



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

Indian Head Massage 30 min R320

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.

Balancing Foot Massage 45 min R460 30 min R320

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

Stress Buster Back, Neck & Shoulder Massage

60 min R580
45 min R440
30 min R320

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

Classic Swedish Body Massage 60 min R500

This massage is a light to medium touch massage using Swedish techniques to stimulate circulation and relieve stress and tension from the body.

Back of Body 60 min R500

A soothing massage focussed on the back of body to ease muscle tension and restore deep relaxation.

Maternity Massage 60 min R580

Help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy (available after first trimester).

Soothing Aroma Massage 60 min R580

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

Muscle Recovery Massage 60 min R580

A deep pressure massage to relieve tension and detoxify.

Warming Stone Massage 60 min R580

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 R580

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.

Lava Shell Signature Massage 90 min R950

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.

ADD ONS:

Upgrade your 60min full body massage with an additional 30min R220

Add on CBD Oil R130

(may be added to any treatment)

Add a Back Scrub R140

Add Hot Stones to your full body massage R100

Add Bellabaci Cups to your full body massage or facial R100

FACIALS

Skin Consultation R100

LAMELLE FACIALS

Lamelle Facial 30min R520

A results-driven facial using Lamelle's advanced formulas to refresh, revitalise and leave your skin glowing.

Deep Cleanse Facial 60min R680

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 R670

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 R740

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.

CHEMICAL PEELS

Lactifirm 30/10 45min R610

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 R620

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 R680

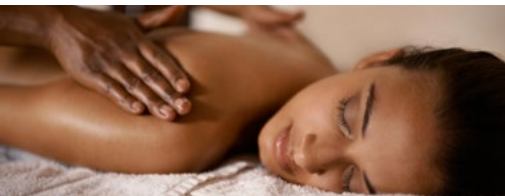
This is a medium-depth salicylic acid-based peel. This is used in the treatment of hyperpigmentation and photodamage. Salicylic acid also has the added benefit of being extremely anti-inflammatory to skin and decreases acne & scarring.

Acne 45min R740

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 R790

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 R95

This 0.3% Retinol serum can be added 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 R200

This cosmeceutical sheet mask contains a high concentration of active ingredients that include 3 different types of growth factors, aloe extract, witch 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.

NOVA MICRO-NEEDLING

Nova Pigmentation	75min	R1580
Nova Age Prevention	90min	R1640
Nova Age Correction	90min	R1800
Add On - Décolleté	30min	R340

THALGO FACIALS**Hyalu-Procollagene Wrinkle Correcting Pro Eye Treatment Add-On To Facial R340**

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.

Radiance Facial 30 min R460

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

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).

CSPA AROMA WELLNESS FACIALS**Hydrating Facial 60 min R590**

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.

DERMAPLANING TREATMENTS**Exclusive of Skin Treatment R220****Inclusive of Skin Treatment R330**

Instantly brighter, smoother, and radiant skin. This safe, non-invasive treatment manually exfoliates to remove dead skin cells and fine peach fuzz.

With Lacti-Firm Chemical Peel R750**MAKE UP**

Day Make-Up	R350
Special Event	R550
Bridal Make Up	R850
Bridesmaid	R400
Mother Of The Bride/Groom	R450

Make Up Trial R400

Bridal Package	R2200
Bridal Make Up	
Bridal Trial	
Two Bridesmaids	

Traveling Fee:	R5.00 Per Km
Humansdorp	FREE

NAILCARE

Revarnish	20 min	R210
Express Manicure	30 min	R250
Express Pedicure	30 min	R250
Nail Care & Gel Polish	45 min	R340
Indulgent Spa Manicure	60 min	R360
Indulgent Spa Pedicure	60 min	R410

Gel Polish Manicure	60 min	R360
Gel Polish Pedicure	60 min	R410
Gel Polish Removal	30 min	R80
Acrylic Removal	45 min	R180
Paraffin Dip Hands or Feet	15 min	R120
Medi Heel Peel Add-On	15 min	R115
Nail Re-Inforcement	5 min	R90

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.

ACRYLIC NAIL BAR

Natural / Colour Overlay	R340
French Acrylic Overlay	R350
Clear Tips with Overlay	R340
Tips: French/Colour	R350
Acrylic Fill	R190
Nail Repair	R65
Full Set Acrylic Sculpture	R420

BEAUTY TREATMENTS

Brow Tint	20 min	R100
Lash Tint	15 min	R110
Tint Lash & Brow	30 min	R160

Brow Shape and Tint Combo R200

LASH LIFT & BROW LAMINATION

Lash Lift	30 min	R350
Brow Lamination	30 min	R350
Add Tint Lash/Brow	15 min	R85
Add Brow Wax/Shape	15 min	R85
Lash Lift + Brow Lamination Combo		R630

WAXING

Lip/Chin/Brow Wax	R100
Underarm Wax/Sides of Face	R150
Bikini/Half Arm	R210
Half Leg/Full Arm/Half Chest	R230
Full Face	R230
Brazilian	R240
Hollywood	R310
Full Leg	R360
Back / Chest	R380

SPA BODY THERAPY

Salt & Coconut Body Scrub 30 min R400

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 skin's circulation leaving you invigorated and refreshed.

Spray Tan R340

A fast and flawless sun-kissed glow that leaves the skin looking naturally bronzed and radiant.



BODY WRAPS

CSpa Hydrating or Detox Wrap

45 min R600

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 R490

60 min R620

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

Steam Room Session	15 min	R160
Sauna	20 min	R240

Floatation Therapy 30 min R340

Floatation 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. Floatation can be booked as individual sessions or an add-on to any other treatment.

Rasul Self-Application Treatment

30 min R480

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

OZONE THERAPY

Ozone Therapy & Consultation R400

(First treatment)

Ozone Therapy 30 min R300

Ozone Therapy 40 min R340



SPA PACKAGES

Time Out 60 min R840

30min Back, Neck & Shoulder Massage
30min Facial

Revive & Relax Couples Package 1hr 30min R1 800 per couple

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

Signature Lava Shell Journey 2hrs R1 360

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.

Designer Spa Package 2hrs 30min
R1 550

R2 350* 4hrs 30min

Design your own spa package. Choose from any of the treatments below:

30 min:

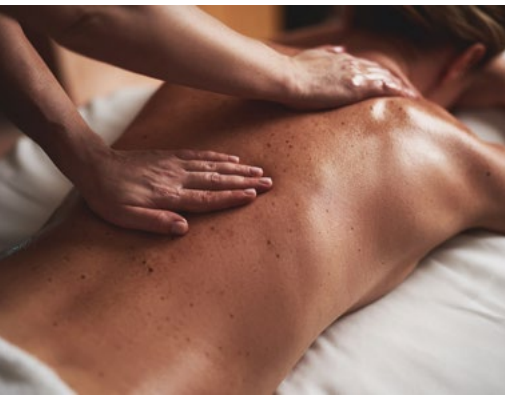
- Back, Neck & Shoulder Massage
- Indian Head Massage
- Balancing Foot Massage
- Salt & Coconut Body Scrub
- CSpa Aroma Wellness Hydrating Body Wrap
- CSpa Aroma Wellness Detox Body Wrap

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.



KIDDIES SPA

Shelly Nails	30 min	R230
Hands and Feet, Shape & Paint		
Mermaid's Mani	20 min	R200
Pearls Pedi	20 min	R200
Jellyfish Massage	20 min	R220
Back, Neck & Shoulders, Back of Legs and Arms		
Petite Facial	30 min	R380

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	R230
Back Massage	20 min	R200
¾ Leg Wax	20 min	R200
½ Leg Wax	20 min	R220
Bikini Wax	20 min	R140
Underarm Wax	15 min	R110
Mini Lip Wax	10 min	R80

Tween Treat Package 60 min **R640 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

LASER HAIR REMOVAL

Chin/Lip/Brow	15min	R160
Sideburns/Cheeks/Neck	30min	R260
Full Beard (include Neck)	30min	R470
Full Face	30min	R730
Bikini - Sides & Top	30min	R250
Brazilian (landing strip)	45min	R410
Hollywood (everything)	60min	R470
Hands	15min	R210
1/2 Arm	30min	R320
Underarm	30min	R310
Full Arms	45min	R460
Feet	15min	R210
1/2 Legs (includes knee)	45min	R1360
Full Legs (excludes bikini)	60min	R1680
Shoulders	45min	R420
1/2 Back/Chest/Stomach	45min	R940
Full Back	60min	R1680

IPL SKIN REJUVENATION

Face	90min	R1150
Face & Neck	90min	R1470
Face, Neck & Décolleté	90min	R1365
Décolleté	60min	R1050
1/2 Arm	30min	R1155
Full Arm	30min	R1780
1/2 Leg	30min	R1780
Full Leg	30min	R3100
Laser Vein 1-5 Shots	15min	R310
Laser Vein 6-10 Shots	15min	R630

AESTHETIC TREATMENTS

TATTOO REMOVAL

1-5cm	120min	R570
6-10cm	120min	R890
11-20cm	120min	R1260
21-30cm	120min	R1780
31-40cm	120min	R2300
41-50cm	120min	R3250
51-60cm	120min	R3460
Brow Removal	90min	R700

CARBON LASER FACIAL / CARBON PEEL / CARBON LASER PEEL

Face	90min	R1050
Face & Neck	90min	R1260
Face, Neck & Décolleté	90min	R1570



PLASMA PEN

Forehead & Frown	120min	R1890
Frown	120min	R1260
Forehead	120min	R1260
Eyes - Top OR Bottom	120min	R1890
Eyelid Lift - Top & Bottom	120min	R1890
Eyelid Lift & Crows Feet	120min	R2940
Crows Feet	120min	R2940
Lip - Top OR Bottom	120min	R1260
Lip - Top & Bottom	120min	R1890
Jawline / Chin	120min	R1890
Neck	120min	R1890
Full Face	120min	R9240
Tummy	120min	R2940
Elbow	120min	R1890
Knee	120min	R2940
Skin Lesions/Tags per tag (1-10 tags)	60min	R520

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 2026 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.





BOOKINGS

042 940 0562 | reception@thespa95.co.za
95 Main Street, Humansdorp, 6300