



SOLÉ

— SKIN & BODY —



Love your glow

Welcome to Solé Skin and Body.

We combine inventive beauty science with
the latest cutting-edge technology to offer you
Proven, Visible, Radiant Results, tailored to your needs.

The Solé Glow is our trademark
- Vibrant Beauty our obsession.

SOLÉ SKINCARE

Skincare is a lifestyle and therefor your skin is an expression of your internal atmosphere, constantly adapting, wisely searching for balance. With this in mind, we believe the best way to serve your needs are time-based, tailor-made and result-driven skincare treatments.

SKIN CONSULTATION:

20min FREE

Glowing skin starts here. A full consultation and assessment of your skin, past concerns, and future goals with practical guidance to provide you with a skincare regime and treatment plan, bespoke to your skin needs.

SOLÉ BEAUTY BLISS

120min R2000

Your time to shine. Beauty Bliss is an all-inclusive, advanced skincare power boost: consultation deep cleanse, hydrate, soothe, plump, revive, mask, light up or shape, your Solé skincare expert will meet you exactly where your skin is at. Book your bliss time-out and trust us to deliver exactly what you need.

SKINCARE ADD-ONS:

TINT | WAX | SHAPE

OPTIPHI SKINCARE

Experience your best skin.
An indulgent facial, targeting and treating a multitude of skin concerns.
This tailored treatment is a luxurious sensorial experience delivering perceivable results for your unique skin needs.

CLASSIC INDULGENT HYDRATE AND REPAIR FACIAL.	60min	R690
	75min	R790

Targets: redness, irritation, and breakouts in the skin.
Treatment: soothes, nourish, and bring balance.
Result: refined skintone

CLASSIC FIRMING PEPTIDES FACIAL	60min	R690
	75min	R790

Targets: aging, sagging and lifelessness in the skin.
Treatment: boosts collagen, elastin synthesis and hydration in the skin with
Result: instant plumping.

CLASSIC RADIANCE BOOST FACIAL	60min	R690
	75min	R790

Targets: dullness and uneven skin tone.
Treatment: exfoliates, brighten, and protect the skin from further signs of inflammatory pigmentation.
Result: radiant skin.

ADD-ONS:

Eye focus treatment	R140
Replenishing mask	R110

OPTIPHI SKIN REJUVENATION PEELS

Typical areas to treat with Skin Rejuvenation Peels are face, neck and décolleté, hands or back.

SKIN REJUVENATION GLYCOLIC ACID PEEL	30min 60min	R590 R690
Glycolic Acid peeling treatments improve skin tone & texture, targets hyperpigmentation and premature aging and promotes true skin rejuvenation.		
30 30 PEEL	45min	R850
The 30 30 Peel consisting of 30% Glycolic Acid, 30% Ascorbic Acid and Glycyrrhetic Acid, targets indicators of inflammation, sun damage, pigmentation, and collagen synthesis.		
LIPOHYDROXY ACID PEEL	45min	R790
This lipohydroxy acid peel is an oil soluble peeling agent, upto 6 times stronger than Salicylic Acid, dramatically improving the appearance of hyperpigmentation and skin texture, revealing a brighter and smoother skin.		
OPTIPHI SKIN REJUVENATION PEEL PACKAGE OF 6	30min	R2950
RETINOL PEEL	60 min	R1100
An advanced-strength peel with a double action retinol focus. Ideal for: mild to severe photo-aging; acne, acne scarring; hyperpigmentation and age spots		

TEAM DR JOSEPH NATURAL COSMETICS

A symbiosis of High-tech + Natural Cosmetics. TEAM DR JOSEPH combines highly effective, natural ingredients and the latest technologies in harmony with nature and its resources.

INTENSE PURIFYING FACE TREATMENT	60min	R690
A complete cleansing treatment that will leave you with bright soft and radiant skin. You will have a clear energetic feeling during the treatment, using various methods including herbal compresses and cupping glasses. You will leave feeling fresh and rejuvenated.		
EXPRESS POWER LIFT FOR MEN	60min	R690
This express treatment offers natural high-tech power for a powerful and well-groomed appearance for men. This effective express facial includes a facial massage, herbal compresses, deep cleansing, a special serum, and mask. Feel invigorated and refreshed.		
CELLULAR RECREATION FACE TREATMENT	90min	R750
This deeply relaxing facial is uniquely tailored to the needs of your skin. Pampering your skin with a stimulating massage, herbal compresses, peeling, deep cleansing with cupping glasses, a specially formulated serum and facial mask. You will emerge with a well looked after and nourished skin.		

ADVANCED BIO LIFTING FACE TREATMENT

120min

R1000

The bio-energetic lifting massage has been created to meet the specific needs of the skin. The treatment includes a deep cleansing with cupping glasses, an intensive facial mask and of course the bio-energetic lifting massage amongst other techniques. You will notice immediate results after the treatment.

SOLÉ ADVANCED SKINCARE

Skin Rejuvenation is a cosmeceutical program focusing not only on aesthetics, but also skin immunity, preservation, and longevity. Book a consultation with our skincare experts to determine your skin rejuvenation program.

pH FORMULA SKIN RESURFACING

pH FORMULA is the first pharma-cosmeceutical treatment line which is the result of an innovative alliance between cosmeceutical and medical prescriptions. A non-invasive process that rejuvenates your skin layer by layer. Controlled skin resurfacing goes beyond the outer layer of the skin to actively stimulate and speed up the process of cellular regeneration in all layers of the skin. New skin cells form from the inside out, resulting in a more radiant, younger looking skin, without the risk and cost associated with cosmetic surgery.

GLOW pH RESURFACING TREATMENT

Our skin resurfacing is targeted to the needs of your skin type – whether it is anti-aging, hyperpigmentation, chronic redness, acne, wrinkles, or even if you are looking for an instant boost. Different treatment can be combined in a specially designed program with controlled strength and depth depending on the sensitivity levels of your skin.

30min	R650
60min	R900
90min	R1100

ADD-ON:

pH ADVANCED PEEL-OFF-MASK

Helps to protect and strengthen the skin's barrier. Restores the natural balance, providing softness, smoothness, and radiance.

10min	R250
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pH TOUCH THERAPY

45min

R350

A unique therapy using an “outside in & inside out” treatment philosophy. An advanced skin treatment working from the outside in, combined with powerful skin nutrition, working from the inside out. It assists in rapid skin restoration and inside touch therapy to balance the individual on a physical, psychological, and energetic level. ng on the sensitivity levels of your skin.

pH NECK TREATMENT

20min

R200

A preferred treatment option on the neck and décolleté due to the instant firming and nourishing effect.

INTIMATE RESURFACING TREATMENTS:

The skin all over our body changes over time, including delicate & Sensitive areas of the vulva and vagina. Changes in color of the vulva are normal & not unhealthy. There are a number of reasons changes can occur. pH formula now introduces:

IMELA intimate resurfacing treatment (pigmentation)

45min

R900

CR intimate resurfacing (inflamed breakouts & ingrown hairs)

45min

R900

BACK CLEANSING/ EXFOLIATING TREATMENT

30min

R600

An essential treatment that removes dead skin cells and impurities while gently hydrating the skin.

LED LIGHT THERAPY

30min

R250

Using LED light therapy this treatment will stimulate the production of collagen, while desensitizing the skin. A perfect treatment to either have on its own or combine with any of our facial treatments.

DERMAPEN 4™

Glowing skin starts here. A full consultation and assessment of your skin, past concerns, and future goals with practical guidance to provide you with a skincare regime and treatment plan, bespoke to your skin needs.

FULL FACE	60min	R1100
FACE & NECK	75min	R1600
FACE, NECK & DÉCOLLETÉ	90min	R2000
Add on:		
Uber Peel		R350

GROWTH FACTOR INDUCTION THERAPY (GFIT) - AQ SOLUTIONS

a cutting-edge treatment for hair restoration, aging, rejuvenation, pigmentation & acne. It allows the induction of specialized growth factors into the skin which act as chemical messengers for our cells.

AQ GFIT 0.5ml Treatment	R1050
AQ GFIT 1ml Treatment	R1750
AQ GFIT 2ml Treatment	R3250
AQ GFIT Hair Treatment	R1500

SOLÉ BODY THERAPY

Solé Body Bliss is the result of perfect equilibrium between body, mind, and soul to restore a sense of well.

MASSAGE ADD-ONS: HOT STONES | SCRUB | CBD OIL

THERAPEUTIC MASSAGE:	30min	R350
These are time-based therapies, suited to your needs.	60min	R550
	90min	R750

DESTRESS: Ultimate stress buster, as this treatment pays attention to key tension areas located in the shoulders, neck, scalp and face.

AROMATHERAPY: Is a therapeutic blend of essential oils which helps to promote relaxation, pain relief, anxiety and it also has a destressing effect on the body, which in turn promotes a general sense of well-being.

DETOX: concentrates on areas of blockages assisting the removal of toxins as well as boosting a sluggish metabolism.

SPORTS MASSAGE	30min	R550
A dynamic massage in which the therapist uses intense deep massage techniques, working on the muscle groups to increase blood flow, speed up metabolism and relieve muscular tension.	60min	R700
	90min	R850
AROMA THAI MASSAGE	90min	R850
It is a combination of 2 massage techniques (Aromatherapy & Sports massage) which can also be customized according to the client needs.	60 min	R650
SOLÉ BLISS THERAPY	90min	R1100
Our blissful signature treatment is a rhythmic massage that seamlessly blends various massage techniques, hot stones and heated aromatherapy oils to reduce tension and stress, ease sore muscles and induce a feeling of wellbeing and rest. Includes foot scrub.		
HOT STONE MASSAGE	30min	R450
	60min	R750
Using heated stones, muscles are gently heated to expand and relax, allowing a deeper massage into the core of the muscle.		
PREGNANCY MASSAGE	60min	R750
A massage using specific prenatal techniques to help increase circulation, alleviate tired muscles and relieve fatigue		

CLEANSING SCRUBS:

SOLE DELUXE BODY POLISH	30min	R400
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Luxuriate in a rich body experience. This indulgent fusion of wild orange, magnolia, wild harvested honey, cedarwood and organic raw sugar polishes the skin and leaves it ultra-soft, silky, and sensuous.

SALT DETOXIFIER SEA SALT SCRUB	30min	R400
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Soothe the senses and detoxify the body with a flavour of the ocean. Our marine mineral stress-relieving scrub boosts the metabolism and helps you unwind and feel revived. Dead Sea Salts and Atlantic Seaweed helps to flush toxins from your body whilst Jojoba Granules replenish and hydrate the skin. This is the perfect antidote to stress, fatigue, and dehydration, while your blood circulation and lymph function improves.

VEGA BODY-TONER HERBAL SCRUB	30min	R400
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An exhilarating cleansing body polish. Vega Botanicals will help your skin burst into life. Packed with vital herbs and purifying plant essentials, this uplifting fragrant experience will liven up your mood, deep cleanse the skin and allow it to shine with condition and tone. Breathe in the Eucalyptus and let the therapy begin.

THERMAL RECHARGE EARTH SCRUB	30min	R400
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A spicy infusion, steeped in detoxifying essential oils. A powerful pick-me-up spicy infusion soothes aches and pains, lifts fatigue and eases tired legs. Feel your muscles relax and awaken the energy banks with this warming coffee and vanilla body exfoliation.

RESTORING WRAPS:

SOLÉ DELUXE BODY WRAP.	45min	R600
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Bliss is the ultimate indulgence for the body and senses. Our luxurious whipped Bliss body mousse is infused with passion-flower to leave the skin supremely velvety, exotically scented, and sumptuously soft and hydrated.

SALT: detox MARINE CLAY WRAP	45min	R600
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The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess of fluid. Marine clay helps improve the appearance of the skin, while citrus extracts leave your body tingling fresh and renewed.

VEGA: toning HERBAL WRAP	45min	R600
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The Body Toner is an excellent way to help restore the skin tonicity, ideal after weight loss, trauma or a period of emotional tension. Deeply nurturing and moisturising this wrap leaves the skin smooth, toned, and nourished.

THERMAL: recharge EARTH CLAY WRAP	45min	R600
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The Skin Recharger, enriched with dynamic thermal salts and active extracts of earth clay helps to flush toxins, soothe the muscles and boost skin condition. Unravel the strains of the day with this dedicated muscle therapy created to restore a tense, weary body.

COLLAGEN INFUSION SUNBED

Collagen Red Light Therapy Anti-Aging treatment can make you look 10 years younger. The benefits of red and UV light are an ideal mix for beauty and well-being.

1 x Session	20min	R100
Package (6 x Sessions)	20min	R540
Package (12 x Sessions)	20min	R980

SOLÉ LIFESTYLE RITUALS

Treatment combinations developed to support your lifestyle

BLISS. energise uplift body polish vitae massage blissful facial.	2 hrs	R1500
VITAE. boost heal vitalift facial thermal wrap destress massage	2 hrs	R1500
REBOOT. balance protect body scrub vega wrap fusion massage	2 hrs	R1250
REVIVE. cleanse detox body scrub detox massage cellulite treatment	2 hrs	R1250
SUBLIME. relax rejuvenate aromatic massage brilliance facial	2 hrs	R1250
IGNITE. focus mindful neck & sculp & back massage reflexology pedi	2 hrs	R1250
TONE. slim shape slimming scrub & wrap collagen bed vitalift facial once off 10 treatment program	2.5 hrs	R1250

SOLE GROOMING

HAND & FOOT CARE

All our hand and foot treatments are performed with luxurious products as well as some of the highest quality nail and gel polish products available on the market to ensure the longevity.

MANI & PEDI

XPRESS:

no fuss super groom with nail polish.

BLISS

luxurious pamper & groom with nail polish

MANI/PEDI ADD ONS:

Heel Peel Treatment

MANI		PEDI	
30min	R210	30min	R260
60min	R330	60min	R350
		20min	R150

MEDI HEEL TREATMENT

MEDI HEEL

60 min	R520
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GELISH

GELISH APPLICATION HANDS OR FEET	30min	R300
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ACRYLIC AND GELISH

Our advanced nail technician can offer you acrylic and gel nail services with nail art and gel application on offer. We keep up with all the latest trends and offer you the trendiest nails in town.

ACRYLIC TIPS – NATURAL	75min	R400
ACRYLIC TIPS + GELISH	90min	R450
ACRYLIC FILL (2 WEEK) – NAT/ FRENCH/ COLOUR	60min	R220
ACRYLIC FILL (3 WEEK) – NAT/ FRENCH/ COLOUR	60min	R290

BIOSCULPTURE

Bio Sculpture Gel is the healthy alternative in nail care with minimal dust and NO primers, bonders, odours or excessive buffing and is 100% Vegan.

BIO TIPS NAT/ FRENCH/ COLOUR	75min	R510
BIO + GELISH	90min	R550
BIO FILL – NAT/ FRENCH/ COLOUR	60min	R340
BIO FILL + GELISH	90min	R395
BIO OVERLAYS – NAT/ FRENCH/ COLOUR	60min	R465
BIO OVERLAYS + GELISH	75min	R510

SOAK OFFS

GELISH SOAK OFF	30min	R65
ACRYLIC SOAK OFF	60min	R120
BIOSCULPTURE SOAK OFF	45min	R75
SOAK OFF FILE & PAINT	60min	R120

LASH & BROW

BROW LAMINATION & LASH LIFT

Should you prefer a more natural look, we can enhance your natural lashes with a lash lift. In fact, it is almost like a lash perm, to enhance the shape of your natural lashes and to prepare them to be tinted so that you have fuller more prominent lashes. Lash Lift and lash lift & Tint combo available. Brow lamination is said to make brows look thicker and fuller. Pulling hairs up vertically may also make it look like you are experiencing new growth. The entire process is also completely non-invasive.

BROW LAMINATION	45min	R350
BROW LAMINATION & TINT	45min	R400
LASH LIFT	45min	R400
LASH LIFT & TINT	45min	R450

TINTING

LASH	30min	R120
BROW	30min	R110
LASH & BROW TINT	30min	R200

HAIR REMOVAL

WAXING

We offer a full waxing service for male and female clients. Our therapist is highly advanced wax trained to offer you the best hair depilatory and long-lasting result. Quick, efficient, and perfectly groomed to glow.

FEMALE WAXING

EYEBROW WAX	15min	R85
LIP WAX	15min	R85
CHIN WAX	15min	R85
NOSE/ EAR WAX	15min	R85
UNDER ARM WAX	30min	R150

HALF ARM WAX	30min	R180
FULL ARM WAX	30min	R210
½ LEG WAX	30min	R220
FULL LEG	45min	R285
BIKINI WAX	30min	R180
BRAZILIAN WAX	30min	R265
HOLLYWOOD WAX	30min	R300

MALE WAXING

BACK/CHEST/STOMACH WAX	30min	R310
FULL ARM WAX	30min	R320
½ ARM WAX	30min	R200
UNDERARM WAX	30min	R170
FULL LEG WAX	45min	R310
½ LEG WAX	30min	R250
¾ LEG WAX	45min	R275

LASER HAIR REMOVAL

Laser Hair Removal offers you a fairly painless solution for effective and permanent hair reduction. We do advise a minimum of 8-12 sessions with ongoing maintenance for best results.

FOR FACIAL HAIR 6 – 8 treatments every 4 weeks

	SINGLE SESSION	PACKAGES	NUMBER OF SESSIONS
CHIN	280	1680	6+1
UPPER LIP	180	1080	6+1
FULL FACE	950	5700	6+1
NECK	650	3900	6+1
BEARD	900	5400	6+1
JAW LINE	400	2400	6+1
CHEEKS	550	3300	6+1

BODY HAIR 4 – 6 treatments every 6 weeks

FULL LEGS	2800	16800	6+1
HALF LEG	1400	8400	6+1
CHEST	1900	11400	6+1
FULL BACK	2100	12600	6+1
UPPER/LOWER BACK	1300	7800	6+1
UNDER ARMS	400	2400	6+1

FULL ARM	1600	9600	6+1
STANDARD BIKINI	400	2400	6+1
BRAZILLIAN	700	4200	6+1
HOLLYWOOD	950	5700	6+1
COMBO (Std bikini & underarm)	700	4200	6+1

NB! When buying more than one package 15% discount applies!!!

JOIN the SOLÉ SOCIETY.

We are committed to your glowing skin & lifestyle journey. Join the Solé Society for regular updates, trends and invites.

TIME TO GLŌ

Gift a glowing experience with a Solé Gift Voucher.

ACHIEVE YOUR GLŌ

Talk to us about your skincare goals – book a skin consultation and start your golden glow regime.

OUR COMMITMENT

Your health is our top priority, as aesthetic experts committed to your well-being, we ensure your safety throughout every step of the treatment process. Please follow and adhere to our hygiene protocols for all our safety.





Operating Times:

Monday: 9am – 5pm

Tuesday: 9am – 5pm

Wednesday: 9am – 5pm

Thursday: 9am – 5pm

Friday: 9am – 5pm

Saturday: 9am – 2pm

Sunday: Closed

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