	550
<u>skin rejuvenation</u>		
optiphi skin rejuvenation peel	30   45 minutes	650   800
dermaplex renewing peel	45 minutes	700
microdermabrasion	10   30 minutes	add on 330   alone 480
regimA skin peel	60 minutes	from 700
zo® ossential stimulator peel	60 minutes	1250
dermaplaning	45 minutes	580   900 with peel

### add-on moments

eye bright treatment	15 minutes	330
eye & lip zone treatment	15 minutes	330
lymphatic drainage face massage	30 minutes	420
bathing ritual	30 minutes	350
rasul	30 minutes	400
floatation pool	30   60 minutes	400   620
private suite with cheese platter	60 minutes	750

### beauty enhancements

spray tanning vita liberata / brilliant tan	1 session	500
spray tanning with scrub	1 session	710
ear candling	30 minutes	350
lash & brow tinting		180
lash lift		350
lash curl		400

### manicure | pedicure

classic manicure   pedicure	45   60 minutes	320   380
aronia signature manicure   pedicure	60 minutes	380   470
gelish manicure   pedicure	55 minutes	400   420
gelish polish add on fingers   toes		230   230
soft gel tips normal polish  gel		350   560
callus peel   alone		200   280
soak off		100
mediheel pedicure	add on 30   60 minutes	300   550
medihand manicure	add on 20   45 minutes	250   480

### hair removal

	waxing	sugaring	threading		waxing	sugaring	threading
lip / brow / chin	120	140	140	back 1/2   full	260   310	290   330	-
face	270	290	420	chest	360	390	-
under arms	160	170	-	bikini	190	205	-
neck / throat	180	190	-	g-string bkini	250	270	-
tummy	150	160	-	brazilian	310	330	-
arms 1/2   full	160   270	170   290	-	hollywood	360	390	-
legs 1/2   full	230   360	260   390	-	feet / hands / toes	90	95	-
face & neck	340	370	470	sides of face	180	190	260

### refreshments & food

cheese fruit platter with non-alcoholic champagne	350
lunch	as per menu
kindly request our food & refreshments menu	

### slimming

fat freeze	1 area   60 minutes	950	2 area   60 minutes	1250
velashape	1 area   20 minutes	450	2 area   20 minutes	650
radio frequency	6 sessions   45 minutes	2400		
cavitation	6 sessions   45 minutes	2400		
pressotherapy lymphatic drainage	45 minutes	650		
biominceur wrap	tummy & buttock   60 minutes	450	body   60 minutes	1300



aronia®

DAY SPA





# treatment pricing

## permanent hair removal



### face

	women	men		women	men
upper lip & chin	405	555	nose	115	175
upper lip	275	315	forehead / under-eye	285	370
sides of face (incl. sideburns)	330	380	neck (front OR back)	285	380
sideburns or cheeks only	240	330	ears	270	380
chin	270	315	brows	220	315

### body

	women	men		women	men
underarms	525	615	areola	265	315
full legs	2520	2850	bikini	685	-
1/2 legs	1470	1735	extended bikini	780	-
full arms	1470	1735	brazilian	895	-
1/2 arms	860	1135	hollywood	1060	-
toes, fingers or hands	280	335	hollywood & more	1260	-
back	1995	2835	inner thigh	400	-
shoulders	630	820	tummy line	400	400
chest & tummy	1575	2200	per shot	10	10
tummy or chest	895	1260			

## hair removal combos

	women	men
expression (upper lip, chin, sideburns)	635	730
jaw dropping (chin, sideburns, neck)	750	835
fresh face (upper lip, chin, side burns, neck/forehead)	780	850
cheeky (upper lip, chin, cheeks, side burns)	695	830
mona lisa (upper lip, chin, cheeks, side burns, neck/forehead)	820	895
baby face (upper lip, chin, cheeks, side burns, forehead, neck)	895	970
mug for men (beard line, front & back of neck)	-	840
down & under (underarms & hollywood)	1510	-
dropdown (underarm, hollywood, half legs)	2870	-
honeymoon (underarm, hollywood, full legs)	3820	-
outreach (full arms, underarm)	1890	2230
branches (full arms, full legs)	3780	4330

\*No fixed maintenance prices. Indicative pricing offered at 20-40% reduction depending on the hair growth.

Get your first treatment free when you book & pay for 8 sessions

Get your first treatment -50% when you book & pay for 4 sessions

## electrolysis

5 | 10 | 15 minutes  
probe

110 | 210 | 280  
110

## skin rejuvenation | chemical peels

optiphi skin rejuvenation peel	30   45 minutes	650   800
dermaplex renewing peel	45 minutes	700
regimA skin peel	60 minutes	from 700
zo® ossential stimulator peel	60 minutes	1500
is clinical fire and ice peel	30 minutes	995
green peel fresh up	30 minutes	1080
green peel energy	45 minutes	1380
uber peel and hyla active mask	30 minutes	1150

## enhanced rejuvenation treatments

microdermabrasion	
face	580
face & décolleté	620
face - acne	680
body cares	700 <sup>+</sup>

## enhanced rejuvenation treatments

derma-pen®	add on 30   60 minutes	1450   1950
microneedling pen	add on 30   60 minutes	890   1350
dermaplaning	add on 45   60 minutes	540   900 with peel

## IPL photo rejuvenation

	face	body
photofacial - skin rejuvenation, freckles, capillaries	1375 <sup>+/-</sup>	700 <sup>+/-</sup>
visio in-depth skin analysis	380	

## advanced body cares

anti-stretch mark	from 850
spider vein removal	725 <sup>+/-</sup> /10 min

## skin irregularities - skin tags, angiomas cystic acne

lam probe®	5   10   30 minutes	340   725   1100
------------	---------------------	------------------

### age restriction

Guests must be sixteen years+ or otherwise accompanied by an adult.

### arrival & punctuality

It is recommended to arrive 15 minutes+ prior to the start of your first treatment. Late arrival will simply limit your experience & treatment time as to not delay our next guest. We will make every attempt to accommodate your full service, however the full value and gratuity of the original treatment will be charged.

### gift certificates

Indulge your friends & loved ones with a gift certificate to Aronia Spa or Sheer Touch Laser Hair Removal & Aesthetic Centre. Gift certificates may not be redeemed with any other offer. Gift certificates valid at Aronia & Sheer Touch.



## policy & etiquette

---

### sheer touch hours

Monday - Friday	8:30 am - 6:00 pm
Saturday	8:00 am - 6:00 pm
Sunday	by appointment

### reservations

Pre-booking your reservation is recommended, however we will accommodate any walk-in appointments as our technicians' availability allows.

### day pass & facility usage

We invite all Sheer Touch guests to utilise our Aronia Spa garden, hydrocourt & pause deck amenities for a small fee. Certain experiences however, may be restricted due to the nature of your treatment. Please inquire when scheduling reservations. Bathing clothes are required in all hydrocourt & pool areas.

### cancellation policy

All reservations must be secured with a credit card. Our 24-hour notice is required for cancellation or rescheduling. Any treatments not cancelled 24h-hours prior the full treatment fee will apply. We reserve the right to charge your credit card or redeem your voucher accordingly.

### gratuities

You may allocate gratuities at your discretion upon check-out.

# permanent hair removal

---

When shaving, tweezing & waxing becomes too much to remove unwanted hair, Sheer Touch's advanced hair removal centre offers several attractive options for precise & permanent hair removal. These techniques selectively target the dark pigment of the hair to weaken & destroy the active hair follicles throughout, leaving you with smooth undamaged skin. Not everyone is a candidate for permanent hair removal & consultation is required. It is suggested that you limit any hair removal activity, sun exposure & topical medical applications for two - six weeks prior to your consultation & treatment. Treatments are typically performed four - eight weeks apart & approximately eight sessions are required. Most clients notice a significant reduction in hair re-growth after the first treatment.

## laser hair removal

The preferred method for permanent reduction, laser hair removal works by emitting pulsed light lasers onto the surface of the skin either with Diode or Nd:Yag laser. The laser is attracted to the pigment of hair & directed to the root to vaporize the hair follicle.

## intense pulsed light hair removal IPL

This hair removal technique is similar to laser hair removal but uses Palomar technology that applies energy produced by a lamp (not a laser) to send a variety of pulsed-light waves converted to heat to target the hair follicle.

## electrolysis

This procedure is a permanent hair removal technology that works by sending an electric current through a very small lam probe down to the hair follicle to destroy the root. This is the most preferred method for clients with lightly pigmented hair.

# traditional hair removal

---

We offer a wide array of hair removal treatments ranging from waxing through more permanent hair reduction procedures such as electrolysis & laser hair removal. We perform these treatments on any area of the face or body where unwanted hair growth occurs. Our hair removal experts are happy to take the time to discuss each treatment option to decide which hair removal solution is best for you.

## waxing

It is recommended that hair-growth be approximately 1/2 cm at the time of your visit. Avoid using any acidic topical applications, direct sun or UV exposure or blood thinners 48 hours prior to treatment. Pain may be reduced with more frequent treatments & taking panado 30 minutes prior to your visit. It is suggested that the hair removal area be clean & trimmed before arriving to the spa.

## sugaring

This ancient middle-eastern alternative to waxing uses an all-natural paste derived from ingredients such as sugar, lemon & water to remove the hair follicle from the root. Benefits to this alternative include easy removal of residue & expedited, morethorough removal with less pain than waxing. Sugaring over time can reduce growth in some instances.

## threading

A method of hair removal in which unwanted hairs are plucked out by using a twisted cotton thread. Recommended for sensitive skin as well as eyebrows in order to get a perfect shape.



# body cares

---

## anti-stretch mark solutions

Sheer Touch utilises a combination of collagen induction therapy, microdermabrasion and skin peels to minimise the appearance of stretchmarks with little to no downtime.

Treatment helps to improve the unsightly colour & skin texture associated with stretch marks, leaving you with smoother, better looking skin.

## varicose vein solutions

This treatment uses Nd:YAG & Lamprobe® technology coagulate blood within targeted veins to destroy the vessel & redirect blood flow to veins deeper below the skin's surface, resulting in the removal of unsightly superficial veins. The treatment can be performed on the body & the face.



# slimming collection

## velashape™ anti-cellulite & body contouring

Cellulite affects 80% of women & is caused by excess fat storage occurring in the deepest layers of the skin. This causes visible protrusion of fat cells appearing as unsightly dimpling usually in the legs, buttocks, abdomen & arms. Sheer Touch uses Elos® technology that combines bi-polar radio frequency & optical energy to produce a highly controlled energy, safe for all skin types. Specifically designed rollers & vacuum pressure work together to manipulate the skin while infrared & RF energies work to increase oxygen levels to metabolise stored energy, shrinking the size of the fat chamber in problem areas, resulting in a smoother appearance.

## lipo laser 30 | 60 minutes

A non-invasive, painless procedure that blasts away fat cells with cold diode laser technology. The laser works by breaking down triglycerides into fatty acids & glycerol. As the fat melts away, it is excreted as waste using our body's natural digestive process.

## fat-freeze 45 minutes

The Fat Freeze treatment offers an effective and real alternative to fat reduction surgery with excellent results. Even if you are someone who exercises regularly and follows a healthy diet and lifestyle, it can be hard to shift stubborn areas of fat.

This becomes even harder as you get older. The procedure is used to break down stubborn fat deposits. The exposure to cooling causes a localised inflammatory response in the fat cells (called Panniculitis) within a treated area. This inflammation of the fat cells damages the fat cells by rupturing them, thereby releasing their contents.

These contents are then naturally flushed away by your body's own mechanisms and lead to a gradual reduction of the thickness of the fat layer.

## radio-frequency (skin tightening) 20 minutes

The multi-polar radio frequency causes a thermal reaction in the tissue which stimulates the body's natural healing response causing new collagen to form, and the production of new elastin fibres making skin look and feel firmer.

Skin is heated consistently and uniformly without the risk of any burns.

Areas that can be treated are waist, back, thighs, hips, arms, inner and outer thighs, below glutes and the face.

After the treatment you can resume your regular activities immediately. There's no recovery time or special follow-up care.

## ultrasound fat cavitation (cellulite) 20 minutes

This treatment is one of the most advanced ways to remove cellulite, break down fat cells, tighten and tone the skin.

The machine uses ultrasonic sound waves/frequencies to disrupt the fat cell walls, which causes the fat cells to "leak" their contents into the fluid spaces of your body. From there, your lymph system picks up this waste material (the loose fat) and begins circulating it through your body until it can be processed and eliminated by the body. Minimum of 6 sessions is recommended, however depending on the severity of the cellulite or amount of fat on the area the clients might require up to 12 sessions. As with any treatment, the results may vary from person to person depending on age, tissue structure, treatment area, individual metabolism, current medications, and

changes in hormones. Painless and no downtime required.

### lymphatic drainage 30 | 60 minutes

This newest technology comes from Los Angeles that uses lymphatic compression massage through a special body glove. The treatment feels like an eight-hand massage & uses pneumatic air compression to move blood & lymph towards the heart to improve circulation & detox through the elimination of toxic metabolic waste & lactic acid. Through improving this circulation, not only do clients lose inches, but this treatment also helps reduce the appearance of varicose veins & cellulite & reduces stress. Recommended 2 - 3 times/week.

### biominceur slimming wraps

The latest revolutionary slimming body treatment from France is clinically proven to dramatically decrease the appearance of cellulite & fat deposits by as much as 67% with an average decrease of 1 – 4 cm around the waist in less than 4 weeks.

Results are instantly noticeable after the first treatment with long-lasting results. The treatment is a two-stage process that begins with an application of active slimming ingredients using specific massage techniques to deeply penetrate the targeted areas. You are then wrapped in a biofilm while you rest for 40 minutes. To finish, your therapist removes the biofilm & completes the treatment by vigorously massaging an Ultra Slimming Gel into the treated areas. Recommended in a series of treatments. This inflammation of the fat cells damages the fat cells by rupturing them, thereby releasing their contents. These contents are then naturally flushed away by your body's own mechanisms and lead to a gradual reduction of the thickness of the fat layer.



# lamprobe for skin irregularities

---

The Lamprobe is a breakthrough cosmetic innovation that incorporates non-invasive radio and high-frequency technology to treat minor skin abnormalities without penetrating the skin's surface. The treatment quickly and effectively treats common skin abnormalities including age spots, benign moles, cherry angiomas, cholesterol deposits, clogged pores, milia, and skin tags.

## how does it work?

The Lamprobe uses radio and high-frequency technology which produces a current that electro-desiccates and electro-coagulates minor skin irregularities. The Lamprobe is applied to the skin for just two to five seconds per spot, effectively vaporizing cells at the desired spot.

# skin rejuvenation

---

## optiphi skin rejuvenation peel 30 min | 60 minutes

This anti-aging, radiance boosting skin peel will rejuvenate the skin; improve elasticity and smooth skin texture. The strength of this chemical peel is tailored according to your skin condition with 25%-35% pure glycolic acid.

## dermaplex renewing peel 45 minutes

An advanced peel based on a unique blend of salicylic, glycolic, lactic, azelaic and Phytic acids resulting in smoother, firmer and fresher looking skin. A series of 4 to 6 peels is recommended for optimum results. Suitable for all skin types

## regimA skin peel 60 minutes

This 'Peel & Heal' treatment gradually removes the outer dead layer and stimulates collagen production. Make your skin more youthful, lighter and brighter, also helping to repair scarring, problematic skins, pigmentation, fine lines and wrinkles.

## IS clinical fire & ice rejuvenating peel 30 minutes

Our most popular facial, this intensive clinical treatment is designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles while smoothing, softening and encouraging cellular renewal. Excellent for all skin types and ages, this facial results in a complexion that is dramatically refined, with no downtime, peeling, or other negative side effects.

## IS clinical foaming enzyme facial 45 minutes

The powerful yet soothing FOAMING ENZYME TREATMENT FACIAL combines papaya and pineapple enzymes with a potent clinical-level grade of glycolic acid. This professional treatment produces a luxurious foaming activity while bioactive ingredients exfoliate and deep-cleanse the pores; revealing a polished, healthy and radiant complexion.



### zo® ossential stimulator peel 60 minutes

Gentle on the skin but strong enough to ensure a visible difference, the ZO Ossential Stimulator Peel is the ultimate skin boosting treatment suitable for all skin types. The peel is also known as the Red Carpet or Lunchtime Peel as it leaves clients with instantly healthier, clearer looking skin and yet has no associated downtime such as peeling or flaking. This 60 minute treatment includes extractions and a facial massage.

### LED therapy

The LED Light therapy Masque (photomodulation-phototherapy) involves the use of a device that emits light of various wavelengths in order to stimulate or activate different responses within the skin. As the light varies in wavelength, so does the colour of the light emitted change according to the specific wavelength used.

LED light therapy works to increase the skin's wound healing response due to the promotion of collagen and elastin synthesis. It further prevents breakouts due to its anti-bacterial benefits, promotes an even skin tone, reduces inflammation and erythema in a sensitised skin, and can be used together with any advanced facial protocol such as Microneedling, Laser, IPL and Chemical Peeling.

### high frequency

During the high frequency treatment, enriched oxygen molecules are produced that create an anti-bacterial action and a "natural" thermal tissue warming. This reaction helps your blood vessels push away toxins, while the cells in your skin are enriched with nutrients and hydrating volume.

# enhanced rejuvenation treatments

---

### microdermabrasion add on 15 min | alone 45 minutes

Our Medical Grade Microdermabrasion uses a highly controlled flow of fine crystals to remove the dead, outermost layer of skin. The skin exfoliation process reveals the new, living skin cells that are soft, smooth and receptive to nutrients...add this treatment on to any facial.

### micro-needling / dermaroller add on 30 min | alone 60 minutes

Micro-needling is a minimally-invasive skin rejuvenation treatment designed to improve the appearance of fine lines and wrinkles as well as scars on the face and body.

### dermapen add on 30 min | alone 60 minutes

The Dermapen uses multiple needles that pierce the skin vertically with minimal pain compared to traditional Dermaroller rejuvenation. The Dermapen skin rejuvenation treatment has great results and there appears to be much less epidermal damage. The automatic, high speed vibrating function of the Dermapen increases the effectiveness of the treatment by rapidly creating multiple insertions, quickly and clinically, dramatically reducing pain and discomfort.

### skin-Needling

Needling technique to induce collagen and stimulate cell renewal. Assists in reducing pigmented spots and fine lines. Can be added-on to any facial or peel.

### brightening eye enhancer

Brighten and reduce puffiness with our power exfoliation, multivitamin cooling mask and optiphi's eyesigns activegel to target aging, dark circles and puffiness.

### facials for men

Just the tonic for tired looking skin, an Aronia Spa men's facial provides effective cleansing and hydration while helping to reduce fine lines and wrinkles. Enlivening men's facials treatments for smooth, supple, healthy looking skin.

- Optiphi Classic Facial
- Dermalix Deep Cleansing Facial

### purifying back treatment

Take a load off with our super-smoothing back treatment designed to rid your muscles of stress and your skin of impurities. A deep-cleansing scrub is followed by extractions and then an aromatherapy massage designed for your back's most stressed-out parts.

# facials | skincare

---

### classic essential facial 60 minutes

Gentle exfoliation removes dry skin cells, and allows the rich face treatment oils and long-lasting, replenishing products to delivery hydration deep into the skin, soft, supple skin is revealed.

- Optiphi Hydrate & Repair Facial
- Optiphi Classic Facial
- Dermalix Facial
- Optiphi Clarity & Clear Facial
- Gorgeous Glow Pregnancy Facial

### radiance facial 60 minutes

Target uneven pigmentation and skin-tone and breathe radiance into dull skin. Aronia's skin brightening facials use natural facial peels and radiance boosting creams to brighten and even skin tone. Natural enzymes and botanical extracts melt away dull skin cells and stimulate cell renewal for a supple, refreshed and radiant appearance.

- Absolute Pearl Facial
- Dermalix Hyperpigmented Corrective Facial
- Aronia Signature pigmentation Facial

### age defying facials 90 minutes

Focused on naturally improving the condition of the skin to provide outstanding instant and long-term results.

- Optiphi Anti Ageing Facial
- Dermalix Anti Ageing
- Zo Skin Health Facial.

# about

---

sheer touch laser hair removal & aesthetics centre is pure solutions for pure skin. Experience a customised blend of care, nature, science & expert technique in a most exquisite spa setting. Our dynamic offerings of the most excellent products & innovative technologies provide the ideal combination for skin rejuvenation & care. Sheer Touch has the upper hand for anti-ageing, skin care, cellulite reduction & hair removal through the use of the most current & advanced technology available. Let us uncover your natural beauty.







pure solutions for pure skin

number 9 11th avenue | houghton estate | johannesburg, 2198  
p. 011/447/1204 | m. 084/412/0732 | [www.sheertouch.co.za](http://www.sheertouch.co.za) | [info@sheertouch.co.za](mailto:info@sheertouch.co.za)