

Life Day Spa Fourways
brings you

L i F E
DAY SPA AESTHETICS

www.lifeaesthetics.co.za



LASER HAIR REMOVAL

Photos courtesy of Cutera

LIFE AESTHETICS is proud to offer you the solution to hair removal. Offering exceptionally comfortable state of the art machinery.

LASER HAIR REMOVAL	MODERNISED ELECTROLYSIS
Cutera CoolGlide Nd:YAG	Apilus xCell Pur
The light that is emitted from the laser head is absorbed by the pigment in the hair follicle, therefore destruction of the hair root is achieved	Modernised electrolysis makes use of a probe that is inserted into a hair follicle. The high frequency at the tip of probe causes destruction of the hair root
Can only treat pigmented hair	Can treat all hair types including white, blonde and grey
Ideal for larger body areas	Ideal for smaller areas
You need to shave the area being treated the night before your treatment	NO shaving before your treatment as a hair is needed to preform the treatment

OPTIMAL CONDITIONS FOR HAIR REMOVAL

- The number of sessions required will depend on several factors. Your aesthetician will recommend the correct treatment intervals depending on each client.
- Please note for both hair removal treatments ONLY SHAVING is allowed between treatments.**
- 4 weeks before - please do not wax, tweeze, bleach, or use hair removal cream. These can reduce the effectiveness of the treatment.

POST CARE

Please avoid direct sun exposure, tanning beds and tanning creams until your treatments are complete. SPF is crucial and needs to become part of your daily routine. A post hair removal solution balm will be recommended.

CONTRAINDICATIONS

Pregnancy, unbalanced hormones, thyroid conditions that are not controlled, cold sores, cancer, remission, and auto immune diseases. Roaccutane, Tetracycline and Cortisone users.

PLEASE NOTE

- Hair removal will not be done during a clients menstruation.
- Contraceptive pills, androgens, penicilian, Minoxidil, hair restorative medication, high protein supplements, steroids and thyroid medication can affect hair growth.
- If on antibiotics, treatment needs to be postponed until 5 days after completion of your course.



MODERNISED ELECTROLYSIS

HAIR REMOVAL PRICING

Complimentary consultation 15 min

Laser Hair Removal

Lip	R400	Stomach	R1500
Chin	R400	Stomach line	R600
Cheeks	R550	Chest	R1500
Sideburns	R550	Full arm	R1500
Middle brow	R200	Half arm	R800
Forehead	R600	¼ arm	R1200
Full face	R1000	Underarm	R600
Neck	R600	Shoulders	R700
Full leg	R2900	Hollywood-full bikini	R1200
3/4 leg	R1500	Brazilian (only a strip)	R1000
Half leg	R800	Mini bikini	R700
Full back	R2500	Fingers and toes	R200

PACKAGES

- Buy **10** sessions get **2 sessions for FREE**
- Purchase more then **3** areas and get the **cheapest free**

Modernised Electrolysis

0-15 min	R300	30-60 min	R1150
15-30 min	R600	Additional Probe	R100

THERMOLYSIS APILUS XCELL PUR

Complimentary consultation 15 min

THERMOCOAGULATION

The removal of unwanted superficial skin anomalies or imperfections. Thermocoagulation uses a high frequency, which coagulates blood creating a scab, the body naturally metabolizes the scab once the skin heals.

BENEFITS

- Safe on all skin colours
- No scaring
- No burning
- No blistering
- No bruising
- Walk in walk out
- Ideal for face, nose, ankles and knees
- Extremely safe on all skin types including the most sensitive

TREATMENT INTERVALS

1-3 treatments are needed every 2-3 weeks.

TREATMENT PRICING

0-30min R900 per session



LASER GENESIS

xeo® laser genesis helps reverse the signs of aging before they start by restoring your skin's healthy appearance and addressing visible imperfections such as sun damage, fine lines, redness and scarring. During the procedure, gentle micro-pulses of laser energy are sent to the skin to activate collagen remodelling to give your skin its smooth, radiant complexion.

EXPERIENCE

- After a series of four to six treatments, you can expect to see visible improvement in the look and feel of your skin.
- In less than one hour, you can start to experience the amazing renewal properties of xeo® laser genesis. This gentle procedure requires no downtime. In fact, you can even do it on your lunchtime and be back at work immediately.
- From the first treatment, the laser begins to correct fine lines, diminish unwanted brown spots and facial redness, and improve the overall health and appearance of your skin.
- Following your xeo® laser genesis procedure, you may notice a slight redness, which will resolve within a few hours. Apply sunscreen and makeup, and feel free to return to your normal daily activities.
- For maximum results, you'll want to follow a complete treatment series with full results seen in as few as four treatments.

PRICE & DURATION

Laser Genesis facial treatment

- 45 minute facial treatment R 1 500

Laser genesis Deluxe facial treatment

- 60 minute facial and neck treatment R 2 500

Laser Genesis area specific treatment

- 15 to 30 minutes R 500

Ideal for:

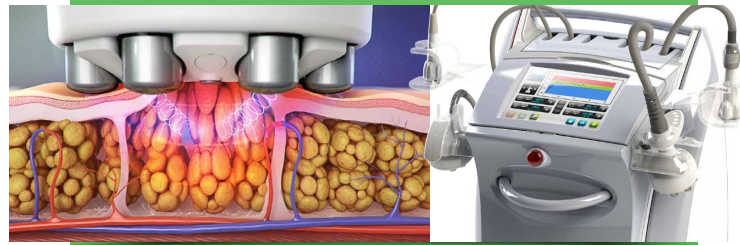
Eye area, stubborn pigmentation marks, scars, post c-section scarring and chicken POC scarring.

Course of 4 treatments at a discounted rate

- Laser genesis facial treatment R 4 800
- Laser genesis deluxe facial and neck treatment R 8 000

BENEFITS

- Skin rejuvenation and radiance
- Treats scarring and brown spots
- Anti ageing: prevention, premature and aged
- Improves facial redness
- Improves enlarged pores and wrinkles
- Safe on all skin types
- Effective and non-ablative
- No anesthetic needed



VENUS LEGACY

Venus Legacy uses a technology called radio frequency which heats the skins tissue causing reduction of size in fat cells and tightening of collagen. This within combination with pulsed magnetic field therapy which increases circulation increases rate of recovery. Fibroblast cells in the body are stimulated creating collagen induction.

BENEFITS

- Reduces cellulite
- Improves circulation
- Skin firming
- Non-invasive
- Skin tightening
- Body reshaping
- No down time
- Safe on all skin types
- Improves the appearance of stubborn fat pockets

EXPERIENCE

- Most clients fall asleep during treatment-the gradual heating of the skin is very relaxing.

CONTRAINDICATIONS

- Pregnancy
- Breastfeeding
- Varicose veins-area specific
- Cancer or remission

PRICE & DURATION

All treatments require a complimentary consult to customise the best treatment plan for you.

Per session:

- | | | | |
|------------------|--------|-------------------|--------|
| • Arms | R1 100 | • Bra buldge | R600 |
| • Buttocks | R1 100 | • Saddles | R1 100 |
| • Love Handles | R600 | • Stomach | R600 |
| • Back of thighs | R1 100 | • Front of thighs | R1 100 |

HOW OFTEN & RESULTS

- Face: 6-8 sessions
- Body: 10-12 sessions
- A treatment is needed every 5-7 days.



SKIN TAGS RUBY POINTS ANGIOMA SPIDER VEINS MILIA



ENDERMOLOGY

Endermology is a mechanical lymphatic massage, which removes toxins and fluid build up in the body. A balanced diet and active lifestyle is required in conjunction with the treatment.

BENEFITS

- Improves blood and lymphatic circulation
- Aids in lymphatic drainage
- Non invasive treatment
- Relives heavy leg syndrome
- Great massage for stiffness due to exercise

EXPERIENCE

- Areas of stubborn cellulite and loose skin may be sensitive during the treatment.

CONTRAINDICATIONS

- Pregnancy
- Breastfeeding
- Varicose veins-area specific
- Cancer or remission

PRICE & DURATION

- **R550** once off for a stocking - a stocking is used during the treatment for glide.
- Stockings come in sizes of 1, 2, 3 or grey (1 being small, 2 being medium and 3 being large, grey being extra large or for men).
- **R410** per session for 35 minutes.
- Course: **20 treatments R7 380** and **30 sessions R10 450** (includes a complimentary consultation, meal plan and six week exercise plan).

HOW OFTEN & RESULTS

- Treatment can be done every 2nd day.

WHAT TO WEAR BEFORE THE TREATMENT

- First time clients will receive their stocking on the day of their first treatment.
- Please bring your stocking along each time for your treatment.



PERMANENT MAKE-UP

The most noticeable benefit to permanent makeup is waking up every day with your “face on”. You can exercise, swim, shower and wake up still looking “all put together” and ready to go. It can be ideal for the woman who is constantly on the go.

You are the perfect candidate if you have the following concerns:

- Have lost hair due to chemotherapy, accidents, burns, or cosmetic surgery.
- Have difficulty finding time to apply makeup due to age or conditions, such as arthritis.
- Have allergies to traditional makeup or have sensitive skin.
- If you wear glasses and find it challenging to apply eye-liner.
- If you want a more defined lip shape or colour.

EYE PROCEDURE

Permanent Eyebrows

Powdered Brow

R 2 900

(includes one 6 week touch up)

This procedure involves the implanting of non-iron oxide permanent makeup pigment 1 mm into the dermis. It is used to add definition and shape to the face and is determined as per the clients choice of colour and shape as well as the clients face shape and skin tone. Powdered brows last 5 to 8 years, and the pigment will lighten by 50% once healed, leaving you with a soft powdered look, as you would get with an eyebrow pencil.

This procedure time is 1h30m for the first session and heals within 5-7 days, one return procedure is required for a touch up, 6 weeks later and will take 1h to complete.

- **Additional touch up required charged at R1 400**
- **Redo procedures (procedure originally done by another technician) charged at R1 900 per procedure**

EYEBROW PROCEDURE

Microblading Eyebrows

Microbladed Brow

R 2 900

(includes one 6 week touch up)

Microbladed eyebrows are different to powdered brows as this procedure creates a natural hair like look. Perfectly placed fine, hair line strokes are used to implant the pigment to mimic the look of the natural eyebrow hairs. This procedure helps fill the brows, it is a natural enhancement. Microblading lasts 9 to 15 months as the pigment is not placed as deep as powdered brows and is similar to a paper-cut.

- **This procedure takes 1h30m to complete and heals within 3 days, a touch up is required after 6 weeks.**
- **Additional touch up required charged at R1 400**
- **Redo procedures (procedure originally done by another technician) charged at R1 900 per procedure**

EYEBROW PROCEDURE

Ombré Eyebrows

Ombré Brows R 2 900

(includes one 6 week touch up)

This is a combination of both powdered and microbladed brows. The procedure uses both techniques to create the most natural shaped and filled in brow. Microblading is used to add the hair like strokes at the start of the brow, then the shading technique is used to define the brow towards the arch and tail.

- **This procedure takes 1h30m to do and heals in 5-7 days, touch up after 6 weeks**
- **Additional touch up procedures required charged at R1 400**
- **Redo procedures (procedure originally done by another technician) charged at R1 900 per procedure**

EYE PROCEDURE

Permanent Eye-liner

Top AND bottom eye-liner R 2 900

(includes one 6 week touch up)

Top OR bottom eye-liner R 2 300

(includes one 6 week touch up)

Permanent eye-liner is done to help define the shape of the eye and frame the eye. Pigment can be implanted on the upper and lower lash line to create a darker and more defined eye shape. It also makes the lashes appear fuller and darker. Many colour variations are available to suit each individuals needs.

- **Top quality numbing ointments are used to reduce pain and discomfort during the procedure**
- **This procedure takes 1h30m to complete and heals in 5-7 days, touch up required 6 weeks later**
- **If additional touch up is required top AND bottom eye-liner is charged at R1 400**
- **If additional touch up is required top OR bottom eye-liner charged at R900**
- **Redo procedure (procedure originally done by another technician) of top AND bottom eye-liner charged at R1 400 per procedure**
- **Redo procedure (procedure originally done by another technician) of top OR bottom eye-liner charged at R1 400 per procedure**

LIP PROCEDURE

Permanent Lip liner and Lip Colour

Lip liner R 2 900

(includes one 6 week touch up)

Permanent lip liner defines the shape of the lip while giving a fuller look. Large variety of colours available to choose from. Lip tints also available for an extremely natural result.

- **Procedure takes 1h30m to complete and heals in 5-7 days. One touch up required after 6 weeks**
- **Additional touch up (if required) charged at R1 080**
- **Redo procedure (procedure originally done by another technician) charged at R1 380 per procedure**

Full lip tint

R 3 500

For this procedure pigment is implanted throughout the whole lip to add colour and definition. It can be used to give a slight enhancement to the natural lip colour or to create the effect of wearing a lipstick colour without having to apply it. Lips can be shaded to appear 3D by using a variation of light and dark hues.

- **This procedure takes 1h30m to complete, 5-7 days to heal and one touch up later after 6 weeks**
- **Additional touch up charged at R1 400**
- **Redo procedure (procedure originally done by another technician) charged at R1 900 per procedure**

BB GLOW

Get your glow on with this new innovative mesotherapy treatment that hides imperfections, gives skin a natural healthy glow and evens out skintone. Results after package lasts up to a month. Indulge in this semi-permanent foundation treatment, perfect for any event.

3 Sessions

R 2 500

Maintenance treatment

R 950 - as needed



AESTHETIC TREATMENTS

DERMA / MEDICAL NEEDLING

Derma needling makes use of a device that pierces tiny holes into the skin surface. These holes are considered micro-injuries, and when these injuries occur the body naturally produces collagen to help heal itself. Collagen helps thicken and plumps the skin, reducing fine lines and gives the face/neck/chest a more youthful look. By using the correct products needling can help in fine line reduction, pigmentation, scarring and pore size reduction.

- **This procedure takes 1h30 to 2h to complete, 1-2 days down / healing time. Sessions should be booked 6 weeks apart.**

Per session	R 1 500
4 sessions for the price of 3	R 4 500
8 sessions for the price of 6	R 9 000
LED light (20mins)	R 400

PLASMA PEN PRO

Plasma pen pro uses the plasma machine to send small electric pulses into the skin, this helps rejuvenate the skin cells resulting in the skin becoming firmer and tighter. Plasma helps with the reduction of wrinkles like crows feet, smile lines, smokers lines. Also helps tighten and remove loose skin, hooded eyes or drooping eyes. This revolutionary treatment can be best described as a mini face-lift, with minimal down time.

Procedure time varies for each area, down / healing time 7 days.

Upper OR lower eyelid lift	R 3 900
Upper AND lower eyelid lift	R 2 000
Forehead horizontal lines	R 5 500
Forehead vertical lines	R 3 300
Top OR bottom lip	R 2 500
Top AND bottom lip	R 4 000
Mid face	R 7 000
Nasolabial fold lift	R 3 200
Neck lift	R 5 500
Full face (incl. neck & jaw)	R 15 000
Acne scar improvement	POQ
Removal of moles/skin tags	POQ
Stretch marks	POQ
Removal of skin lesions	POQ
Removal of small tattoos/PMU	POQ

DERMAPLANING

This procedure can be described as a gentle and safe exfoliating treatment. A surgical blade is used to gently scrape off the surface of the skin. This helps remove peach fuzz hair and the top layer of dry and dead skin on the face. It helps remove the layer that holds dirt and oils and gives the skin a glowing, smooth look. Includes micro-peel.

- **Procedure takes 1h, no down time**

Per session R 950

Q-SWITCH LASER TREATMENTS

Removals

This procedure makes use of a laser machine which sends a laser energy pulse into the targeted area. This pulse breaks up the pigment in the skin, so it can be disposed of by the body.

The laser is used to correct or remove permanent makeup or tattoo ink in the skin.

- **Procedure time and price depends on the size of the area. Down/healing time 7-10 days**

Rejuvenation

Charcoal laser skin rejuvenation treatment

A medical grade charcoal lotion is applied which penetrates the pores. The laser is then used to gently heat the carbon, killing bacteria in the pores, stimulating collagen production and closing the pores. The carbon is 'popped' off the face with the laser. This laser procedure for enhances the skin's radiance and promotes a smooth, glowing complexion. The treatment helps to reduce imperfections like enlarged pores and acne, which originate from the outer skin layer. This laser treatment gives an instant improvement to your skin tone and texture.

- **No down / healing time**

Per session R 900

HYALURON PEN PRO TREATMENT

This is a simplistic treatment that uses a device that generates enough pressure to insert a highly concentrated Hyaluron Acid cocktail into the human skin using no needles! This quick and safe procedure will give you plump, luscious lips and decrease the appearance of fine lines & wrinkles dramatically! Depending on lifestyle habits, results last up to 3 months!

No Anesthetics Needed! No Needles! Painless!

LIP PLUMPING

R 1900 for the first two sessions – 2 weeks apart

R 950 for maintenance plumps as needed

WRINKLES

Vertical forehead	R 1 500
Horizontal forehead	R 2 500
Nasolabial folds	R 3 000



For more information please contact

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