Massage Collection

Reflexology: R 790
45 min Massage
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
An entry-level massage using light pressure, designed to promote relaxation and ease everyday muscle tension. Concentrating on the uppermost layer of muscles, it helps relieve stress, improve circulation, and leave you feeling refreshed and rejuvenated.

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.

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

CBD Massage Collection

CBD Sports:
60 min Massage R1 400
90 min Massage R1 650
Recovery and deep tissue penetration for sore or stiff muscles, pain and injury

CBD Rejuvinate:
60 min Massage R 1 400
90 min Massage R1 650
Relieves chronic tension in muscles that lie far below the body's surface.

CBD Relaxation:
60 min Massage R 1 400
90 min Massage R1 650
Calming, deeply relaxing and stress-relieving, designed to ease tension, reduce anxiety, and enhance overall mood.

Body Collection

60 min Hydrating Body Wrap R 1150
60 min Muscle Release Wrap R 1280

60 min Contouring Body Wrap R 1320
60 min Anti-aging Body Wrap R 1480

60 min Recharge Clay Body Wrap R 1350
60 min Firming & Hydrating Gel Wrap R 1480
60 min Age Defying Resurfing Body Treatment R 1620

(all wraps include a Full Body Exoliation)

Hydro - Bath Collection

Theravine Bath Rituals:

The Milk Soothe / Muscle Soak (30min per bath) / Antioxidant Red Wine R 490 (per person)

The Milk Soothe / Muscle Soak / Antioxidant Red Wine R 850 (per couple)

Hydro - Bath Packages

The Milk Soothe (90min per person) R 1400
30min Lipid-Rich Milk Bath to soften skin, followed by a 60min QMS Repair Facial.

The Muscle Soak 120min (per person) R 1700
A high - potency oil blend designed to draw out lactic acid and reduce inflammation for 30 min. Followed by the 60min CBD Sports Massage.

The Antioxidant Red Wine 90min (per couple) R 3250
30min Red Vine Grape Bath rich in antioxidants, followed by a 60min Babor Skinovage Facial.

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

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.

HOUGHTON SPA
Discover Serenity
★ ★ ★ ★ ★





Contact us:

info@houghtonspa.com
011 032 5555
www.houghtonspa.com
Lloys Ellis Avenue, Lower Houghton

Facials:

BABOR:

60min Signature Skinovage Facial — R1 150
A SKINOVAGE treatment based on restoring skin health.The moisturising treatment delivers intensive long lasting hydration to the skin.

90min Retinol Renewal Facial — R1 850
Perfect for even skin, less pigmentation marks & visibly smoother skin.

90min Lift Fusion Anti-Ageing Facial — R2 450
A luxurious anti-wrinkle expert facial consisting of rich extures that are absorbed into the skin to target fine lines and wrinkles, redefine facial contours and relax facial muscles.

QMS:

60min Sensitive Skin Repair Facial — R1 050
Clears impurities, calms inflammation, and regenerates the basic functions of the skin.

75min Oxygen Recharge Facial — R1 400
Infuses the skin with 95% pure oxygen to boost cell renewal and stimulate deeper regeneration for a visibly revived glow.

90min Collagen Renewal Facial — R1 750
Wellbeing treatment and QMS signature 70% natural soluble collagens for firmer skin with more volume; reduced fine lines, and improved texture.

Lamelle:

60min Lamelle Lacti-firm Peel — R 1050
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.

30min Lamelle Restistore Peel — R1 250
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.

75min Lamelle Alpha/Beta Peel with Mask — R1 300
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.

Packages:

90min Splendor Package — R1 450 (per person)
30 min Babor Booster Facial
30 min Back, Neck & Shoulder Massage
30 min Callux Summer Heel Foot Treatment
A 90-minute glow-up from head to hands. Enjoy a BABOR Booster facial, tension-relieving back, neck & shoulder massage, and finish with a callux foot treatment.

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)
60 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
30 min Summer Heel Foot Treatment
30 min lower leg foot massage
Three hours dedicated entirely to you. Enjoy a results-driven classic facial, a tension-melting Swedish massage, and finish with a callus foot treatment and lower leg massage.

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 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

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

Body

30 Summer Heel Foot Treatment	R 350
30 min Foot Massage	R 690
45 min Back, Neck & Shoulder Massage	R 850

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.