



Mai Day Spa

Tel: 021 851 8979, info@maidayspa.co.za, www.maidayspa.co.za
Waterstone Village, C/o Main Rd and R44, Somerset West,
Above the Virgin Active Gym

FACIAL TREATMENTS

All facials include a luxurious hand and arm massage, scalp massage and facial massage.

Skin Care Specialists

DermaFIX Advanced Cosmeceuticals provide technologically advanced skin care products, specialising in anti-ageing, hyper-pigmentation, acne, scarring and stretch marks.

Our skin care solutions and in-clinic treatments, with advanced, clinically tested ingredients, provide measurable and scientifically proven results.

DERMAFIX CONGESTED FACIAL

1 ½ hour R 420.00

Perfect for: Shiny appearance, clogged pores, blackheads, enlarged pores, cuticle build up, dull and uneven skin tone. Clears the skin for a healthy, even toned and radiant appearance.

DERMAFIX SENSATIVE FACIAL

1 ½ hour R 420.00

Perfect for: Redness, swelling, inflammation, broken capillaries, breakouts and sensitized skin that has been exposed to environmental elements, highly reactive skins to products and makeup.

DERMAFIX DEHYDRATED SKIN FACIAL

1 ½ hour R 440.00

Perfect for: Flaking, tightness, fine lines and wrinkles. Skins needing nourishing and hydration.

DERMAFIX HYPER-PIGMENTATION CORRECTIVE FACIAL

1 ½ hour R 490.00

Perfect for: Dark marks, sun damage, age spots, uneven skin tone, and pigmentation.

DERMAFIX ANTI-AGEING/BOTOX PEPTIDE LIFT FACIAL

1 ½ hour R 490.00

Perfect for: Lines and wrinkles, lack of elasticity, crow's feet, prominent nasolabial folds and frown lines.

ADD MANUAL MICRODERMABRASION

30 min R 120.00

Perfect for: Scars, pigmentation, fine lines and wrinkles. Improves skin texture, sun damage, sun spots and break outs.

BACK "FACIAL"

1 ½ hour R 490.00

Cleanse ~ Tone ~ Exfoliate ~ Extractions ~ Mask ~ MASSAGE.

EYEBROW/EYELASH TREATMENTS & THREADING

EYELASH TINT	R 60.00
EYEBROW TINT	R 50.00
EYEBROW SHAPE	R 50.00
EYEBROW THREADING	R 60.00
LIP THREADING	R 50.00
FULL FACE THREADING	R 160.00



PEELING

*A safe and effective way to combat anti-ageing, sun damage, scarring and pigmentation. Improves the skins overall radiance and rejuvenation. **Add R200.00 to include the neck.***

DERMABRIGHT PEEL <i>Breakout ~ Pigmentation ~ Uneven Skin Tone ~ Premature Ageing</i>	30 min	R 400.00
BETA PLUS GEL PEEL <i>Oily/acne ~ Pigmentation ~ Scarring ~ Sun Damaged Skin ~ Premature Ageing</i>	45 min	R 490.00
LUNCHTIME PEEL <i>Wrinkles ~ Solar Keratosis ~ Pigmentation ~ Anti-Ageing ~ General Discolouration</i>	1 hour	R 620.00

MT MICRONEEDLING FACE THERAPY

- *Microneedling is revolutionary. It will do the same job that laser and other abrasive methods do, by increasing the production of collagen, with no damage to the protective layer of the skin.*
- *Microneedling is effective. In fact, as effective as lasers, IPL and other 'machine-based' treatments, but at a fraction of the cost.*
- *Microneedling is safe. "Non-surgical and non-abrasive" means 'forgiving' and skin-friendly treatments. Very little pain, short downtime and minimal risk for complications is experienced.*

MICRO NEEDLING COST (A once off purchase of your roller will be R750.00 –this is your roller used for the remainder of your treatments.)	1 ½ h	R 650.00
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MT MICRONEEDLING BODY THERAPY *Stretch marks and scarring on the body*

This is an effective treatment with phenomenal results. Finally, something that works for unsightly stretch marks and scars.

MICRO NEEDLING COST (A once off purchase of your body roller will be R750.00 – this is your roller used for the remainder of your treatments.)	1h	R 650.00
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BOTOX & FILLERS

Botox

Fillers

Lightest HA filler, non-cross-linked, great for first time fillers

Very fine lines

Lips, lines around the mouth, or other areas requiring moderate sculpting

Deeper lines

Volumising fillers

Pricing varies for each specific need. Please book your free consultation with our wonderful Doctor.

EYELASH EXTENTIONS

FULL SET	R 650.00
2 WEEK FILL	R 190.00
3 WEEK FILL	R 230.00
4 WEEK FILL	R 290.00



THERAPEUTIC MASSAGES

African Wood Dumb Bells, Apple Monkey Balls and Semi-Precious Stones, can be incorporated in your massage. All designed to enhance soothing, healing and relaxation during your treatment.

SWEDISH MASSAGE

BACK, NECK AND SHOULDERS

30 min R 290.00

1 hour R 390.00

FULL BODY

1 hour R 420.00

This massage works wonders for stress and tension. Oils extracted from the Grapeseed are rich in vitamins and minerals and are light, absorb quickly and strengthen the cell tissues of the skin. Choose from a light, medium or deep pressure. Add Aromatherapy oils to further balance, restore and enhance the mood.

HOT STONE MASSAGE

BACK, NECK AND SHOULDERS

30 min R 290.00

1 hour R 390.00

FULL BODY

1 hour R 420.00

The ancient healing powers of lava stone, absorbs negative energy while returning positive energy to the body. The heat of the stones also soothes and restores stressed muscles.

SPORTS MASSAGE

BACK, NECK AND SHOULDERS

1 hour R 450.00

FULL BODY

1 hour R 520.00

A deep tissue massage. Suitable for muscles in spasm, sports men and women and tight and sore muscles.

PRE AND POST NATAL MASSAGE

FULL BODY

1 hour R 420.00

A gentle full body Swedish massage with a focus on lower-back pain, water retention and other prenatal concerns. Grapeseed oil with NO aromatherapy oils is used for massage.

MAI SPA SIGNATURE TREATMENT

MAI EXPRESS BODY TREATMENT

2 hour

R 640.00

Full body exfoliation ~ Hydrating Body Wrap ~ Pressure Point Scalp Massage ~ Foot Massage ~ Hydrotherapy Spa Bath ~ Back, Neck and Shoulders Massage.

BODY TREATMENTS

REFLEXOLOGY

45 min

R 240.00

Filing of hard skin on the feet ~ Foot and Leg Exfoliation ~ Detoxification and Lymph Drainage Reflexology. Not permitted for pregnant ladies.

STRESS RELIEF SCALP AND NECK MASSAGE

30 min

R 220.00

Stress causes the scalp and neck area to become "tight", causing headaches, neck stiffness and poor circulation. This massage enhances blood circulations and relieves built up stress and tension in the affected area. Deeply relaxing...

FULL BODY EXFOLIATION

45 min

R 220.00

The secret to keeping your skin in a perfect condition is with this treatment, which removes dead skin cells, enhancing a smoother and fresher skin. The treatment ends off with the application of a hydration moisturiser, which renders your skin feeling soft, supple and radiant.



LUXURIOUS BODY WRAPS

EXTREME HYDRATING BODY WRAP

1 h 30 min R 450.00

Back, Neck and Shoulder Massage ~ Full Body Exfoliation ~ Hydrating Body Wrap ~ Pressure Point Scalp Massage ~ Foot Massage ~ Hydrating Body Moisturiser Massaged into your skin.

MUSCULAR RELIEF BODY WRAP

1 h 30 min R 450.00

Back, Neck and Shoulder Massage ~ Full Body Exfoliation ~ Muscular Relief Body Wrap ~ Pressure Point Scalp Massage ~ Foot Massage ~ Hydrating Body Moisturiser Massaged into your skin.

DETOXING BODY WRAP

1 h 30 min R 450.00

Back, Neck and Shoulder Massage ~ Full Body Exfoliation ~ Detoxifying Body Wrap ~ Pressure Point Scalp Massage ~ Foot Massage ~ Hydrating Body Moisturiser Massaged into your skin.

WAXING TREATMENTS

HALF LEG WAX	25 min	R 100.00
FULL LEG WAX	40 min	R 160.00
ARM WAX	25 min	R 100.00
UNDERARM WAX	10 min	R 60.00
LIP WAX	10 min	R 40.00
CHIN WAX	10 min	R 40.00
EYEBROW WAX	10 min	R 40.00
FULL FACE WAX	20 min	R 90.00
BIKINI WAX	20 min	R 90.00
BRAZILLIAN WAX	40 min	R 120.00
HOLLYWOOD WAX	45 min	R 160.00
BACK WAX	45 min	R 160.00
CHEST WAX	40 min	R 160.00
STOMACH WAX	30 min	R 120.00

HANDS AND FEET TREATMENTS

HEAVENLY HAND EXPERIENCE

30 min R 165.00

An excellent anti-ageing treatment. Begin this experience with a gentle hand and arm exfoliation to remove unwanted dead cells and hard skin. Ending off with your hands and arms being treated to a firm relaxation Massage.

HEAVENLY FOOT EXPERIENCE

30 min R 190.00

An excellent anti-ageing treatment. Begin this experience with the removal of hard skin from the feet, followed by a foot, ankle and lower leg exfoliation. Ending off with a firm foot, ankle and lower leg Massage.

MANICURE

1 h R 170.00

File ~ cuticle work ~ buff ~ deep exfoliation ~ massage ~ paint ~ cuticle oil ~ end off with shimmer spray

MEDIHEEL PEDICURE

1 h R 190.00

Application of MediHeel Tonic ~ file ~ buff ~ deep exfoliation ~ cuticle work ~ foot soak ~ massage ~ paint ~ cuticle oil ~ end off with shimmer spray

CHAMPAGNE MANICURE

1 h 15 min R 200.00

INCLUDING an extra-long massage and a glass of bubbly for your enjoyment

CHAMPAGNE MEDIHEEL PEDICURE

1h 15 min R 240.00

INCLUDING an extra-long massage and a glass of bubbly for your enjoyment.



PACKAGES

TAILOR SUIT YOUR PACKAGE BY CHOOSING ANY OF THE BELOW

DETOX

This is for someone who is looking to remove toxins from the body, gain better circulation and feel refreshed.

DE - STRESS

For those looking to gain better sleep, are under any kind of strain/stress, anyone suffering from anxiety or living a stressful lifestyle.

UPLIFTING & RESTORING

For those who may be feeling depressed, drained or tired, and those needing an emotional recharge.

PRE/POST PREGNANCY

Your package of choice may need slight adjusting to suit your very specific needs as a mommy to be/ new mommy.

MANKIND:

Men's grooming and de-stress:

With aromatic notes of sandalwood and neroli, your treatments will suit your journey from stressed to deep relaxation, with worldly worries left behind you.

FULL DAY:

OPTION 1

- 1 x Sensory Tea Experience
- 1 x Full Body Massage
- 1 x Lemongrass and Cashmere Hydrotherapy Spa Bath
- 1 x Reflexology
- 1 x Steam – increases blood and lymph flow, bringing fresh oxygen & nutrients to the body
- 1 x Luxurious Body Wrap - including a Scalp Massage and Foot Massage
- 1 x Full Body Exfoliation
- 1 x Use of Sauna, Relaxation room and Cold Pools
- 1 x Lunch

R1 400.00 p/p

OPTION 2

- 1 x Sensory Tea Experience
- 1 x Hot Stone Back, Neck and Shoulder Massage
- 1 x Pedicure
- 1 x Private Exfoliation and Restoring Mud session in the Steam Room
- 1 x Advanced Facial – including Hand, Facial and Scalp Massage
- 1 x Eyebrow Shape
- 1 x Lemongrass and Cashmere Hydrotherapy Spa Bath
- 1 x Use of Sauna, Relaxation room and Cold Pools
- 1 x Lunch

R1 400.00 p/p

OPTION 3

- 1 x Sensory Tea Experience
- 1 x Hot Stone Back, Neck and Shoulders Massage
- 1 x Stress Relief Scalp Massage
- 1 x Champagne Pedicure
- 1 x Private Exfoliation and Restoring Mud session in the Steam Room
- 1 x Advanced Facial – including Hand, Facial and Scalp Massage
- 1 x Lemongrass and Cashmere Hydrotherapy Spa Bath
- 1 x Use of Sauna, Relaxation room and Cold Pools
- 1 x Lunch

R1 400.00 p/p



HALF DAY:

OPTION 1	1 x Sensory Tea Experience 1 x Full Body Exfoliation 1 x Luxurious Body Wrap - including a Scalp Massage and Foot Massage 1 x Pedicure 1 x Use of Sauna, Relaxation room and Cold Pools	R 690.00 p/p
OPTION 2	1 x Sensory Tea Experience 1 x Advanced Facial – including Hand, Facial and Scalp Massage 1 x Lemongrass and Cashmere Hydrotherapy Spa Bath 1 x Reflexology 1 x Use of Sauna, Relaxation room and Cold Pools	R 720.00 p/p
OPTION 3	1 x Sensory Tea Experience 1 x Hot Stone Back, Neck and Shoulders Massage 1 x Advanced Facial – including Hand, Facial and scalp massage 1 x Manicure 1 x Pedicure 1 x Use of Sauna, Relaxation room and Cold Pools	R 950.00 p/p

COUPLES (romantic/friends/family)

Full Day:	2 x Harvest & Happiness Tea, together 2 x Private Exfoliation and Mud session in the Steam Room 2 x Reflexology 2 x Ylang-Ylang Full Body Massage 2 x Private Hydrotherapy bath with candles, champagne and strawberries 2 x Lunch 2 x Use of Sauna, Relaxation room and Cold Pools <i>Including a mini hot stone massage kit</i>	R1 950.00 <u>per couple</u>
Half Day:	2 x Harvest & Happiness Tea, together 2 x Private Exfoliation and Mud session in the Steam Room 2 x Private Hydrotherapy Bath with candles and champagne 2 x Ylang Ylang Full Body Massage 2 x Use of Sauna, Relaxation room and Pool <i>Including a mini hot stone massage kit</i>	R1 200.00 <u>per couple</u>

TEEN SUNSHINE: (10 – 15 years old only)

1 x Mini Manicure 1 x Mini Pedicure 1 x Mini Deep Cleanse Facial 1 x Precious Stone Back, Neck and Shoulders Massage	R 650.00
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SLIMMING

MIHA BODYTEC SLIMMING PACKAGES

1. **Bodytec:** Research from international sport institutes has shown that "Electro Muscular Stimulation" (EMS) training is up to 18 times more effective than conventional fitness training. Bodytec is based on an all-round workout with the help of a personal trainer that uses "EMS". You will experience a full body workout at the same intensity as 3 x 90 minute medium to high intensity workouts, in less than 20 minutes. **That's right all it takes is 20 minutes!**
2. **Detox Steam:** The nice thing about a steam room is, no matter what you are looking to accomplish, a steam room can help get you there. A steam room will help you reduce stress, raise your metabolism, improve your complexion, alleviate pain due to sports injury and prevent injuries. Steam also helps cleanse your skin, boost your immune system, and helps remove toxins.
3. **Detox Body Cocoon:** Back, Neck and Shoulder Massage ~ Full Body Exfoliation ~ Detoxifying Body Wrap ~ Pressure Point Scalp Massage ~ Foot Massage ~ Hydrating Body Moisturiser Massaged into your skin.
4. **Cellulite Treatments:** The pressure is going to get DEEP down and do four things. 1) Improves blood flow; 2) Improves circulation; 3) Improves lymphatic drainage; 4) Breaks down cellulite deposits. This treatment only requires a few sessions in order to see a difference in the skin.

Option 1:

6 x Bodytec Sessions

6 x Detox Steam Sessions

1 x Detox Body Cocoon

2 x Cellulite Treatments

(6 week course)

Value: R3100.00

Special: R2800.00

Option 2:

12 x Bodytec Sessions

6 x Steam Sessions

2 x Detox Body Cocoons

6 x Cellulite Treatments

(3 month course)

Value: R6000.00

Special: R4500.00



COOL LIPOLYSIS

MOST POPULAR WAY TO LOSE WEIGHT IN EUROPE AND THE U.S - DESTROYS UP TO 40 % OF FAT IN THE TREATED AREA. **ONCE OFF TREATMENT**

This revolutionary procedure is completely non-invasive and is effective in both major and minor fat deposits.

Once off treatment per area

45 min

R1000.00

Treatment includes measurements and photographs taken, which will be kept confidential and on record, for before and after comparative purposes.



MIHA BODYTEC PERSONAL TRAINING

20 Minutes is equivalent to 3 x 90 minutes workout in a gym. In only 20 minutes per week, increase your fat loss and blood circulation, improve your tone and endurance, speed up your metabolism and decrease stress.

1 session	20 min	R 300.00
Course of 12 sessions	20 min	R3 000.00
<i>(12 sessions purchased and paid in full, the sessions become R250.00 per session)</i>		

OMNISLIM LIPOMASSAGE (ENDERMOLOGIE)

Omnislim is a unique, painless treatment that reduces the appearance of cellulite, tone and firms the skin and re-shapes the body. The roller system is able to reach the physiological factors which cause cellulite. You can expect cellulite loss, lifting and contouring. This treatment is relaxing and totally enjoyable and can be used to combat water retention; stiff and sore muscles as well as tightening loose skin after weight loss or pregnancy.

- Dramatically reduced cellulite
- Skin toning
- Reduces muscle tension
- Reduces body measurements by firming underlying tissues
- Increase lymph flow which drains excess water, fat and toxins
- Smooth's skins imperfections

Results are long lasting and maintenance is recommended every 6 weeks thereafter your package or once you have reached your desired result.

1 session	45 min	R 220.00
Course of 12 (six week course)		R2 000.00
Course of 16 (eight week course)		R3 000.00



Cancellation policy:

If you need to cancel an appointment please be so kind as to give us 48 hour prior notice to avoid being charged in full.

Bookings:

- Bookings are highly recommended to avoid disappointment in case of the spa being fully booked.
- A 100% upfront deposit is requested for all packages booked. This will be refunded if 48 hours' notice is given. If not, the deposit is non-refundable.
- Please arrive on time. Late arrivals will result in shortened treatments.
- Upon arrival, you will receive a gown and slippers should you require them.
- Once your treatments are over, please feel free to stay longer and enjoy the relaxation time designed just for you.
- Please bring your costumes.
- Please hydrate sufficiently throughout the day.
- Please ensure your cellular phone is either off or on silent.

***Please note that prices are subject to change.**

GIFT VOUCHERS

THE PERFECT GIFT FOR SOMEONE WHO HAS IT ALL...

AN IDEAL CORPORATE GIFT...

OR JUST FOR SOMEONE YOU LOVE...

GIFT VOUCHERS ARE AVAILABLE FOR ANY TREATMENTS AND PACKAGES