

## Massage Collection

### Reflexology:

45 min Massage R 790  
A gentle pressure on specific points along your feet to help ease stress & helps your body to function better

### Swedish:

60 min Massage R1 050  
90 min Massage R1 250  
Concentrates on the uppermost layer of muscles and aims to relieve muscle tension.

### Aromatherapy:

60 min Massage R1 190  
90 min Massage R1 450  
Specifically blended essential oils for problem areas & to enhance the benefits of the massage.

### Hot Stone:

60 min Massage R1 300  
90 min Massage R1 550  
Heated stones are used to help relax tired muscles.

### Candle:

60 min Massage R1 350  
90 min Massage R1 600  
Designed to target all the senses, packed with essential oils, and natural fragrances using warm, melted wax which is applied to relax the body and soul.

### Lavashell:

60 min Massage R1 350  
90 min Massage R1 600  
Deeply relaxing, eliminates fatigue & stress, nourishes vitality & helps remove accumulated residues and toxins.

### Mother-To-Be:

75 min Full Body Massage R1 350  
Gentle & soothing massage tailored specifically for the mother-to-be.

### CBD Sports:

60 min Massage R1 400  
90 min Massage R1 650  
Relieves chronic tension in muscles that lie far below the body's surface.

### Himalayan Signature:

90 min Massage R1 650  
Unique combination of aromatherapy, himalayan salt stones & facial massage.

### Body Treatments:

30 min Skin Glow Body Exfoliation R 550  
60 min Body Glow Wrap R1 150

## Hair Removal

Lip / Chin / Brow R 220  
Underarms / Sides of Face R 250  
Full Face R 490  
Standard Bikini / Half Arm R 450  
Half Leg / Full Arm / Half Chest R 450  
3/4 Leg R 490  
Full Leg R 550  
Brazilian R 550  
Hollywood R 600  
Back / Chest R 550

We offer a complete range of waxing services. Please consult with your therapist to identify your specific needs and desired results.

## Hydro Therapy

30 min Rasul Treatment (per person) R 550  
30 min Couples Rasul Treatment (per couple) R1 050  
  
45 min Private Hot Tub (per person) R 490  
45 min Couples Private Hot Tub (per couple) R 850

## Hand & Foot Collection

60 min Houghton Luxury Manicure R 600  
60 min Houghton Luxury Manicure with Gel R 650  
  
60 min Houghton Luxury Pedicure R 690  
60 min Houghton Luxury Pedicure with Gel R 800  
  
75 Min Signature Manicure R 750  
75 Min Signature Manicure with Gel R 850  
  
75 Min Signature Pedicure R 850  
75 Min Signature Pedicure with Gel R 950  
  
Gel Application Only R 400  
Gel Soak Off Only R 150  
Acrylic Soak Off Only R 200  
  
Add on: Summer Heel Foot Treatment R 350

### Operating Hours:

Mon - Sun: 09:00 - 20:00

### No under 18's permitted

Complimentary spa facilities with every treatment booked to the value of R1 250 or more.



### Contact us:

info@houghtonspa.com

011 032 5555

www.houghtonspa.com

Lloyds Ellis Avenue, Lower Houghton

## Facials:

### BABOR:

#### 60min Signature Skinovage Facial

A SKINOVAGE treatment based on restoring skin health. The moisturising treatment delivers intensive long lasting hydration to the skin.

R1 150

#### 90min Lift Fusion Anti-Ageing Facial

A luxurious anti-wrinkle expert facial consisting of rich textures that are absorbed into the skin to target fine lines and wrinkles, redefine facial contours and relax facial muscles.

R2 450

#### 90min Retinol Renewal Facial

Perfect for even skin, less pigmentation marks & visibly smoother skin.

R1 850

### QMS:

#### 60min Sensitive Skin Repair Facial

Clears impurities, calms inflammation, and regenerates the basic functions of the skin.

R1 050

#### 90min Collagen Renewal Facial

Wellbeing treatment and QMS signature 70% natural soluble collagens for firmer skin with more volume; reduced fine lines, and improved texture.

R1 750

#### 75min Oxygen Recharge Facial

Infuses the skin with 95% pure oxygen to boost cell renewal and stimulate deeper regeneration for a visibly revived glow.

R1 400

### Lamelle:

#### 60min Lamelle Lacti-firm Peel

A skin-firming, revitalising treatment that enhances your natural glow with no downtime. Gentle exfoliation smooths fine lines, brightens dullness, targets pigmentation, and leaves skin plump, hydrated, and radiant.

R 1050

#### 75min Lamelle Alpha/Beta Peel with Mask

Powered by glycolic acid, this advanced AHA peel targets sun damage and refines skin texture. A brief tingling sensation may occur, followed by a smooth, radiant glow — no downtime, just simple aftercare for optimal results.

R1 300

#### 30min Lamelle Restistore Peel

A next-level two-step peel for deep renewal with minimal downtime, featuring a prep and restoration solution left on for 6-12 hours. Expect mild sensitivity and light flaking before plumper, hydrated, refreshed skin reveals itself by day 5-7.

R1 250

## Packages:

### 90min Splendor Package

R1 450  
(per person)

30 min Babor Booster Facial  
30 min Back, Neck & Shoulder Massage  
30 min Express Mani/Pedi

A 90-minute glow-up from head to hands. Enjoy a BABOR Booster facial, tension-relieving back, neck & shoulder massage, and finish with a polished express mani or pedi.

### 90min Decadence Package

R1 600  
(per person)

30 min Rasul Treatment  
60 min Swedish Massage

A 90-minute indulgence made for pure relaxation. Start with a cleansing Rasul ritual, then drift into a full-body Swedish massage that melts away every trace of tension.

### 120min Body Bliss Package

R2150  
(per person)

75 min Body Glow Wrap  
60 min Aromatherapy Massage

A head-to-toe reset designed to restore and revive. Indulge in a nourishing Body Glow Wrap followed by a deeply relaxing aromatherapy massage for silky skin and total calm.

### 180min Classic Comfort Package

R2 790  
(per person)

60 min Classic Facial  
60 min Swedish Massage  
60 min Houghton Luxury Mani or Pedi

Three hours dedicated entirely to you. Enjoy a results-driven classic facial, a tension-melting Swedish massage, and finish with a Houghton luxury mani or pedi for the perfect polished touch.

### 90min Couples Ceremony

R3 450  
(per couple)

30 min Rasul Treatment  
60 min Aromatherapy Massage

A 90-minute shared escape designed for deep relaxation. Begin with a cleansing Rasul ritual, followed by a soothing full-body aromatherapy massage side by side.

### 150min Opulence Couples Package

R4 890  
(per couple)

30min Private time in Hot Tub  
30min Rasul Treatment  
60min Aromatherapy Massage  
30min Lift infusion Booster Facial  
Bottle of Bubbly | Couples Suite

Unwind with hot tub time, a detoxifying Rasul ritual, a full-body aromatherapy massage, a Lift Infusion Booster facial — and a bottle of bubbly to toast the moment.

## Add-Ons

### QMS

15 min QMS Oxygen Boost	R 400
QMS Advanced Eye Lift Mask	R 450
15min QMS Neck Tightening Treatment	R 350
QMS Active Hydrate Mask	R 350
30 min QMS Educational Facial	R 750

### BABOR

BABOR HSR Anti-Ageing Sheet Mask	R 350
BABOR Ampule Concentrates	R 350
30 min BABOR Booster Facial	R 590
30 min BABOR Lift Infusion Express Facial	R 750

### Lamelle

30 min Lamelle Hydrating & Calming Facial	R 590
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### Body

45 min Back, Neck & Shoulder Massage	R 850
30 min Foot Massage	R 690

## Complimentary Facilities:

- **Sauna**
- **Steam Room**
- **Outdoor Zen Pool**
- **Indoor Heated Pool**

Complimentary spa facilities with every treatment booked to the value of R1 250 or more.

For use of the spa facilities only, with no additional treatments, a surcharge of R 650 will apply.

### Houghton Spa Etiquette:

Please help us preserve the calm. Kindly arrive 15 minutes early, keep voices low and phones on silent, and respect the privacy of fellow guests — no photography in treatment or relaxation areas.

Shower before using the facilities, follow your therapist's guidance, and allow the space to remain a sanctuary of stillness for everyone.