



THE SPA

at 95 on Main

Treatment Menu



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

95 Main Street, Humansdorp, 6300



BODY MASSAGE THERAPY

Lava Shell Signature Massage 90 min R910

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 R550

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

Muscle Recovery Massage 60 min R550

A deep pressure massage to relieve tension and detoxify.

Warming Stone Massage 60 min R550

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 R550

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 R480

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 R550

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 R550

45 min R420

30 min R300

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

Balancing Foot Massage 45 min R440 30 min R300

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

Indian Head Massage 30 min R300

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 R210

Add on CBD Oil R130
(may be added to any treatment)

Add a Back Scrub R140

Add Hot Stones to your full body massage R110

Add Bellabaci Cups to your full body massage or facial R110



FACIALS

Thalgo Hyalu-Procollagene Wrinkle Correcting Treatment 60 min R1 830

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 R920

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 R820

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 R620

This deep cleansing facial results in skin that is purified and instantly clearer thanks to the duo of regulating age-old alg . 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 Alg  mask to rebalance skin and replenish its minerals. R300

Thalgo Spa Skin Facial 60 min R620

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 R440

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

CSpa Aroma Wellness Hydrating Facial 60 min R560

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 R350

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 R600

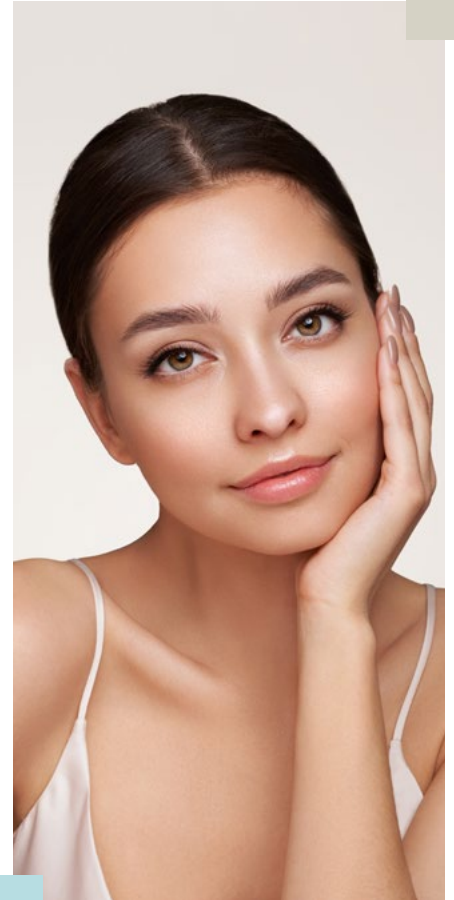
Pro-actively in management of acne and breakouts limit the incidence of future more aggressive problems. This deep cleansing treatment is the ultimate skin-soothing, deep cleansing and sebum reduction treatment for acne-prone, problematic or teenage skins.

Hydrate & Calming Facial 60min R630

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 R700

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

Salt & Coconut Body Scrub 30 min **R380**
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 **R570**

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

Bellabaci Cupping Cellulite Therapy
30 min **R460**
60 min **R590**

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

Rasul Self-Application Treatment
30 min **R450**

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

Floataion Therapy 30 min **R320**

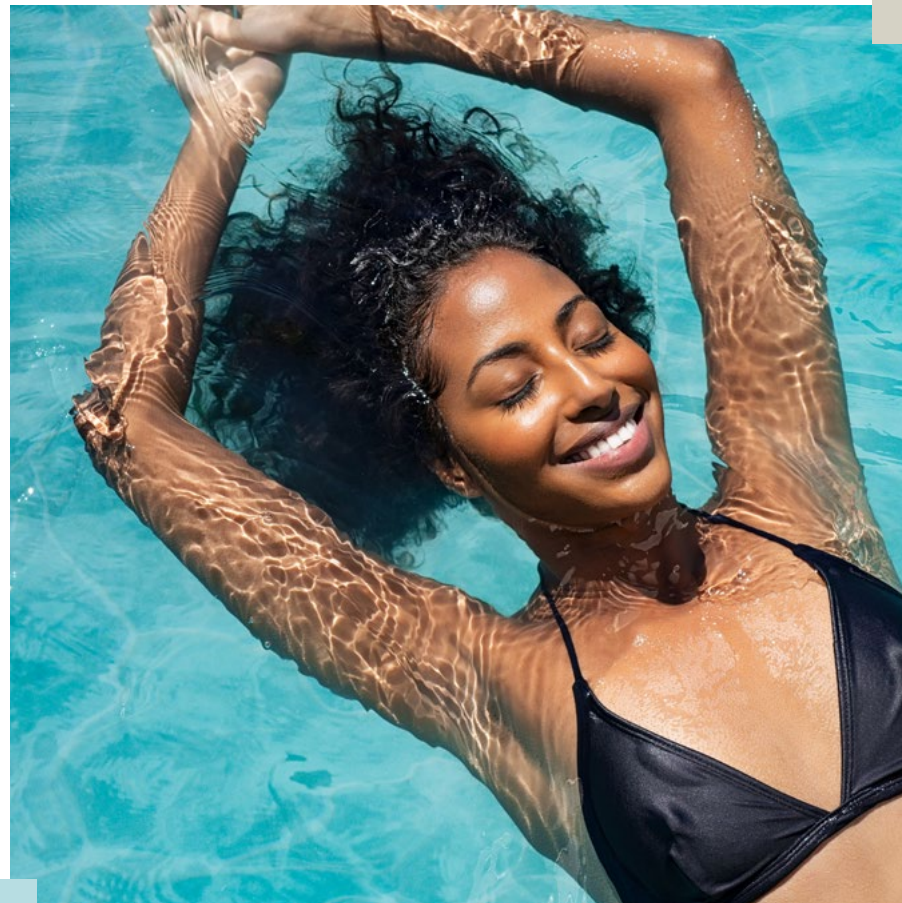
Floataion therapy is the ultimate in relaxation and healing. Inside the pod, you lie totally supported in a warm concentration of Epsom Salts (Magnesium Sulfate). Magnesium is the second most abundant element in your cells, and Sulfate improves absorption of nutrients. Benefits of floating include stress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

Steam Room Session 15 min **R150**
Sauna 20 min **R220**

OZONE THERAPY

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

Ozone Therapy 30 min **R280**
Ozone Therapy 40 min **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
Lash Lift + Brow Lamination Combo		R600

BEAUTY TREATMENTS

Tint Lash & Brow	30 min	R190
Lash Tint	15 min	R110
Brow Tint	20 min	R100

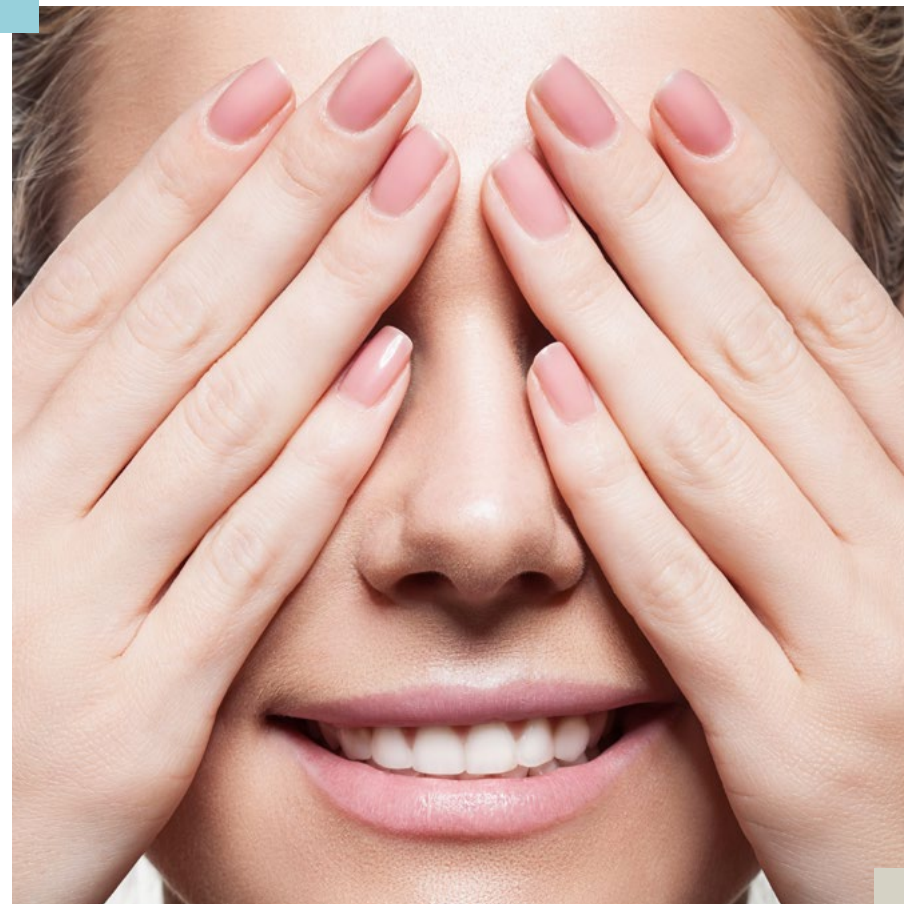
WAXING

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	R430
Indulgence Manicure	60 min	R380
Gel Polish Pedicure	60 min	R430
Gel Polish Manicure	60 min	R380
Nail Care & Gel Polish	45 min	R340
Express Pedicure	30 min	R240
Express Manicure	30 min	R240
Revarnish	20 min	R200
Gel Polish Removal	30 min	R130
Acrylic Removal	45 min	R170
Paraffin Dip Hands or Feet	15 min	R110
Medi Heel Peel Add-On	15 min	R120
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 800
per couple

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

Gents Escape Package 2hrs 30min R1 700

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 550 4hrs 30min R2 300*

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 300

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.

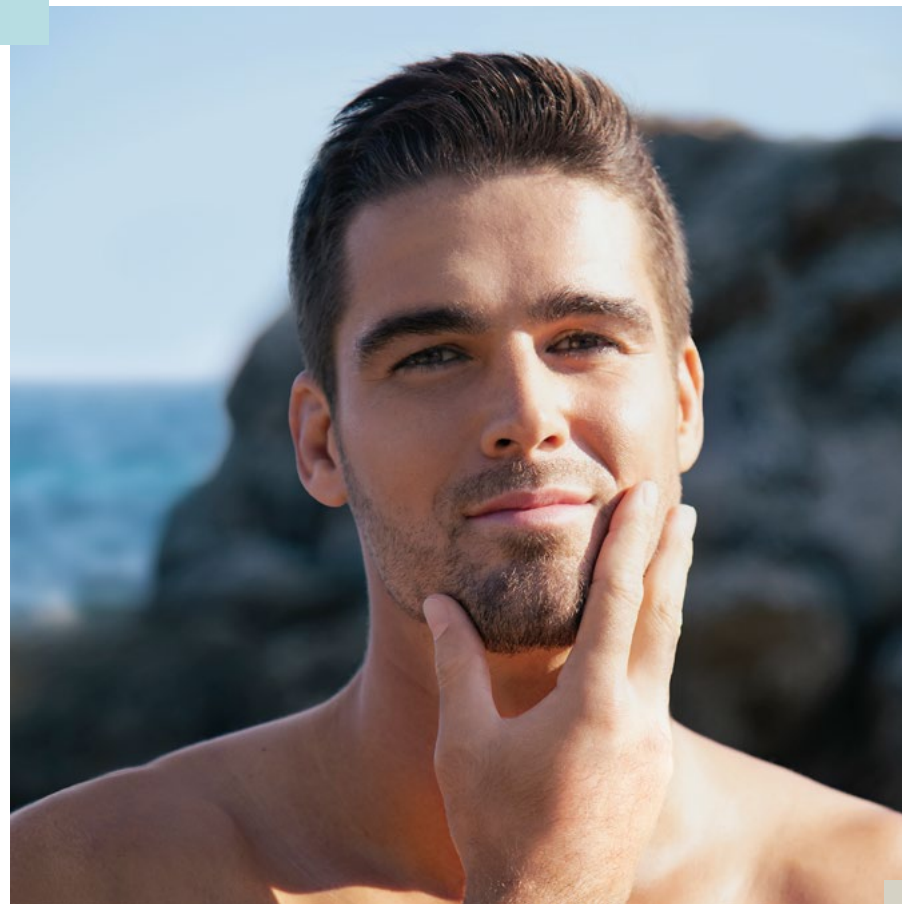
Thalgo Iles Pacifique – Relaxing Journey 1hr 30min Per Person R1 500

For Two (includes glass of sparkling wine) R2 800

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 R800

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



KIDDIES SPA

Shelly Nails Hands and Feet, Shape & Paint	30 min	R220
Mermaid's Mani	20 min	R190
Pearls Pedi	20 min	R190
Jellyfish Massage Back, Neck & Shoulders, Back of Legs and Arms	20 min	R210
Petite Facial	30 min	R370

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

TEENS

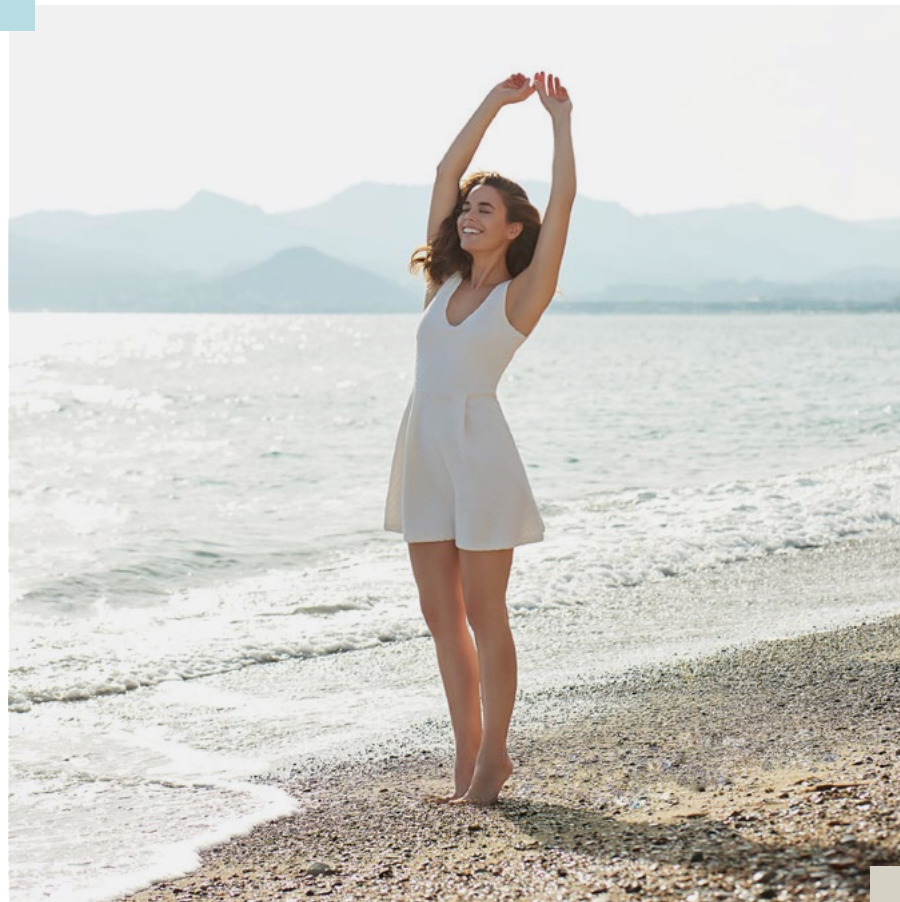
Cleansing Facial	30 min	R290
Back Massage	20 min	R190
¾ Leg Wax	20 min	R200
½ Leg Wax	20 min	R170
Bikini Wax	20 min	R140
Underarm Wax	15 min	R110
Mini Lip Wax	10 min	R80
Tween Treat Package	60 min	R610 pp
Choose any three of the treatments below:		
20min Back, Neck & Shoulder Massage		
20min Booster Facial		
20min Revarnish Hands and Feet		
20min Hand Treatment		
20min Foot Treatment		

CANCELING A BOOKING

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

- Prices valid for 2025 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

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** **R640**
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** **R700**
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.

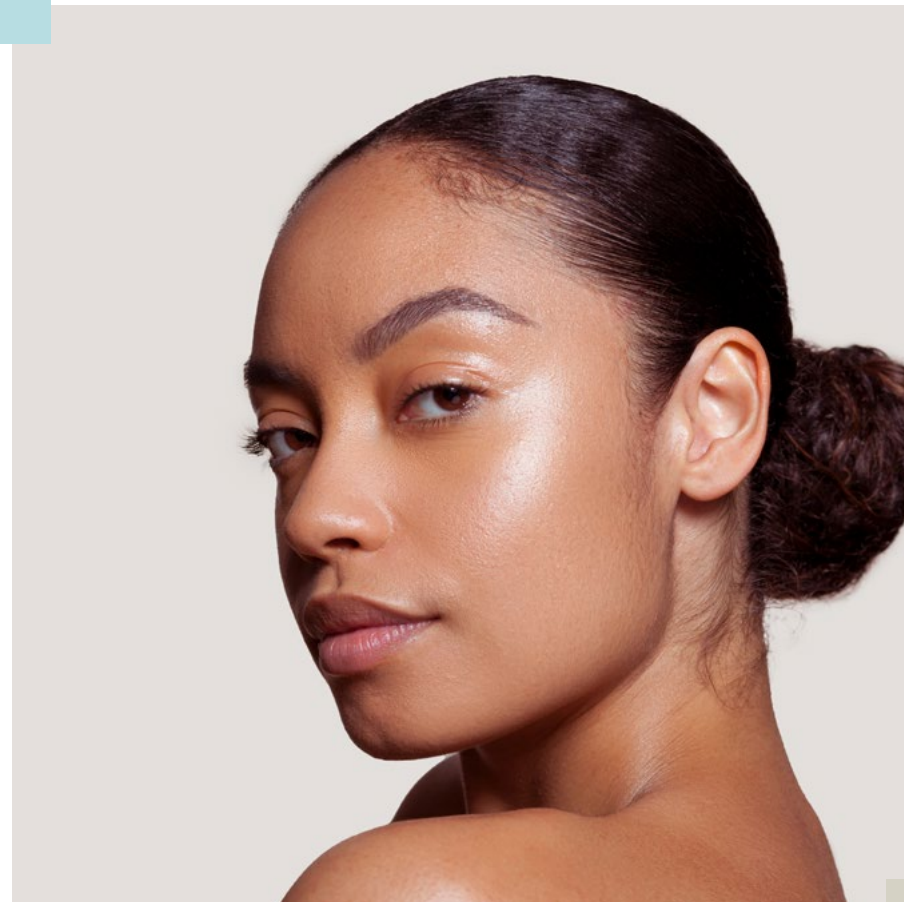
Age Correction **45min** **R750**
This glycolic acid-based peel is used in the treatment of Ageing and Aged skin & the management of skin that shows signs of photo ageing.

Add On - Retinol Serum **R90**
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 **R190**
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.

MICRO-NEEDLING

Nova Pigmentation **75min** **R1500**
Nova Age Prevention **90min** **R1560**
Nova Age Correction **90min** **R1720**
Add On - Décolleté **30min** **R320**



LASER HAIR REMOVAL

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

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

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

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

PLASMA PEN

Forehead & Frown	120min	R1800
Frown	120min	R1200
Forehead	120min	R1200
Eyes - Top OR Bottom	120min	R1800
Eyelid Lift - Top & Bottom	120min	R1800
Eyelid Lift & Crows Feet	120min	R2800
Crows Feet	120min	R2800
Lip - Top OR Bottom	120min	R1200
Lip - Top & Bottom	120min	R1800
Jawline / Chin	120min	R1800
Neck	120min	R1800
Full Face	120min	R8800
Tummy	120min	R2800
Elbow	120min	R1800
Knee	120min	R2800
Skin Lesions/Tags per tag (1-10 tags)	60min	R500



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- Please note that products bought at our spa are not refundable and we cannot exchange opened products.
- All prices are inclusive of VAT.



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