

HOLISTIC · SKIN · BODY · MIND

LYFTAAL

TREATMENT MENU



Hands & Feet

BASIC MANICURE | 45min · R450

A simplified treatment which will leave your nails well groomed, it includes an aromatherapy hot compress, filing, cuticle care, varnishing / buffing and moisturising.

CLASSIC MANICURE | 60min · R605

This relaxing classic treatment includes a hand exfoliation, filing, cuticle care, varnishing / buffing, and a moisturising hand massage.

BASIC PEDICURE | 45min · R515

A simplified treatment which will leave your feet well groomed, it includes an aromatherapy hot compress, hard skin removal, cuticle care, varnishing / buffing, and moisturising.

CLASSIC PEDICURE | 60min · R705

This relaxing classic treatment includes a foot exfoliation, hard skin removal, filing, cuticle care, varnishing / buffing and a moisturising foot massage.

MEN'S HANDS | 30min · R395

Tidying of nails adapted to suit the no-fuss male customer, including a hot towel treatment, trim/file, cuticle care, and buff.

MEN'S FEET | 45min · R635

Tidying of feet adapted to suit the no-fuss male customer, including a hot towel treatment, hard skin removal, cuticle care, trim/file & buff.

BALSAN PARAMEDICAL FOOT TREATMENT | 45min · R595

This Balsan foot treatment is ideal for diabetics and individuals suffering from cracked heels or excessive hard skin build-up on their feet. We use a scientifically formulated, pain-free treatment to expertly remove stubborn hard skin without injuring healthy skin in the process.

BALSAN PARAMEDICAL PEDICURE | 75min · R915

This treatment combines the health benefits of the Balsan paramedical foot treatment with all the added aesthetic benefits of our classic pedicure.

FRENCH VARNISH ADD-ON | 10min · R75

This pale pink, nude or sheer polish with a solid white tip is a more specialised nail varnish technique which requires a bit more time.

Evo Gel Polish

We use gel polish that gently adheres to your natural nail plate and stays intact for an extended period of time with high shine and a lesser chance of cracking, peeling, or chipping. *We recommend that this polish is soaked off in order to minimise damage to the nail plate.

GEL OVERLAY FOR HANDS OR FEET | 60min · R640

A Lyftaal Basic mani/pedi, finished with a gel polish.

GEL MANICURE | 75min · R890

A Classic Lyftaal manicure, finished with gel polish.

GEL PEDICURE | 90min · R970

A Classic Lyftaal pedicure, finished with gel polish.

SOAK-OFF | 30min · R315

Professional removal of gel polish without damaging the nail plate.

SOAK-OFF (ADD-ON) | 15min · R160

When you combine your gel soak-off with any other treatment we will kindly add it on at a discounted price.

FRENCH GEL (ADD-ON) | 15min · R75

This pale pink, nude or sheer gel polish with a solid white tip is a more specialised nail varnish technique which requires a bit more time.

Facial Grooming

Our facial grooming services are tailored to your needs, including waxing, plucking, and scissor cutting. We use high-quality products for both before and after care, ensuring our hot wax and tints are gentle and safe for sensitive skin. *Only available at these rates in addition to another treatment, or you may combine two options. Single facial grooming treatment rates available upon request.

BROW SHAPE | R175

BROW TINT | R175

LASH TINT | R205

LIP OR CHIN WAX | R175

CHEEK WAX | R280

NOSE OR EAR WAX | R120



Body Grooming

UNDERARM WAX | 30min · R275

We use hot wax suited for sensitive skin to remove all hair in the underarm area.

ARM WAX | 30min · R405

Cold wax is used to remove the hairs on the front & back of forearms to leave your arms silky smooth.

BIKINI WAX | 30min · R380

Hot wax suited for sensitive skin is used to remove the hair along your bikini line (basically, anything that might be seen outside your underwear or bathing suit).

G-STRING WAX | 45min · R450

A G-string wax is a classic bikini wax but includes hair removal from the buttocks area as well.

BRAZILIAN WAX | 60min · R560

This waxing method removes hair from your pubic bone and labia but leaves a small rectangular strip of hair on the front of the pubic area.

HONEYMOON WAX | 60min · R650

This waxing method removes all hair from your pubic bone, labia area, upper thighs and in between the buttocks (it basically removes all hair from your pubic region).

HALF LEG WAX | 30min · R415

A half leg wax removes hair from just above the knee all the way down to the toes.

FULL LEG WAX | 60min · R650

A full leg wax removes all the hair starting at the top of your foot all the way up to your thigh.

BACK WAX | 30min · R515

A back wax includes removal of the hair on the back, shoulders and blending into the arms.

CHEST WAX | 30min · R515

Chest waxing includes removal of the hair on the chest, stomach, abs, shoulders and blending into the arms.

Massage Therapy

BACK & NECK MASSAGE 30/45min · R615/R735

We combine Swedish massage techniques with Bellabaci aromatherapy complexes to arrive at a multi-faceted holistic treatment that can address tension in the back and neck.

SWEDISH BODY MASSAGE 60/75min · R1060/R1235

The Swedish body massage features custom Swedish massage techniques and a selection of Bellabaci aromatherapy complexes to address muscle tension in the body.

LYFTAAL RESTORATIVE MASSAGE | 90min · R1440

Our version of a luxurious de-stress body massage, including exfoliating dry body brushing, hot compress treatments and Bellabaci cupping, to name but a few.

SCALP & NECK MASSAGE 30/45min · R615/R735

Ease your mind, and calm your senses with this relaxing, invigorating treatment that includes decollete, neck, scalp and facial massage.

GROUNDING FOOT MASSAGE | 30min · R615

A rejuvenating foot experience that leaves the body balanced and in tune.

ESSE ANTI-INFLAMMATORY FACIAL MASSAGE | 40min · R740

This specialised facial massage is skilfully curated to calm an overactive nervous system and reduce inflammation by an intense stimulation and activation of the lymphatic system.

CUPPING ADD-ON

Turn your massage into a turbo-detox deep tissue experience by requesting additional cupping free of charge.





Hydrotherapy

STEAM ROOM SESSION | 30min · R405

The perfect pretreatment option, half an hour in the steam room will aid in relaxation, soothe aching muscles, and stimulate lymph and blood circulation.

STEAM ROOM WITH EXFOLIATION (SELF-ADMINISTERED) | 30min · R595

While relaxing in our steam room, treat yourself to a moisturising aromatherapy sugar-scrub that will leave your skin radiant and silky-soft.

BODY EXFOLIATION & SHOWER | 30min · R715

One of our skilled therapists applies a refreshing peppermint body scrub, which is followed by a warming shower and application of a rich aromatherapy body-cream.

Pregnancy Therapy

PREGNANCY RELIEF MASSAGE | 90min · R1440

Our signature pregnancy massage includes a foot soak, full body massage, and relaxing tea ritual.

MATERNAL GLOW | 120min · R2145

This comprehensive treatment comprises of a body exfoliation & shower, followed by our signature pregnancy relief massage.

BABYMOON PACKAGE | 150min · R2145

Our signature pregnancy relief massage, followed by a soothing pedicure.

Skin Care Therapy

Touch-therapy is included in most facials to aid relaxation.

HOLISTIC SKIN ANALYSIS & PRODUCT RECOMMENDATION | 45min · R560

We take a closer look at your skin's unique requirements and recommend suitable products and lifestyle changes so you may take the first step towards a beautiful, healthy skin.

TEEN CLEANSE | 30-50min · R695

This classic teenage treatment includes a cleanse, steam exfoliation, extractions, and moisturiser.

BACK CLEANSE | 45min · R815

Our signature back treatment starts off with dry body brushing the back of the body to kick start your circulation and detoxification process. Then followed by gentle steaming to open the pores and lift impurities on the back area, deep cleansing, exfoliation, extractions and ended off with a detoxifying-cupping mask ritual.

MEN'S DEEP CLEANSE | 50min · R845

This comprehensive treatment includes a hot towel cleanse, exfoliation, extractions, and tidying of unwanted hair, as well as moisturising pressure point therapy.

Environ Facials

ENVIRON ELECTRO-SONIC ESSENTIAL TREATMENT | 60/90min · R1345/R1780

The Electro-Sonic Essential Treatment features Environ's pioneering dual electro-sonic technology that sets the benchmark for professional skincare treatments. Low frequency sonophoresis together with pulsed iontophoresis in combination with Environ's professional skin care products, help deliver more of what the skin needs where it needs it the most-making a real lasting difference to your skin, for life.

ENVIRON LACTIC ACID TREATMENT | 75min · R1345

This gentle lactic acid cool peel assists in reducing the appearance of premature ageing, fine lines, and uneven skin tone as a result of excessive sun exposure.

ENVIRON VIBRANT-C TREATMENT | 75min · R1345

Concentrated vitamin C infused peel freshly mixed before each application to ensure optimal efficacy. Proven to deliver a healthy-looking evenly toned appearance as well as improved skin texture. An excellent choice for sun-damaged, pigmented, and ageing concerns.

ESSE Organic Facials

THE ESSE EXPRESS | 30min · R715

A fully customisable treatment targeted at achieving results in 30 minutes. This treatment does not include extractions, brow shape or the use of ampoules, however it can be *added at an additional cost.

THE ESSE EXPERIENCE | 60min · R1100

A bespoke facial that harnesses the power of advanced pre and probiotics to improve the microbial balance on the skin. Tailored to address your specific skin concerns with customisations and enhance the treatment with carefully crafted *add-ons.

Experience benefits that include soothing stress relief, boosted collagen production, reduced inflammation, and strengthened skin barrier function.

ESSE LIVE PROBIOTIC EXPERIENCE | 75min · R1550

The ultimate treatment to elevate your skin to a whole new level with live probiotics and specialised massage techniques.

This world-class standard live probiotic experience is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewinding the skin. The inclusion of the Anti-inflammatory Massage or Lifting Massage enhances the treatment and complete relaxation.

Add-ons

Optional extras to enhance any of the ESSE facials we offer:

- **SPECIALISED AMPOULE APPLICATION** | 5min · R250
- **EXCLUSION MASK** (already included in Live Probiotic Experience) | 20min · R305
- **AQUA GEL MASK** (already incl in Barrier Repair Experience) | 20min · R175





Lyftaal Experience Facial Treatments

LYFTAAL FACIAL GUA SHA EXPERIENCE | 60min · R1100

This unique technique really leans into our natural approach to skin health. This non-invasive, alternative facial therapy incorporates traditional Gua Sha techniques that include lymphatic drainage, acupressure, facial muscle sculpting, and lifting.

Facial Gua-Sha is not a skin treatment but a tissue treatment, treating the tissue underneath the skin to bring about beneficial changes to the appearance and health of the skin.

The right technique stretches fibroblasts, improves blood circulation and affects interstitial fluid pressure, changing circulation patterns in the skin and restoring vitality and radiance to your face through these non-invasive physiological changes.

ESSE ANTI-INFLAMMATORY FACIAL MASSAGE | 40min · R740

Specialised facial massage skilfully curated to calm an overactive nervous system and reduce inflammation in the skin by intense stimulation and activation of the lymphatic system.

Lyftaal Packages

Our individually tailored Lyftaal packages all feature a tea ritual and healthy snack.

COUPLE'S EXPERIENCE | 90min · R3000

Bonding treatment featuring a steam room session for two with peppermint body-exfoliation (self-administered), followed by a relaxing back-, neck- & foot massage in our duo-room.

LYFTAAL SIGNATURE RITUAL | 2h 30min · R2565

Our signature ritual comprises of a relaxing foot soak, body exfoliation, steam room session and Lyftaal Restorative massage.

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LYFTAAL



Discover our holistic skin & body sanctuary, where we listen to the language of your body with unconditional acceptance.



MAKE A BOOKING

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