



# THE SPA

at 95 on Main

*Winter Treatment Menu 2024*



# Welcome to The Spa at 95 on Main

Indulge in a sensory experience that envelops you in luxury and soothes your soul.

## BOOKINGS

042 940 0562 | [reception@thespa95.co.za](mailto:reception@thespa95.co.za)

95 Main Street, Humansdorp, 6300



## BODY MASSAGE THERAPY

### Lava Shell Signature Massage 90 min R850

This indulgent massage offers an idyllic treatment combining the warmth of Lava Shells with deeply relaxing massage techniques, creating a sense of balance to the entire body. The treatment begins with a tranquil massage on the back, neck and shoulder area to ease away all tension, and stress. This is followed by slow, deep movements that are worked over the palms, arms, feet and legs to warm and de-stress.

### Soothing Aroma Massage 60 min R510

Promotes healing, well-being and relaxation using pure essential oils and light massage strokes.

### Muscle Recovery Massage 60 min R510

A deep pressure massage to relieve tension and detoxify.

### Warming Stone Massage 60 min R510

Heated Basalt stones slowly release heat into the muscle, creating a deep and relaxing effect on the body and releasing tension within the muscles.

### CBD Infused Wellness Massage

60 min R510

Begin your therapeutic journey with a drop of CBD (Cannabidiol) tincture under the tongue to encourage a sense of calm, followed by a relaxing full body massage incorporating CBD oil.

This signature treatment is designed to decrease pain and inflammation whilst boosting the immune system and improving sleep patterns. THC Free and 100% legal.

### Classic Swedish Body Massage

60 min R450

This massage is a light to medium touch massage using Swedish techniques to stimulate circulation and relieve stress and tension from the body.

### Maternity Massage 60 min R510

Help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy (available after first trimester).

### Stress Buster Back, Neck & Shoulder Massage

60 min R510

45 min R390

30 min R280

A massage to deeply relax and soothe tension in the back, neck and shoulders.

### Balancing Foot Massage 45 min R410

30 min R280

Relax and balance the body through stimulation of pressure points situated on the feet.

### Indian Head Massage 30 min R280

This therapeutic treatment involves a gentle massage of the face, scalp, neck and shoulders restoring a deep sense of relaxation, helping to re-balance both body and mind.

### Add Ons:

Upgrade your 60min full body massage with an additional 30min R200

Add on CBD Oil R120  
(may be added to any treatment)

Add a Back Scrub R130

Add Hot Stones to your full body massage R100

Add Bellabaci Cups to your full body massage or facial R100



## FACIALS

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### **Thalgo Hyalu-Procollagene Wrinkle Correcting Treatment** 60 min R1 700

The first four step wrinkle by wrinkle treatment combining three hyaluronic acids, marine pro-collagen and unique roller booster tools. This hands on non-electrical facial offers outstanding results, the skin feels plumped and even established wrinkles appear reduced.

### **Thalgo Source Marine Hydra-Strengthening Treatment** 60 min R850

This facial corrects the hydration levels of the skin, deeply replenishing and restoring the skin's velvety-smooth feel and radiance. This treatment includes a revitalizing Infusion mask.

### **ThalgoMen Fortifying Facial Treatment** 60 min R760

Whether your concern is dehydration, dryness, sensitivity or oiliness, this treatment provides a tailored solution for the male skin. Treatment includes a relaxing massage, leaving the skin revitalised and perfectly balanced.

### **Thalgo Puret  Purifying Facial** 60 min R580

This deep cleansing facial results in skin that is purified and instantly clearer thanks to the duo of regulating age-old algae. Specifically designed for combination to oily skin, this Puret  Marine treatment reduces imperfections, redefines pores and controls shine; with the optional inclusion of extractions.

*Add on: Thalgo Micronised Marine Algae mask to rebalance skin and replenish its minerals. R300*

### **Thalgo Spa Skin Facial** 60 min R580

This classic facial is tailored to meet the specific needs of all skin types. Two treatment options (i.e. Source Marine hydrating or Cold Cream Marine comforting).

### **Thalgo Radiance Facial** 30 min R410

The ultimate "illuminating" treatment, it boosts radiance and reveals the beauty of dull, tired complexions.

### **CSpa Aroma Wellness Hydrating Facial** 60 min R520

This multi-sensory skin treatment includes a luxurious facial massage and an Aroma serum to boost hydration and to suit your skin's main concerns.

## Thalgo Eye Expert Treatments

### **Thalgo Hyalu-Procollagene Wrinkle Correcting Pro Eye Treatment Add On To Facial** R330

An SOS treatment to smooth the eye contour area and lessen the appearance of fine lines and wrinkles, diminishing signs of ageing and fatigue for younger-looking eyes.

## Lamelle Treatments

### FACIALS

### **Deep Cleanse Facial** 60min R530

Pro-actively in management of acne and breakouts limit the incidence of future more aggressive problems. This deep cleansing treatment is the ultimate skin-soothing, deep cleansing and sebum reduction treatment for acne-prone, problematic or teenage skins.

### **Hydrate & Calming Facial** 60min R550

The hydrating facial helps to soothe, calm and moisturise skin, leaving it feeling nourished and rejuvenated. This wonderfully calming facial is like therapy for the skin and leaves your skin glowing. The treatment includes an intense Hydration Mask that helps to bind water in the skin to improve hydration.

### **Age Prevention Facial** 60min R650

A very gentle treatment that contains some feel-good skin-pampering ingredients that make it ideal for maintaining the luster and vibrancy of younger skin.



## SPA BODY THERAPY

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**Salt & Coconut Body Scrub**    30 min    R350  
A full body exfoliation using natural salt and coconut oil, to polish the skin leaving it smooth and moisturised. This treatment will detoxify and increase the skins circulation leaving you invigorated and refreshed.

### Body Wraps

**Thalgo 3 Marine Algae Body Wrap**  
60 min    R1 050

After a welcome touch and body exfoliation, Thalgo's seaweed wrap is applied, infusing its mineral, vitamins and micro-nutrients. The original marine algae, harnessing all the incredible benefits of seaweed, activates circulation, increases metabolism, relieves aches and pains, helps with weight loss, and may improve certain skin conditions.

**CSpa Hydrating or Detox Wrap**  
45 min    R530

Choose between a relaxing or an invigorating aroma wellness body wrap. Hydrate with Neroli and Vanilla essential oils or detoxify with Peppermint and Rosemary essential oils.

## SLIMMING

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**Bellabaci Cupping Cellulite Therapy**  
30 min    R430  
60 min    R550

Re-sculpt your body with the combination of cupping, hands-on massage and the use of a copper mitt, performed with premium hand-crafted all-natural aromatherapy oils formulated to target the visible signs of cellulite, expel toxins and breakdown lipids to detoxify and to give your body the ultimate deep cleanse.  
30 min (target one area)  
60 min (target more than one area)

## HYDROTHERAPY

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**Rasul Self-Application Treatment**  
30 min    R420

Enter our Rasul chamber for a self-applied cleansing ritual that uses salt, mud, heat, and steam. Exfoliate with a salt scrub, followed by the application of a marine mud to cleanse and hydrate your skin. Relax in the heated Rasul chamber, and complete this ritual with a gentle monsoon shower to relieve tension and wash away the mud. The skin is left fully nourished and leaves you feeling revitalised

**Floatation Therapy**    30 min    R320

Floatation therapy is the ultimate in relaxation and healing. Inside the pod, you lie totally supported in a warm concentration of Epsom Salts (Magnesium Sulfate). Magnesium is the second most abundant element in your cells, and Sulfate improves absorption of nutrients. Benefits of floating include stress relief, ease of muscle tension and pain, improved mood and sleep patterns. Floatation can be booked as individual sessions or an add-on to any other treatment.

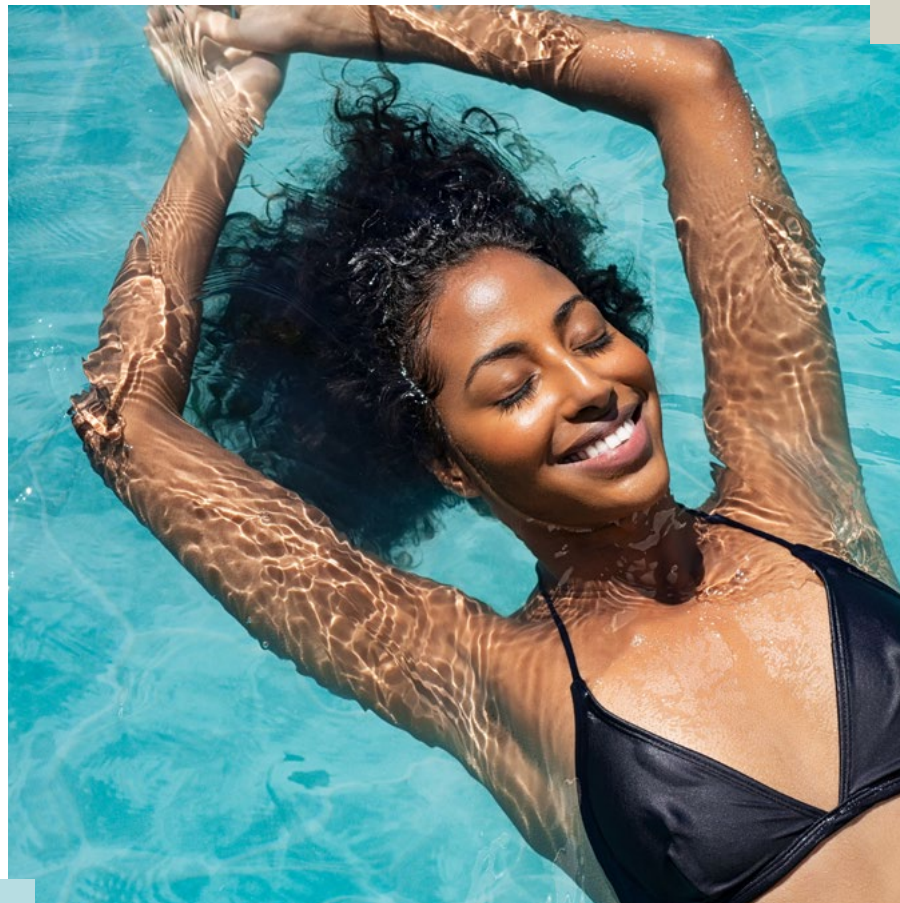
**Steam Room Session**    15 min    R150

## OZONE THERAPY

**Ozone Therapy & Consultation**    R380  
(First treatment)

**Ozone Therapy**    30 min    R280

**Ozone Therapy**    40min    R320





## LASH LIFT & BROW LAMINATION

Lash Lift	30 min	R330
Brow Lamination	30 min	R330
Add Tint Lash/Brow	15 min	R80
Add Brow Wax/Shape	15 min	R80

## BEAUTY TREATMENTS

Tint Lash & Brow	30 min	R180
Lash Tint	15 min	R110
Brow Tint	20 min	R100

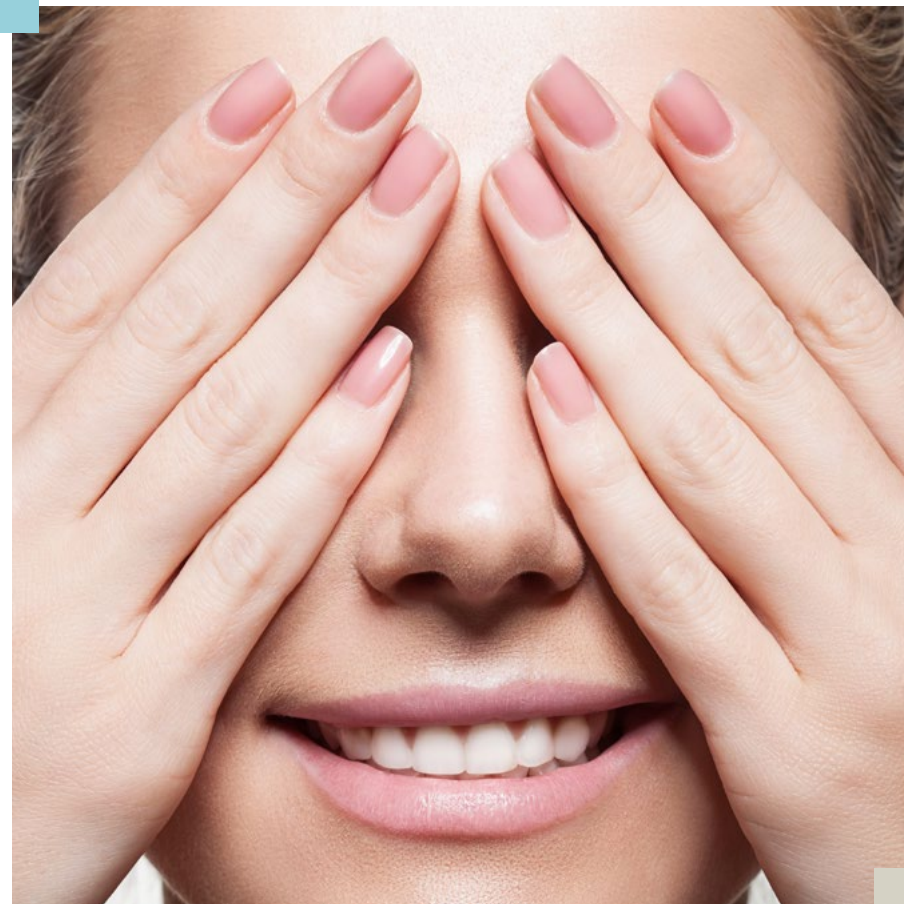
## WAXING

Lip/Chin/Brow Wax	15 min	R100
Underarm Wax/Sides of Face	20 min	R140
Bikini/Half Arm	25 min	R200
Half Leg/Full Arm/Half Chest	30 min	R220
Full Face	20 min	R220
Brazilian	30 min	R230
Hollywood**	30 min	R300
Full Leg	45 min	R350
Back / Chest	45 min	R360

## NAILCARE

Indulgence Pedicure	60 min	R400
Indulgence Manicure	60 min	R350
Gel Polish Pedicure	60 min	R400
Gel Polish Manicure	60 min	R350
Nail Care & Gel Polish	45 min	R320
Express Pedicure	30 min	R220
Express Manicure	30 min	R220
Revarnish	20 min	R160
Gel Polish Removal	20 min	R120
Paraffin Dip Hands or Feet	15 min	R110
Medi Heel Peel Add-On	15 min	R110
Nail Re-Inforcement	5 min	R110

30min Manicures/Pedicures include shaping of the nails, cuticle care, a hand/foot massage and varnishing of the nails. In addition to our basic manicure/pedicures, Indulgence Spa Manicure and Pedicure treatments include an exfoliation and specialised mask application.



## SPA PACKAGES

### Revive & Relax Couples Package

**1hr 30min** **R1 740**  
**per couple**

60min Classic Swedish Body Massage  
30min Rasul Self-Application Treatment

### Gents Escape Package **2hrs 30min** **R1 590**

60 min Deep Tissue or Warming Stone Massage  
60 min ThalgoMen Fortifying Facial Treatment  
30 min Floatation Therapy OR Head Massage

### Designer Spa Package **2hrs 30min** **R1 440** **4hrs 30min** **R2 190\***

Design your own spa package. Choose from any of the treatments below:

#### **30 min:**

Back, Neck & Shoulder Massage  
Indian Head Massage  
Balancing Foot Massage  
Salt & Coconut Body Scrub  
CSpa Aroma Wellness Hydrating Body Wrap  
CSpa Aroma Wellness Detox Body Wrap

#### **60 min:**

Warming Stone Massage  
Soothing Aromatherapy Massage  
Thalgo Spa Skin Facial  
Indulgence Pedicure  
Indulgence Manicure (only available for 4hrs 30min Journey)

\*Lunch (Included for 4hrs 30min Journey)

Please ensure when booking this package, you inform the receptionist which of the treatments you have chosen.

### Signature Lava Shell Journey **2hrs** **R1 200**

This sensorial journey layers and infuses the fresh scents of our signature fragrances, Lime Leaf and Papaya. Your experience incorporates a skin smoothing body exfoliation followed by a nourishing gel mask wrap, and is completed with an indulgent Lava Shell Signature Massage. This massage uses our signature massage candle for added hydration, and combines the warmth of Lava Shells with deeply relaxing massage techniques, creating a sense of balance to the entire body.

*Includes a Lime Leaf and Papaya infused body scrub, gel mask wrap, Lava Shell Signature Massage and the use of spa facilities.*

*Take home your Lime Leaf and Papaya layered moisturiser.*

### Thalgo Iles Pacifique – Relaxing Journey **1hr 30min**

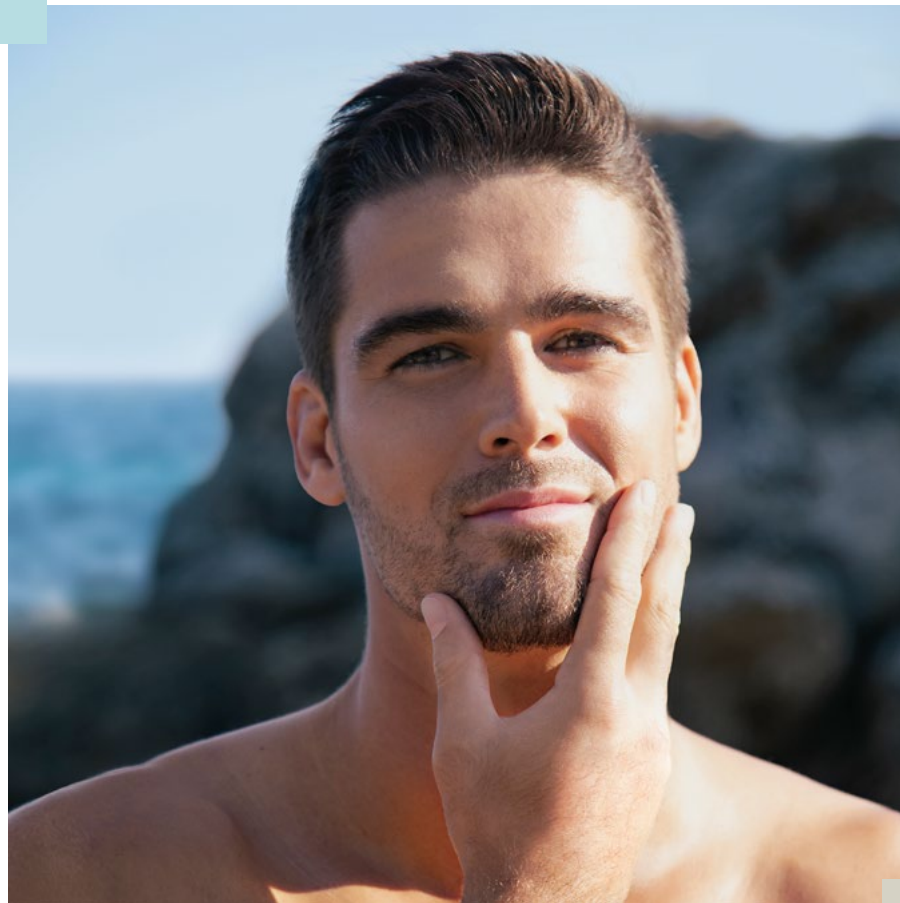
**Per Person** **R1 400**

**For Two (includes glass of sparkling wine)** **R2 600**

Experience this exotic spa ritual, inspired by the islands of Polynesia. This luxurious treatment begins with a Lagoon-inspired azure foot bath, to protect and hydrate the skin. A vanilla-scented body scrub, blended with pure Bora Bora white sand, sea salt, coconut shell and algo-monoï, gently exfoliates the feet and lower legs, before the Mahana Massage loosens muscles and nourishes the skin with a rhythmic rocking movement massage with warm sand pouches.

**Time Out** **60 min** **R750**

30 min Back, Neck & Shoulder Massage  
30 min Thalgo Radiance Facial



## KIDDIES SPA

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<b>Shelly Nails</b> Hands and Feet, Shape & Paint	<b>30 min</b>	<b>R210</b>
<b>Mermaid's Mani</b>	<b>20 min</b>	<b>R180</b>
<b>Pearls Pedi</b>	<b>20 min</b>	<b>R180</b>
<b>Jellyfish Massage</b> Back, Neck & Shoulders, Back of Legs and Arms	<b>20 min</b>	<b>R200</b>
<b>Petite Facial</b>	<b>30 min</b>	<b>R350</b>

*Guests under 16 receiving a kiddies or teen spa treatment must be accompanied by a parent or guardian for all services.*

## TEENS

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<b>Cleansing Facial</b>	<b>30 min</b>	<b>R340</b>
<b>Back Massage</b>	<b>20 min</b>	<b>R210</b>
<b>¾ Leg Wax</b>	<b>20 min</b>	<b>R200</b>
<b>½ Leg Wax</b>	<b>20 min</b>	<b>R170</b>
<b>Bikini Wax</b>	<b>20 min</b>	<b>R140</b>
<b>Underarm Wax</b>	<b>15 min</b>	<b>R100</b>
<b>Mini Lip Wax</b>	<b>10 min</b>	<b>R70</b>
<b>Tween Treat Package</b>	<b>60 min</b>	<b>R580 pp</b>

Choose any three of the treatments below:

- 20min Back, Neck & Shoulder Massage
- 20min Booster Facial
- 20min Revarnish Hands and Feet
- 20min Hand Treatment
- 20min Foot Treatment

## CANCELING A BOOKING

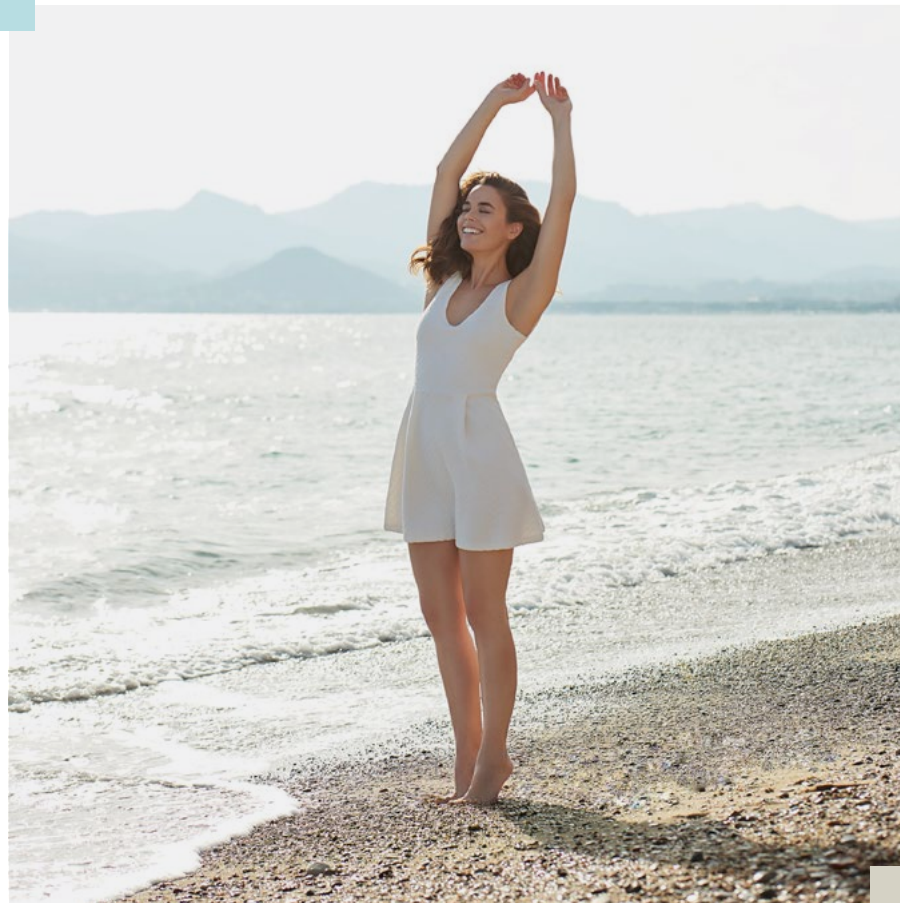
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24 Hours advance notice is required for cancellations and rescheduling, if this is not adhered to, 50% of the treatment fee will be charged. Regretfully, if you are late for an appointment, we may have to shorten your treatment time to be on schedule for the next guest. The full value of your treatment will be charged.

## SPA GUIDELINES

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- Prices valid until 30 September 2024 and are subject to change without notice.
- To avoid disappointment, booking in advance is recommended.
- We recommend that you arrive 15 minutes prior to your appointment in order to complete your consultation form and to relax before starting your treatment.
- Please advise us of any health conditions that may affect your treatment. If you are pregnant please notify us upon booking in order to advise on treatments that are safe during pregnancy.
- Please kindly silence your mobile phone and electronic devices upon arrival.
- Spa guests aged 16 years and under must be accompanied by an adult.
- In appreciation of services, gratuities may be given at your discretion.
- We cannot be held responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home.
- The Spa at 95 on Main will not assume any liability for any theft, damage, loss or misfortune that may occur.
- Please note that products bought at our spa are not refundable and we cannot exchange opened products.
- All prices are inclusive of VAT.







# THE SPA

at 95 on Main

*AESTHETIC TREATMENT MENU*

## FACIAL TREATMENTS

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### Lamelle Treatments

#### CHEMICAL PEELS

**Lactifirm 30/10**                      **45min**      **R580**  
This lactic acid-based peel formulated for the treatment of Ageing and Aged skin, skin that requires added hydration, plumping and glow. It is a fairly mild peel and gently removes old skin cells on the skin surface to induce new cellular regeneration. It is also combined with the plumping agent DMEA to help improve the skin's condition almost immediately.

**Age Prevention**                      **45min**      **R590**  
This a leave-on, superficial chemical peel that is indicated for the treatment of age prevention. It also has skin brightening benefits as pigment producing cells are protected from free radical activity that would cause pigmentation. It increases your skin's ability to protect itself from the sun by aiding your SPF to be more effective and assists in decreasing inflammation and improving skin healing.

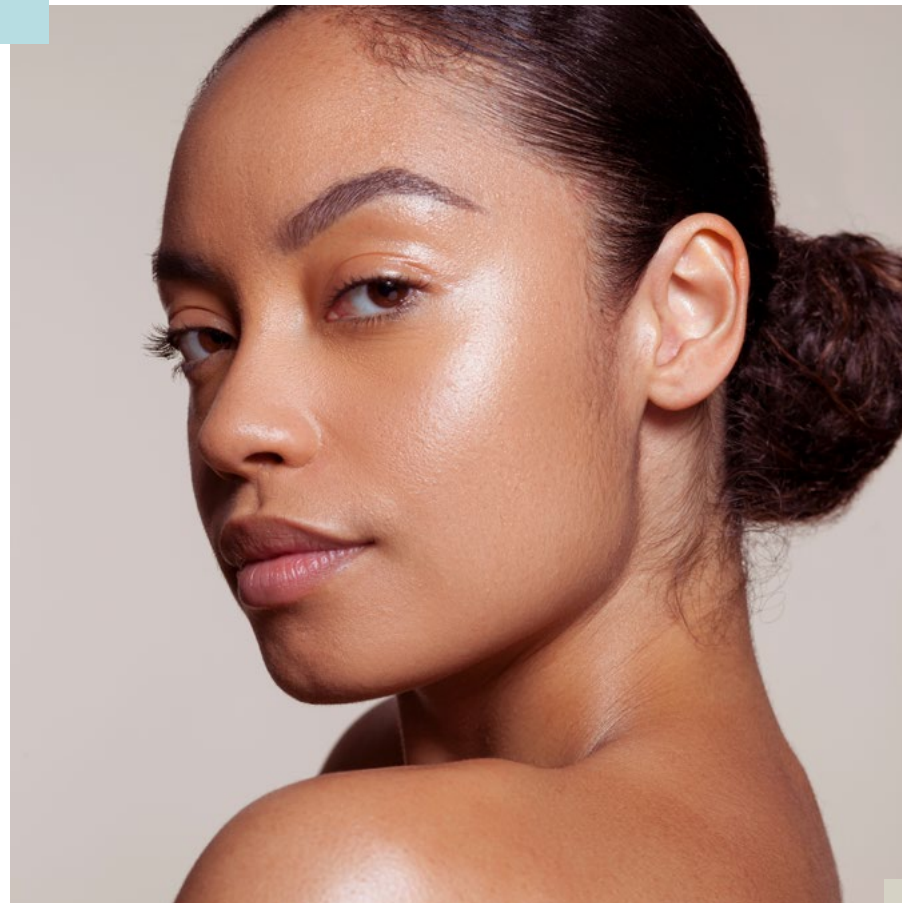
**Pigmentation**                      **45min**      **R620**  
This is a medium-depth salicylic acid-based peel. This is a used in the treatment of hyperpigmentation and photo-damage. Salicylic acid also has the added benefit of being extremely anti-inflammatory to skin that assist inflammatory acne & scarring.

**Acne**                      **45min**      **R690**  
Salicylic acid is derived from the bark of a willow tree. This treatment is specifically to be effective at removing comedones (black and whiteheads) and congestion. It's also extremely anti-inflammatory and calms aggressive inflammatory reactions in inflammatory acne.

**Age Correction**                      **45min**      **R740**  
This glycolic acid-based peel is used in the treatment of Ageing and Aged skin & the management of skin that shows signs of photo ageing.

**Add On - Retinol Serum**                      **R80**  
This 0.3% Retinol serum can be added on to any of the Lamelle superficial chemical peels or micro-needling treatments to step it up and increase results. This lipid soluble, stable retinol delivery solution is combined to give more flaking or peeling effects.

**Add On - Growth Factor Mask**                      **R180**  
This cosmeceutical sheet mask contains a high concentration of active ingredients that include 3 different types of growth factors, aloe extract, which hazel, arbutin, hydrolysed collagen, panthenol and hyaluronic acid. It can be added after any facial, chemical peel or needling treatment. It gives a calming and cooling effect on the skin as these treatments may cause irritation. It assists in healing and recovery through intensive cellular stimulation and regeneration.



## LASER HAIR REMOVAL

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Chin/Lip/Brow	15min	R150
Sideburns/Cheeks/Neck	30min	R250
Full Beard (include Neck)	30min	R450
Full Face	30min	R700
Bikini - Sides & Top	30min	R240
Brazilian (landing strip)	45min	R390
Hollywood (everything)	60min	R450
Hands	15min	R200
1/2 Arm	30min	R310
Underarm	30min	R300
Full Arms	45min	R440
Feet	15min	R200
1/2 Legs (include knee)	45min	R1300
Full Legs (exclude bikini)	60min	R1600
Shoulders	45min	R400
1/2 Back/Chest/Stomach	45min	R900
Full Back	60min	R1600

## IPL SKIN REJUVENATION

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Face	90min	R1100
Face & Neck	90min	R1400
Face, Neck & Décolleté	90min	R1300
Décolleté	60min	R1000
1/2 Arm	30min	R1100
Full Arm	30min	R1700
1/2 Leg	30min	R1700
Full Leg	30min	R3000
Laser Vein 1-5 Shots	15min	R300
Laser Vein 6-10 Shots	15min	R600

## TATTOO REMOVAL

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1-5cm	120min	R550
6-10cm	120min	R850
11-20cm	120min	R1200
21-30cm	120min	R1700
31-40cm	120min	R2200
41-50cm	120min	R3100
51-60cm	120min	R3300
Brow Removal	90min	R670

## CARBON LASER FACIAL / CARBON PEEL / CARBON LASER PEEL

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Face	90min	R1000
Face & Neck	90min	R1200
Face, Neck & Décolleté	90min	R1500



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