



THE AMETHYST — DAY SPA —

BODY | SKIN | HAIR | NAILS | WELLNESS

SPA MENU: APRIL 2025
Pensioners 30% Discount
Wednesdays



About Us

At The Amethyst Day Spa, we draw inspiration from the enchanting beauty and healing properties of the amethyst crystal, a symbol of tranquility, balance, and rejuvenation. Nestled in the heart of our community, our spa is more than a destination for relaxation—it's a sanctuary where you can reconnect with yourself and rediscover your inner peace.



PROUD STOCKIST OFF





***GET IN
TOUCH
WITH US***



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220 Athol Street,
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Johannesburg



MASSAGE
THERAPIES



Swedish Massage

A gentle, full-body massage that uses long strokes, kneading, deep circular movements, vibration, and tapping. It helps to relax the entire body, improve circulation, increase the level of oxygen in the blood, and ease muscle tension.

Back, Neck and Shoulder	30 Min – R 399
Back, Neck and Shoulder and Head	45 Min – R 549
Full Body	60 Min – R 699 / 90 Min – R 849

Deep Tissue Massage

The deep tissue massage is a technique that focuses on the deeper layers of muscle and connective tissue. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues.

Back, Neck and Shoulder	30 Min – R 499
Full Body	60 Min – R 799

Hotstone Massage

Smooth, heated stones are placed on specific parts of the body to warm and loosen tight muscles and balance energy centres in the body. This helps to relieve muscle tension and pain, reduce stress and anxiety, and promote sleep.

Full Body	60 Min – R 839 / 90 Min – R 1099
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Aromatherapy Massage

This massage combines soft, gentle pressure with the use of essential oils.

Back, Neck and Shoulder	45 Min – R 699
Full Body	60 Min – R 849 / 90 Min – R 999



Lymphatic Drainage Massage

This gentle massage encourages the movement of lymph fluids around the body to reduce swelling, improve circulation, and boost the immune system.

Back, Neck and Shoulder

30 Min – R 499

Full Body

60 Min – R 699

Body Exfoliation

Experience the transformative power of our expert techniques, designed to gently remove dead skin cells, revealing a smoother, more radiant complexion. Our exfoliation therapies not only invigorate your skin but also stimulate circulation, leaving you feeling refreshed and revitalized.

Back and Shoulder

30 Min – R 249

Full Body

60 Min – R 599

Body Exfoliation with body wrap

From R 849

Following the exfoliation, immerse yourself in a soothing body wrap, where your entire body is enveloped in a warm, hydrating cocoon. The wrap is infused with rich, detoxifying ingredients that work to hydrate, firm, and tone your skin while you relax in serene comfort. This treatment not only enhances your skin's appearance but also promotes relaxation and a sense of well-being.

Reflexology

30 Min – R 519

This massage involves applying pressure to specific points on the feet to promote relaxation, improves circulation, reduces pain, and enhances overall well-being.



Sports Massage

Revitalize your body and enhance athletic performance with our specialized sports massage. Designed for athletes and active individuals, this massage targets specific muscle groups and connective tissues to alleviate pain, reduce tension, and prevent injuries. Through a combination of deep tissue techniques, stretching, and joint mobilization, our skilled therapists will help improve your flexibility, increase circulation, and expedite recovery.

Half Body (Specific areas only)

30 Min – R 499

Full Body (Specific areas + General Swedish)

60 Min – R 799

Prenatal Massage

60 Min – R 699

Tailored for pregnant women to help alleviate pregnancy-related discomforts. This massage reduces stress, decreases swelling, relieves aches and pains, and reduces anxiety and depression

FACIAL & SKINCARE
THERAPIES



Environ Skincare

Essential Treatments - with DF Machine

2 Specific Area

60min- R 849

Whole Face

90min- R 1059

- *Essential Moisture Boost: Replenishes dehydrated, lacklustre skin with intense hydration.*
- *Essential Youth Reset: Targets fine lines, wrinkles, and loss of elasticity for more youthful skin.*
- *Essential Comfort Calm: Soothes sensitive, irritated skin and reduces redness.*
- *Essential Radiance Reveal: Revives dull skin and evens out pigmentation for a glowing complexion.*

Focus-On Treatments

Specific Area

60min- R 849

Entire Area

90min- R 1059

Short, targeted treatments for specific skin concerns:

- *Focus-On Frown Treatment: Softens the appearance of frown lines.*
- *Focus-On Even Tone: Addresses uneven skin tone and pigmentation.*
- *Focus-On Eye Treatment: Targets fine lines and puffiness around the eyes.*

Cool Peel Treatments

Specific Area

60min- R 849

Entire Area

90min- R 1059

Ideal for refining skin texture and improving the appearance of problem skin:

- *Youth Renew Cool Peel: For aging skin to refine and revitalize.*
- *Blemish Control Cool Peel: Targets breakout-prone skin, reducing oiliness and inflammation.*
- *Bright Recovery Cool Peel: Restores radiance to dull, sun-damaged skin.*



Customized Vitamin Therapy Facials

R 1059

These facials incorporate Environ's Ion zyme DF Technology to deliver potent Vitamin A and C serums deep into the skin, addressing a wide range of concerns, from hydration to anti-aging.

Combined Treatments

Environ treatments aimed at addressing multiple skin concerns.

- **Focus Care Youth** **90min- R 1499**
Boosts skin elasticity and reduces visible signs of aging with advanced peptides and botanicals.
- **Focus Care Moisture + HA Intensive Hydrating Serum** **90min- R 999**
A hyaluronic acid-rich serum that deeply hydrates and plumps the skin, leaving it soft and smooth.
- **Focus Care Radiance** **90min- R 1399**
Brightens and evens out skin tone by targeting hyperpigmentation and dullness with stabilized Vitamin C.
- **Focus Care Clarity** **60min- R 839**
Perfect for acne-prone or oily skin, this lightweight oil helps regulate sebum production and improve skin clarity.
- **Focus Care Comfort** **60min- R 829**
Calms and soothes sensitive or irritated skin while providing antioxidant protection.



Lamelle Skincare Facials

Deep Cleansing Facials (Dependant on skin consultation) 60min- R 899

Designed to remove impurities, unclog pores, and balance oil production. Ideal for oily, combination, or acne-prone skin.

Barrier Repair Facials 60min - R 849

Strengthen and rebuild sensitive or compromised skin using Lamelle's Correctives and Serra Range.

Chemical Peels

Targeted exfoliation treatments using active ingredients:

Lacta-Firm Peel 30/10

45min- R 849

Combines lactic and glycolic acids for hydration, exfoliation, and improved skin texture.

Beta Peel 15%

45min- R 949

Targets acne and oiliness with salicylic acid, helping to reduce breakouts and inflammation.

Alpha Peel

45min- R 949

Ideal for anti-aging, targeting fine lines and uneven skin tone with alpha hydroxy acids (AHAs).

Retistore Peel

20min- R 1299

A Vitamin A-based peel for addressing advanced signs of aging, pigmentation, and acne scars.

Brightening Peel

45min- R1099

Reduces pigmentation and uneven tone, promoting a brighter complexion.

Lamelle Hydra-Boost Treatment

60min- R 849

Deeply hydrates and restores the skin barrier, leaving the skin plump and radiant.

Pigmentation Correction Treatments

R 1199

Specifically targets hyperpigmentation and uneven skin tone using Lamelle's patented pigmentation technologies like Luminesce.



Anti-Aging Treatments

R 1399

Focus on reducing wrinkles, improving elasticity, and enhancing skin vitality using peptide-rich products and treatments.

Microneedling

Enhances collagen production, improves skin elasticity, and reduces scars and fine lines. Combined with Lamelle's serums, such as the Dermaheal Growth Factor Range, for superior results.

Neck Only

R 849

Face and Neck

R 1499

Small Area

R 499

Scarring Large Area Scarring

R 849

Skincare Add-ons

Dermaplaning - can be added on to any facial

R149

Revitalize your skin with our Dermaplaning Combined Treatment. This luxurious experience begins with gentle dermaplaning, a technique that exfoliates the skin by removing dead skin cells and fine vellus hair, leaving your face smoother and more radiant.

HANDS &
FEET



Manicures

Express Manicure: Quick Elegance

30 Min – R149

For those on the go, our Express Manicure offers a swift yet impeccable nail treatment. In just a short session, our skilled technicians will:

- **Shape:** Trim and file your nails to your preferred shape.
- **Cuticle Care:** Meticulous cuticle grooming for a neat and tidy appearance.
- **Buff and shine**

Deluxe Manicure: Indulgent Pampering

45 Min – R249

Elevate your nail care experience with our Deluxe Manicure. This luxurious treatment includes everything in our Express Manicure, plus:

- **Matsimela Fizz Soak:** Relax in a soothing hand soak to soften and hydrate your skin.
- **Exfoliate:** Gently exfoliate to remove dead skin cells and reveal softer hands.
- **Massage:** Enjoy a relaxing hand and arm massage to relieve tension and boost circulation.

Signature Manicure: Ultimate Luxury

60min – R299

Experience the pinnacle of nail care with our Signature Manicure, designed for those who seek the best. This premium treatment encompasses all the benefits of our Deluxe Manicure, and more:

- **Hand Mask:** A hydrating hand mask to deeply nourish and replenish your skin OR
- **Paraffin Treatment:** A warm paraffin dip to enhance moisture absorption and soothe your hands.
- **Extended Massage:** An extended hot stone hand and arm massage for ultimate relaxation and stress relief.
- **Nail Art:** Personalize your manicure with intricate nail art designs for a unique and stylish look.



Pedicures

Express Pedicure: Quick Elegance

30 Min – R179

For those on the go, our Express Pedicure offers a swift yet impeccable nail treatment. In just a short session, our skilled technicians will:

- **Shape:** Trim and file your nails to your preferred shape.
- **Cuticle Care:** Meticulous cuticle grooming for a neat and tidy appearance.
- **Buff and shine**

Deluxe Pedicure: Indulgent Pampering

45 Min – R279

Elevate your nail care experience with our Deluxe Pedicure. This luxurious treatment includes everything in our Express Pedicure, plus:

- **Matsimela Fizz Soak:** Relax in a soothing hand soak to soften and hydrate your skin.
- **Exfoliate:** Gently exfoliate to remove dead skin cells and reveal softer feet.
- **Massage:** Enjoy a relaxing foot and lower leg massage to relieve tension and boost circulation.

Signature Pedicure: Ultimate Luxury

60min – R329

Experience the pinnacle of nail care with our Signature Pedicure, designed for those who seek the best. This premium treatment encompasses all the benefits of our Deluxe Pedicure, and more:

- **Foot Mask:** A hydrating Foot mask to deeply nourish and replenish your skin OR
- **Paraffin Treatment:** A warm paraffin dip to enhance moisture absorption and soothe your feet.
- **Extended Massage:** An extended hot stone feet and lower leg massage for ultimate relaxation and stress relief.
- **Nail Art:** Personalize your Pedicure with intricate nail art designs for a unique and stylish look.



THE AMETHYST
— DAY SPA —

Nail extensions

<i>Bio-Sculpture Nails</i>	R 349
<i>Bio-Sculpture Refill</i>	R 299
<i>Polygel (gel nails)</i>	R 349
<i>Polygel Refill</i>	R 299

Nail Add-ons

<i>Polish Gel Nail</i>	R49
<i>Art</i>	R79
<i>French(smiley)</i>	R 19/Nail
<i>Ombre</i>	R49
<i>Medi- Hand</i>	R149
<i>Medi- Feet</i>	R149
<i>Foot peel</i>	R159

Soak offs

<i>Gel Soak off</i>	R 79
<i>Acrylic Soak</i>	R 99
<i>Off Bio-Gel and PolyGel Soak off</i>	R 99

Acrylics

<i>Acrylic Dip + Gel Nails</i>	R 279
<i>Acrylic Dip + Gel Fill</i>	R 249
<i>Soft Gel Tips</i>	R 399
<i>Acrylic Full Set</i>	R 399
<i>Acrylic Overlay + Gel</i>	R 499

BEAUTY
THERAPY



THE AMETHYST
— DAY SPA —

Lashes and Eyebrows

Individual Lashes

<i>Classic</i>	R 449
<i>Hybrid</i>	R 549
<i>Mega Volume Lash</i>	R 649
<i>Removal & Full set</i>	R 699
<i>Removal Only</i>	R 199

Lash Lift

R 489

Microblading

R 999

Eyebrow & Lash Tint

<i>Eyebrow shaping & wax</i>	R 99
<i>Eyebrow tint</i>	R 149
<i>Lash Tint</i>	R 149
<i>Lash and brow tint</i>	R 249
<i>Lash Lift</i>	R 399
<i>Brow Lamination</i>	R 449

Eyebrow Threading

R 179



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Vagacials

Vagacials addresses pigmentation caused by waxing while improving overall skin health.

Bikini Vagacial

30 Min - R 499

Hollywood Vagacial

45 Min – R 539

Underarms Rejuvenating Treatment

25 Min – R249

Thigh Rejuvenating Treatments

45 Min – R 349

HAIR
REMOVAL



THE AMETHYST
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Waxing

Face

Lip, Brow, or Chin	R 99
Full Face	R249
Face & Neck	R299

Arms & Upper Body

Underarms	R 149
Full Arms	R 219
Chest	R 339
Half Back	R 259
Full Back	R 299

Legs & Feet

Half Legs (Incl. Knee)	R219
Full Legs	R339
Feet, Hands, or Toes	R99

Bikini

Bikini Line	R179
Brazilian	R259
Hollywood	R339

Full Body Wax

Women	R 999
Men	R 1199

THE AMETHYST
WELLNESS



IV Drips

Immune Boost

R 849

High dose Vitamin C to strengthen your immune system.

Energy Boost

R 1099

Vitamin B12, B Complex, and Magnesium to increase energy levels and improve mood.

Skin Radiance

R 1099

Glutathione and Vitamin C for even skin tone and reduced pigmentation.

Anti-Inflammatory & Auto-Immune

R 1399

Vitamin B12, B Complex, Glutathione, Vitamin C, and Magnesium to reduce inflammation and joint pain.

Weight Assist

R 599

Glutamine, Arginine, and Carnitine to assist with weight loss.

Hangover Cure & Jet Lag Recovery

R 1099

Vitamin B12, B Complex, Magnesium, and Glutathione to alleviate hangover symptoms and recover from jet lag.

Sports Endurance & Recovery

R 1099

Vitamin B12, B Complex, Magnesium, and Glutathione to enhance sports performance and muscle recovery.

Menopause Assist

R 1149

Vitamin B12, Vitamin C, Glutathione, and Biotin to help regulate hormones and reduce menopause symptoms.

Glutathione Double Dose

R 899

The Glutathione Cocktail will enhance our immune system, revive your energy levels and liven your skin.



Rolls Royce Drip

R 1499

A high dose antioxidant with the benefit of assisting detox.

Rolls Royce Drip plus Glutathione

R 1599

Wellness Treatments

Botox and Fillers

Botox Treatments

R 89 Per Unit

- *Smooth fine lines and wrinkles on the forehead, around the eyes, and other areas.*
- *Relax facial muscles for a refreshed, youthful appearance.*

Dermal Fillers

R 4999 per syringe

- *Add volume and fullness to areas such as lips, cheeks, and under-eyes.*
- *Enhance facial contours and diminish deep lines or folds.*

Fat-Burning Injections

Double Chin

R 1499/session

Abdomen

R 1999/session

Thighs

R 2499/session

Arms

R 1799/session

Love Handles

R 2199/session

Full Back Area

R 2999/session

Multiple sessions may be required for desired results.

Add-Ons

- *Combine with IV Weight Assist Drip for enhanced metabolism.*
- *Pair with body-contouring massages for optimal outcome*

HAIR SALON



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Blow Wave

Wash and Blowout Short	R 249
Wash and Blowout Medium	R 319
Wash and Blowout Long	R 349
Wash and Blowout Package 10 Treatments Pay for 9 From	R 2 241 - R 3 141
Scalp Scrub	R 249
Wash, Trim, Blowout Short	R 349
Wash, Trim, Blowout Medium	R 479
Wash, Trim, Blowout Long	R 589

Cut

Short	R249
Medium	R349
Long	R449
Trim Only	R99

Hair Styling

Curls	R 149
Iron Only Short	R 179
Iron Only Medium	R 199
Iron Only Long	R 249
Upstyling	From R 749



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Hair add-ons

Add-on hair mask	R 249
Scalp massage 10 Min	R 99
Add-on hair mask	R 119

INOAR Treatments

Japanese Silk Treatment

Short	R 699
Medium	R 899
Long	R 1199
Extra Long	R 1299

B-Perfect Treatment

Short	R 599
Medium	R 799
Long	R 999
Extra Long	R 1099

Inoar Day Moist Hydrating Treatment

Short and Medium Length	R 499
Long Hair	R 749
Add-on hair mask	R 299

Inoar Speed Blond

Short and Medium Length	R 499
Long Hair	R 749



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Colour

Tint short	R 499;	Add Blowout	R 699
Tint medium	R 699;	Add Blowout	R 899
Tint long	R 799;	Add Blowout	R 1099
Tint regrowth short	R 399;	Add Blowout	R 599
Tint regrowth medium	R 399;	Add Blowout	R 699
Tint regrowth long	R 399;	Add Blowout	R 729
Half highlights short	R 749;	Add Blowout	R 949
Half highlights medium	R 749;	Add Blowout	R 1049
Half highlights long	R 749;	Add Blowout	R 1079
Full highlights short	R 1199;	Add Blowout	R 1399
Full highlights medium	R 1199;	Add Blowout	R 1699
Full highlights long	R 1199;	Add Blowout	R 1899
Tint fringe short	R 349;	Add Blowout	R 499
Tint fringe medium	R 349;	Add Blowout	R 599
Tint fringe long	R 349;	Add Blowout	R 699
Colour correction short	R 499;	Add Blowout	R 699
Colour correction medium	R 699;	Add Blowout	R 899
Colour correction long	R 799;	Add Blowout	R 1099

MAKE-UP



Soft Glam Soft Glam	R 799
with Lashes Full	R 899
Glam Look Full	R 1199
Glam no lashes	R 999
Evening or Matric	R 849
Bridal Trial	R 899
Bridal	R 1499
Bridesmaids	R999

SPA
PACKAGES



Blissful Bonding Experience

R 1499 per couple

- *45 Min Back, Neck, Shoulder and Head Massage*
- *45 Min Deluxe Manicure or Pedicure*
- *Lunch*

Soulmates Serenity Package

R 2499 per couple

- *90 Swedish Massage or 60min deep tissue massage*
- *60 Min Signature Manicure or Pedicure Scalp scrub*
- *Lunch*

Purifying Bliss Detox Experience

R 1499 pp

- *45 Swedish Massage or 30min deep tissue massage*
- *60 Min Exfoliation*
- *45 Min Reflexology*
- *Lunch*

Ultimate Detox Revival

R 1999 pp

- *90 Swedish Massage or 60min deep tissue massage*
- *60 Min Exfoliation with Detoxifying Body Wrap*
- *45 Min Reflexology*
- *Lunch*

Heavenly Haven for Two

R 3999 per couple

- *60 Min Aromatherapy Massage*
- *30 Min Hydrating Facial*
- *60 Min Signature Manicure or Pedicure*
- *Scalp scrub*
- *Lunch*



Heavenly Sent

R 1999 pp

- *45 Min Back, Neck and Shoulder Aromatherapy Massage*
- *Radiance Reveal Environ Facial*
- *45 Min Foot Soak and Scrub*
- *45 Min Deluxe Pedicure*
- *Scalp scrub*
- *Lunch*

Mother To Be

R 1999 pp

- *60 Min Prenatal Massage 60 Min*
- *Environ Moisture Boost Facial 60 Min*
- *Signature Pedicure*
- *Scalp scrub*
- *Lunch*

Ultimate Male Grooming

R 2999 pp

- *60 Min Deep Tissue Massage*
- *60 Min Signature Manicure*
- *60 Min Signature Pedicure Beard*
- *Grooming / Facial Wax*
- *Deep Cleanse Facial*
- *Wash, Cut and Trim*
- *Scalp scrub*
- *Lunch*

Bride To Be

R 3299 pp

- *90 Min Hotstone Massage*
- *Moisture Boost Facial*
- *60 Min Signature Manicure*
- *60 Min Signature Pedicure*
- *Hollywood wax*
- *Eyebrow wax and tint*
- *Lunch*