

Spa Facilities

Revitalise and re-energise in our beautiful garden surroundings which include the choice of outdoor treatments.

OUTDOOR RELAXATION

- Plunge Pool to refresh and revive
- Hot & Cold Outdoor Shower
- Loungers to relax and unwind
- Boma with a view
- Sun splashed Patio

INDOOR RIVAL

- 6 Treatment Suites—including 4 double and a triple
- Jacuzzi to soothe and relax
- Infra-red Wellness Cabin with music and aroma

No children under the age of 7 unaccompanied by an adult



About Us

Situated in Chartwell, on the very edge of the Northern Suburb's, Body Sense Day Spa serves a tranquil escape for the tired bodies and minds of busy Joburgers. We offer short, convenient sessions as well as half-day sessions but we encourage you to stay for the whole day and relish in our full array of personal pampering and relaxation treatments.

We have tailor-made pampering packages for different occasions, including:

- Half and Full-Day Packages;
- Mother and Daughter;
- Mother and Father's Day;
- Couples Packages;
- Secretaries Day;
- Bosses Day;
- Anniversary;
- Special Occasion;
- Corporate Packages;
- Tots and Teens;
- Conference facilities are available on request

Browse our website for more luxurious spa retreats designed to suit any individual or group bookings for up to 20 people.



Body Sense

Day Spa



Treatment Menu

163 Runnymede Ave, Chartwell Country Estate
Tel: 071 319 1919 or 074 190 6430 or 074 146 5005

Email: dayspa@bodysense.co.za or
info@bodysensedayspa.co.za

Website: www.bodysensedayspa.co.za

Trading Hours:

Monday to Saturday 08h00 to 17h00

Sundays & Public Holidays 08h00 to 17h00

Gift Vouchers Available

Pensioners Discount @ 20% off on Mondays to Wednesdays on Treatments only.

We also offer a Loyalty Programme where you accumulate points towards a monetary value.

Massage Treatments

Hand & Foot Care

Express Boost Facial - 30 min R390

This is an introductory facial includes a cleanse, tone, exfoliation and moisturise.

Recommended for Pre-Teens and Teenagers.

Hands-on Vitamin Therapy - 60 min R450

Ideal for an introduction to Environ. This is a hydrating, soothing and balancing treatment for all skin types.

Deep Cleanse Vitamin Therapy - 60 min R530

Deep, 3-phase cleanse, tone & revitalising exfoliating treatment to remove dead skin cells. Followed by a relaxing facial massage & customised mask leaving the complexion refreshed and balanced. Ideal for combination to oily skin types.

Instant Radiance Boosting Facial - 90 min R780

Skin is instantly rejuvenated and vitality is restored. Fine lines and wrinkles are smoothed thereby reducing the signs of aging. Superficial pigmentation is lightened and blemishes are treated.

Waxing

Lip/Chin/Eyebrows (each) R 80

Full Face R300

Underarm R150

Half Arm R150

Full Arm R200

Bikini R200

Chest R210

Back R250

Half Leg R200

Three-quarter Leg R250

Full Leg R300

Foot, Leg & Ankle Massage - 30 mins R300

A deeply relaxing massage including a foot soak and mini scrub.

Back, Neck & Shoulder Massage - 30 mins R390

Back, Neck & Shoulder Massage - 45 mins R420

Back, Neck & Shoulder Massage - 60 mins R550

Specialised neck spasm complex formulated to enhance relief from neck and shoulder tension, used to relax tense individuals.

Fusion Massage - 60 mins R550

This treatment includes a back, neck & shoulder massage, scalp massage and a pressure point foot massage.

Aromatherapy - 60 mins R550

Aromepathic oils are used to refresh and relax while soothing the mind helping to induce a total sense of well-being. Each individual essence used during this massage produces a specific beneficial effect.

Swedish Massage - 60 mins R550

A full body massage characterized by delicate manipulation of the muscles - used to improve circulation, relieve muscle pain and tension, increase flexibility and promote relaxation.

Swedish Massage - 90 mins R750

Deep Tissue Massage - 60 minutes R600

Firm and deep massage using specific techniques to release muscle tension, spasms and knots that have built up over time.

Reflexology - 60 mins R550

Reflexology is based on the scientific principal that reflex areas in the feet correspond with the body's internal organs and glands. Pressure alleviates stress and a variety of ailments balancing the body's equilibrium.

Express Manicure R200

Express Pedicure R280

Classic Manicure R260

Classic Pedicure R330

Signature Manicure R360

Signature Pedicure R380

Gents Manicure R230

Gents Pedicure R310

Sparkle Mini Manicure (under 12 only) R150

Sparkle Mini Pedicure (under 12 only) R180

Express Manicure + Gel paint R310

Classic Manicure + Gel paint R360

Classic Pedicure + Gel paint R390

Gel paint (Additional) R150

Gel Soak off + strengthener R100

Acrylic Soak off + strengthener R120

Pedi Peel – 15 minutes R100

Lash and Brow

Eyelash Tint R130

Eyebrow Tint (brown or black) R130

Lash and Brow Tint R250

Body Sense Day Spa Policy

Body Sense Day Spa is not held responsible for any theft, damage, loss or misfortune that may occur.

Cancellations made less than 48hrs before will be charged in full. Payments include cash, credit card or EFT transfers. Prices are subject to change.