

Upstairs Day Spa

TREATMENT BROCHURE



Your Journey Awaits

Welcome to

ALWAYS UPSTAIRS DAY SPA

Who we are

At Always Upstairs, we believe self-care is essential for a balanced and fulfilling life.

With **over 25 years of expertise**, we've created a 5-star experience at **Emerald Resort and Casino**, a place where you can **pause, recharge, and reconnect**.

Our spa is designed to help you **escape the stresses** of daily life and focus on what matters most: your well-being. From rejuvenating massages to facials, our treatments blend traditional techniques with modern innovations **to nurture your body, mind, and spirit**.

Please **take a deep breath, relax, and let us guide you** on a journey to renewal. Your well-being begins here.





MASSAGE EXPERIENCES / PACKAGES 

MASSAGE *Experiences*

Timeless Full Body Massage (Light - Medium Pressure)

R850 60min | R1 200 90min

Experience pure relaxation with our Timeless Massage, using soothing Swedish Massage techniques that ease tension, revitalize your senses, and leave you feeling renewed

Aroma Infused Full Body Massage (Light Pressure)

R880 60min | R1 280 90min

Elevate your senses with our Aroma Infused Massage, where pre-blended aromatherapy oils enhance each touch, soothing your body, calming your mind, and invigorating your spirit.

Soy Candle Full Body Massage (Light - Medium Pressure)

R960 60min | R1 390 90min

Indulge in the warmth of our Soy Candle Massage, where melted soy wax transforms into a luxurious massage oil. This soothing treatment nourishes your skin, eases tension, and envelops you in a cocoon.

Magnesium Infused Full Body Recovery Massage (Medium - Deep Pressure) R960 60min | R1 700 90min

Rejuvenate with our Magnesium-Infused Recovery Massage, a deep-tissue treatment that targets muscle tension, enhances recovery, and relieves soreness, leaving you relaxed and restored.

Cupping Full Body Massage

R960 | 60min

Experience the Cupping Massage, where traditional cupping meets modern techniques. Detoxify, improve circulation, relieve tension, and restore balance for a refreshed you.

Hot Stone Full Body Massage

R960 | 60min

Known for their soothing heat, they deeply relax muscles, relieve tension, and enhance circulation, offering profound comfort.

Thai Herbal Ball Full Body massage

R960 | 60min

It is a soothing treatment that combines traditional Thai herbs with the healing power of warm compresses.

Mother-to-be Full Body Massage

R880 | 60min (from week 12 of pregnancy)

Indulge in 60 minutes of serenity with our Mother-to-Be Massage. Designed for safety and comfort, with gentle techniques to ease tension, soothe muscles, and nurture your body, creating a blissful experience for you and your little one.

Sole Relief Massage

R460 | 30min

Experience the Sole Relief Massage, targeting key pressure points in your feet to ease tension and promote deep relaxation. Each stroke soothes and revitalises, leaving you in pure tranquillity and calm.

Shoulder Release Massage (Light-Medium-Deep Pressure)

R640 | 45min

Relax with the Shoulder Release Massage, targeting the back, neck, and shoulders to ease tension, relieve stiffness, and promote relaxation, leaving you vitalised.

Indian Head Massage (Light-Medium-Deep Pressure)

R660 | 45min

It is a deeply relaxing treatment that focuses on the head, neck, shoulders, and upper arms — the areas most affected by stress and tension.

EXPERIENCE OUR WELLBEING

Spa Packages

Detox & Destress

R1 880 per person | 2.5hrs

Revitalise with our Detox and Destress package: A Cupping Massage to release toxins, a Deep Cleanse Facial to purify your skin, and a Sole Relief Foot Massage for a refreshing head-to-toe experience.

Mindful Recharge

R2 830 per person | 3 hrs

Unwind with a half-day retreat: Upstairs Signature Massage, Specialised Facial, and Timeless Manicure & Pedicure. Savour a delicious R150 lunch voucher from Graze Restaurant for the ultimate recharge of body, mind, and spirit.

Wellbeing Oasis

R1 710 per person | 3hrs

Rejuvenate with our Wellbeing Oasis package. Enjoy a Timeless Massage to melt tension, followed by an Upstairs Signature Manicure and Pedicure, leaving your hands and feet smooth, radiant, and polished.

Mother-to-be Indulgence

R1 930 | 2.5 hrs from week 12 of pregnancy

Treat yourself to ultimate relaxation with our Mother-to-Be Indulgence package. Begin with a soothing and safe Mother-to-Be Massage, followed by a radiant On-the-Go Express Facial. Finish with a luxurious Upstairs Signature Pedicure and enjoy a delicious lunch voucher worth R150 from Graze Restaurant—an ideal escape for expectant mothers.

Birthday Bash

R2 140 per person | 3 hrs

Make your birthday unforgettable with our Birthday Bash package! Rejuvenate and relax with a Timeless Massage, pamper yourself with an Upstairs Manicure and Pedicure, and savour a delicious lunch voucher of R150 from Graze Restaurant—it's the ultimate celebration escape.

Upstairs Journey R4 060 per person | 6hrs

Enjoy a luxurious full-day escape with a Salt Exfoliation, Upstairs Signature Massage, Classic Glow Boost Facial including an Indian Head Massage, Upstairs Signature Manicure and Pedicure, and a delicious lunch voucher of R150.00 from Graze Restaurant.

Body and Mind R2230 per person | 2.5hrs

A luxurious journey that begins with a rejuvenating full-body exfoliation, followed by a soothing hot-stone massage and a deeply hydrating facial, leaving your skin glowing and your body renewed. Complete your pampering experience with a complimentary R150 lunch voucher at Graze Restaurant, the perfect way to end your spa escape.

Bridal Pamper Party R1 400 | per person | 1.5hrs

Soothe and restore with our Heavenly Hands Massage, Sole Relief Foot & Leg Massage, and Shoulder Release Massage — a perfectly balanced trio designed to melt tension, revive tired muscles, and leave you feeling refreshed from head to toe.

Full Day (Head to Toe) R3 820 per person | 4hrs

Indulge in a complete spa escape with a rejuvenating full-body exfoliation, a soothing hot stone full-body massage, a relaxing, timeless pedicure, a specialised facial, and a blissful Indian head massage. Complete your experience with a complimentary R150 lunch voucher per person at Graze Restaurant — the perfect finishing touch to your day of pure relaxation.

MASSAGE *Enhancers*

Hot Stones | R150 per person

Known for their soothing heat, they deeply relax muscles, relieve tension, and enhance circulation, offering profound comfort.

Cupping | R150 per person

Experience deep relief with cupping therapy, where gentle suction helps alleviate muscle tension, improve circulation, and promote relaxation. Just a heads-up, you may leave with a few charming “cup kisses” as a reminder of your session.

Soy Candle | R150 per person

Where melted soy wax transforms into a luxurious massage oil.

Thai Herbal Ball | R150 per person

It is a soothing treatment that combines traditional Thai herbs with the healing power of warm compresses.

WHAT IS OUR *Body Therapy*

Sugar Buff Full Body Exfoliation R700 | 45min

Experience the tropical allure of our Exotic Salt Exfoliation. Mineral-rich salts and hydrating exfoliate that smooth your skin, leaving it soft, glowing, and refreshed with an exotic fragrance.



COUPLES *Experiences*

Timeless Full Body Massage (Light - Medium Pressure)

R1530 60min per couple

Experience pure relaxation with our Timeless Massage, using soothing Swedish Massage techniques that ease tension, revitalise your senses, and leave you feeling renewed

Aroma Infused Full Body Massage (Light Pressure)

R1580 60min per couple

Elevate your senses with our Aroma Infused Massage, where pre-blended aromatherapy oils enhance each touch, soothing your body, calming your mind, and invigorating your spirit.

Soy Candle Full Body Massage (Light - Medium Pressure)

R1720 60min per couple

Indulge in the warmth of our Soy Candle Massage, where melted soy wax transforms into a luxurious massage oil. This soothing treatment nourishes your skin, eases tension, and envelops you in a cocoon.

Magnesium Infused Recovery Full Body Massage (Medium - Deep Pressure) R1720 60min per couple

Rejuvenate with our Magnesium Infused Recovery Massage, a deep tissue treatment that targets muscle tension, enhances recovery, and relieves soreness, leaving you relaxed and restored.

Cupping Full Body Massage

R1720 60 min per couple

Experience the Cupping Massage, where traditional cupping meets modern techniques. Detoxify, improve circulation, relieve tension, and restore balance for a refreshed you.

Thai Herbal Full Body Ball massage

R1720 | 60min per couple

It is a soothing treatment that combines traditional Thai herbs with the healing power of warm compresses.

Hot Stones Full Body Massage

R1720 per person | 60min per couple

Known for their soothing heat, they deeply relax muscles, relieve tension, and enhance circulation, offering profound comfort.





GLOWING *Faces*

On-the-Go Care

R530 | 30min

Refresh your complexion with our On-the-Go Care facial. A quick deep cleanse, exfoliation, massage, and mask for radiant skin in under an hour. Perfect for busy schedules!

Deep Cleanse

R660.00 | 60min

Reveal revitalised skin with our Deep Cleanse treatment. This intensive facial purifies, detoxifies, and refines pores, leaving your complexion clear, balanced, and glowing.

Specialized facial

R760.00 | 60min

It is a targeted skin treatment designed to address specific skin concerns (anti-ageing) using professional-grade products.



GROOMING & *Waxing*

Flawless Face Waxing

Lip R150 | Chin R150 | Brows R150 | Cheeks R150 | Full Face R290

Achieve a smooth, radiant complexion with our expert face waxing services, tailored to perfect every feature.

Intimate Waxing

Hollywood R410 | Bikini R300 | Buttocks R300

Feel confident and flawless with our gentle, precision waxing for your most intimate areas.

Silky Body Waxing

Underarm R200 | Half Arm R250 | Full Arm R330 | Half Back R310

Chest R310 | Abdomen R220 | Half Leg R310 | ¼ Leg R330 | Full Leg R400 | | Full Back R400

Experience irresistibly smooth skin from head to toe with our luxurious body waxing treatments.

Eyebrow & Lash Tint

R170 per area

Eyebrow and lash tinting enhances your natural beauty with rich, long-lasting colour, adding depth and definition.



HAND *Spoils*

On-the-Go Nail Express 30 min

Natural R280 | Polish R290 | Gel R320

Perfect for your fast-paced lifestyle, this quick treatment provides expert cuticle care, precise nail shaping, and gentle nail buffing for polished results with minimal time investment.

Timeless Manicure 45 min

Natural R410 | Polish R420 | Gel R450

Embrace elegance with our Classic Manicure, featuring a hand soak, hand exfoliation, cuticle care, and a soothing hand massage for refined hands. Enjoy smooth skin and perfectly polished nails.

Upstairs Signature Manicure 60 min

Natural R500 | Polish R510 | Gel R550

Luxurious Signature Manicure with all bells and whistles. Includes hand soak, hand and arm exfoliation, cuticle care, nail shape, nail buff, hand & arm massage with paraffin wax.

Soak Off R150

Gently remove old polish or gel with our Soak Off treatment, leaving your nails clean and smooth for your next manicure.

Beautiful *Feet*

On-the-Go Feet Express 30 min

Natural R290 | Polish R300 | Gel R350

Perfect for busy lifestyles, this quick treatment provides expert cuticle care, nail shaping, and gentle nail buffing for polished results in a minimal amount of time.

Timeless Pedicure 45 min

Natural R430 | Polish R440 | Gel R480

Embrace elegance with our Classic Pedicure, featuring a foot soak, feet exfoliation, a heel file, cuticle care, and massage for beautifully refined feet.

Upstairs Signature Pedicure 60 min

Natural R530 | Polish R540 | Gel R570

Luxurious Signature Pedicure with all bells and whistles. Includes foot soak, foot and leg exfoliation, cuticle care, nail shape, nail buff, heel file, foot & leg massage with paraffin wax.

Advanced Heel Therapy - R240 30 min

Upgrade your pedicure with Advanced Heel Therapy - a focused treatment that targets damaged, calloused heels and feet. Gently exfoliating and restoring your skin, it leaves your feet smoother, softer, and revitalised.

Soak Off R150

Gently remove old polish or gel with our Soak Off treatment, leaving your nails clean and smooth for your next pedicure

TERMS & *Conditions*

Cancellation and No-show policy

Rescheduling within 48 hours of your date will result in a 100% forfeit of the full value of your spa booking.

Cancellation of a booking will result in a 100% forfeit of the full value of your spa booking.

A **no-show** will result in a 100% forfeiture of the full value of your spa booking, and the full fee will be charged.

In case of **late arrivals**, your treatment time may be reduced to utilise your allocated booking time. Other appointments will not be delayed.

PLEASE NOTE: ALWAYS UPSTAIRS DAY SPA HOLDS A STRICT NO REFUNDS POLICY.

Strictly 100% payment is required to confirm **group bookings**.

A **50% deposit is payable 48 hours after receiving your spa invoice** to confirm your booking. The **balance** must be paid in cash, by Visa, Mastercard, or Debit Card **on the day of your treatment**. Please email proof of payment to the spa, using your name and surname as reference.

Operating hours:

Monday to Saturday: 8:00 to 17:00

Sundays: 8:00 to 14:00

After hours by prior arrangement only

Contact details:

Spa Reception Tel: 016 982 8132

Website: www.alwaysupstairs.co.za

Email: info@alwaysupstairs.co.za

Address:

Hotel at Emerald Resort & Casino

777 Frikkie Meyer Boulevard

Vanderbijlpark

Head Office and for bookings:

During office hours - Monday to Friday

Tel: 064 820 3447

We look forward to helping you escape the stresses of daily life and focus on what matters most: your well-being.