SOLÉ

SKIN & BODY


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MELA
EYE
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KIT
SOLE
Case study: acne

Love your glow

Welcome to Solé Skin and Body.

We combine inventive beauty science with
the cutting-edge technology to offer you
proven, visible, radiant results, tailored to your needs.

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

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SOLÉ SKINCARE

Skincare is a lifestyle and therefore 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: Your time to shine. 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.	15min	FREE
SOLÉ BEAUTY BLISS Beauty Bliss is an all-inclusive, advanced skincare power boost. Book your two-hour bliss-out and trust us to deliver exactly what you need to achieve your glow. Treatment may include: laser, LED, peels, extractions, hydration, micro needling, advanced aesthetics, tint, waxing and more.	120min	R2000

SKINCARE ADD-ONS:
TINT | WAX | SHAPE

ENVIRON SKINCARE

SKIN CONSULTATION	15min	FREE

ELECTRO-SONIC ESSENTIAL TREATMENTS

ESSENTIAL YOUTH RESET An advanced, anti-ageing electro-sonic facial designed to soften the appearance of fine lines, sun damage and sagging skin.	60min 90min	R980 R1290
ESSENTIAL MOISTURE BOOST An intensive, professional facial treatment designed to target dry, dehydrated, dull and tired-looking skin.	60min 90min	R980 R1290
ESSENTIAL COMFORT CALM A specialised professional skincare treatment designed to soothe, comfort and restore sensitive, irritated or reactive skin types (such as skin prone to rosacea or redness).	60min 90min	R980 R1290
ESSENTIAL RADIANCE REVEAL A professional facial treatment designed to target sun-damaged skin, dark spots and uneven pigmentation.	60min 90min	R980 R1290
ESSENTIAL VITAMIN TOUCH (no electro-sonic) A manual, hands-on facial treatment that delivers essential vitamins and nutrients to the skin without using electro-sonic technology.	45min 60min	R680 R900

ELECTRO-SONIC FOCUS-ON TREATMENTS

Frown, Eye, Texture, Even Tone, Filler & Body	30min	R560

OTHER TREATMENTS

DÉCOLLETÉ Designed to extend your anti-ageing and vitamin skincare routine past the face.	20min	R340
HAND OR FOOT VITAMIN WRAP A professional salon add-on treatment designed to soften, smooth and revive dry or sun-damaged skin.	20min	R210

ENVIRON COOL PEEL® TREATMENTS

	ELECTRO-SONIC	NO ELECTRO-SONIC
MOISTURE BOOST COOL PEEL A gentle, non-invasive professional skin-renewal treatment designed to revitalise dry, tired and dehydrated skin without visible peeling or downtime.	R970	
DEEP CLEANSING COOL PEEL A non-invasive, specialised facial treatment designed to purify congested, oily and breakout-prone skin without traditional cell destruction or downtime.	R970	

	ELECTRO-SONIC	NO ELECTRO-SONIC
YOUTH RENEW COOL PEEL A non-invasive, specialised anti-ageing facial treatment designed to smooth fine lines, refine texture and revitalise sun-damaged or prematurely aged skin with zero downtime.	R940	R785
BLEMISH CONTROL COOL PEEL A non-invasive, professional skin renewal treatment designed to manage blemish-prone, congested and distressed skin without destroying skin cells or causing downtime.	R750	R670
VIBRANT-C MICRO PEEL A vitamin C-infused professional facial treatment designed to revive sun-damaged, pigmented, rough and tired-looking skin.	R750	R680
BRIGHT RECOVERY COOL PEEL A gentle, lactic acid-based professional facial treatment designed to reduce the appearance of premature ageing, fine lines and uneven skin tone caused by sun exposure.		R940

SOLÉ ADVANCED SKINCARE

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

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-ageing, hyperpigmentation, chronic redness, acne or even if you are looking for an instant boost. Different treatments can be combined in a specially designed programme with controlled strength and depth depending on the sensitivity levels of your skin.

30min	R700
60min	R960
90min	R1180

ADD-ON:

pH ADVANCED PEEL-OFF-MASK

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

10min	R250

pH VITA C RADIANCE BOOST Delivers an advanced-grade dose of vitamin C directly into skin to treat photo-ageing, pigmentation and dullness.	45min	R750
pH TOUCH THERAPY It assists in rapid skin restoration. Touch therapy helps balance the individual on a physical, psychological, and energetic level.	45min	R350
pH NECK TREATMENT A preferred treatment option on the neck and décolleté due to its firming and nourishing effect.	20min	R250

INTIMATE RESURFACING TREATMENTS:

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

MELA intimate resurfacing treatment (pigmentation)	45min	R960
CR intimate resurfacing (inflamed breakouts & ingrown hairs)	45min	R960
LED LIGHT THERAPY Using LED light therapy this treatment will stimulate the production of collagen, while desensitising the skin. A perfect treatment to either have on its own or combine with any of our facial treatments.	30min	R250

DERMAPEN 4™

Is a micro-needling treatment with minimum downtime, which promotes scarless healing and natural collagen production in the skin to improve the appearance of scars, wrinkles, and stretch marks.

FULL FACE	60min	R1200
FACE & NECK	75min	R1650
FACE, NECK & DÉCOLLETÉ	90min	R2000
Add on: Uber Peel		R350

GROWTH FACTOR INDUCTION THERAPY (GFIT) | AQ SOLUTIONS

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

AQ GFIT 0.3ml Treatment	R950
AQ GFIT 0.5ml Treatment	R1250
AQ GFIT 1ml Treatment Face	R1950
AQ GFIT 2ml Treatment (Full face, neck, chest)	R3250
AQ GFIT Hair Treatment	R1700

SOLÉ BODY THERAPY

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

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

THERAPEUTIC MASSAGE: SWEDISH MASSAGE These are time-based therapies, suited to your needs.	30min 60min 90min	R400 R600 R900

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

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 stimulating a sluggish metabolism.

SPORTS MASSAGE 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.	30min 60min 90min	R550 R700 R950
BACK CLEANSING/ EXFOLIATING TREATMENT An essential treatment that removes dead skin cells and impurities while gently hydrating the skin.	30min	R600

SOLÉ BLISS THERAPY 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 well-being and rest. Includes foot scrub.	90min	R1290
HOT STONE MASSAGE Using heated stones, muscles are gently heated to expand and relax, allowing a deeper massage into the core of the muscle.	30min 60min	R450 R750
PREGNANCY MASSAGE A massage using specific prenatal techniques to help increase circulation, alleviate tired muscles and relieve fatigue.	60min	R790
ADD ON: Bellabaci cups		R150
ADD ON: Hot Stone		R170

CLEANSING SCRUBS:

SOLÉ DELUXE BODY POLISH 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.	30min	R400

SALT DETOXIFIER | SEA SALT SCRUB — 30min — R400

Soothe the senses and detoxify the body with the flavour of the ocean. 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

An exhilarating cleansing body polish. Packed with vital herbs and purifying plant essentials, 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

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

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 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.	45min	R600
VEGA: toning HERBAL WRAP 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.	45min	R600
THERMAL: recharge EARTH CLAY WRAP 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.	45min	R600

COLLAGEN INFUSION SUNBED

Collagen Red Light Therapy Anti-Ageing 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	30min	R100
Package (6 x Sessions)	30min	R540
Package (12 x Sessions)	30min	R980

SOLÉ LIFESTYLE RITUALS

Treatment combinations developed to support your lifestyle

BLISS. energise | uplift body polish | massage | facial	2 hrs	R1500
VITAE. boost | heal facial | wrap | massage	2 hrs	R1500
REBOOT. balance | protect body scrub | wrap | massage	2 hrs	R1250
REVIVE. cleanse | detox body scrub | massage | cellulite treatment	2 hrs	R1250
SUBLIME. relax | rejuvenate massage | facial	2 hrs	R1250
IGNITE. focus | mindful neck & scalp & back massage | pedicure	2 hrs	R1250
TONE. slim | shape slimming scrub & wrap | collagen bed | facial	2.5 hrs	R1250

SOLÉ 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

XPRESS	30min	R200
no fuss super groom with nail polish		
XPRESS WITH GEL	45min	R350
no fuss super groom with gel polish		
BLISS	60min	R330
luxurious pamper & groom with nail polish		
BLISS (NO PAINT)	60min	R290
luxurious pamper & groom with no paint		
BLISS WITH GEL	60min	R480
luxurious pamper & groom with gel polish		

PEDI

XPRESS	30min	R220
no fuss super groom with paint		
XPRESS WITH GEL	45min	R370
no fuss super groom with gel polish		
BLISS	60min	R450
luxurious pamper & groom with paint		
BLISS (NO PAINT)	60min	R400
luxurious pamper & groom with no paint		
BLISS WITH GEL	60min	R550
luxurious pamper & groom with gel polish		

BLISS PEDI: Enjoy a relaxing jelly foot soak combined with nail shaping, cuticle care, exfoliation, and a smoothing foot massage. Leaves your feet feeling soft, smooth, refreshed, and beautiful.

MANI/PEDI ADD ONS:

Elim Heel Peel Treatment	20min	R150
Gel Add On	20min	R150
Paraffin Dip	20min	R120
French Paint	15min	R50
Nail Art Per Nail	5min	R10

MEDI HEEL TREATMENT

ELIM MEDI HEEL	60 min	R520
MEDI HEEL WITH GEL	80 min	R670
MEDI HEEL WITH PAINT	80 min	R580

GEL

GEL APPLICATION HANDS OR FEET	30min	R360

Soak off complimentary with re-application.

ACRYLIC AND GEL

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 + GEL	90min	R550
ACRYLIC OVERLAY | FILL NATURAL	60min	R350
ACRYLIC OVERLAY | FILL + GEL	60min	R350
ACRYLIC FILL (3 WEEK) | NAT/ FRENCH/ COLOUR	60min	R350

SOFT GEL TIPS

SOFT GEL + GEL	90min	R550
SOFT GEL FILL + GEL	60min	R450

BIO GEL

Bio Gel is a healthy alternative nail care treatment. It lasts around 3 weeks and is designed to grow and strengthen natural nails. With minimal dust there is no excessive buffing, and it self levels for a glossy, chip resistant finish.

BIO TIPS NAT/ FRENCH/ COLOUR	75min	R510
BIO TIPS + GEL	90min	R550
BIO FILL | NAT/ FRENCH/ COLOUR	60min	R340
BIO FILL + GEL	60min	R400
BIO OVERLAYS | NAT/ FRENCH/ COLOUR	60min	R400
BIO OVERLAYS + GEL	75min	R510

Soak off complimentary with re-application.

POLYGEL

POLYGEL OVERLAY	60min	R400
POLYGEL FILL + GEL	40min	R350
POLYGEL FILL ONLY	30min	R290
POLYGEL TIPS + GEL	60min	R550
POLYGEL TIPS ONLY	60min	R500

SOAK OFFS

GEL SOAK OFF (no re-application)	30min	R120
ACRYLIC SOAK OFF	60min	R150
SOFT GEL SOAK OFF	60min	R150
BIO GEL SOAK OFF	45min	R120
POLYGEL SOAK OFF	60min	R150
SOAK OFF FILE & PAINT	60min	R200

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	R500
BROW LAMINATION & TINT	45min	R550
LASH LIFT	45min	R400
LASH LIFT & TINT	45min	R450

TINTING

LASH	30min	R135
BROW	30min	R120
LASH & BROW TINT	30min	R220

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	R95
LIP WAX	15min	R95
CHIN WAX	15min	R95
NOSE/ EAR WAX	15min	R95
UNDER ARM WAX	30min	R175
WAX CHEST/BACK/STOMACH	30min	R310
HALF ARM WAX	30min	R180
FULL ARM WAX	30min	R225
½ LEG WAX	30min	R225
FULL LEG	45min	R315
BIKINI WAX	30min	R210
BRAZILIAN WAX	30min	R300
HOLLYWOOD WAX	30min	R360

THREADING

An ancient hair removal and eyebrow shaping technique. The therapist uses a twisted cotton thread to pull multiple hairs out from the root.

BROW + CHIN	30min	R200
BROW + LIP	20min	R200
CHEEKS	20min	R170

CHIN	20min	R110
BROW	25min	R120
FULL FACE	40min	R280

MALE WAXING

BACK/CHEST/STOMACH WAX	30min	R360
FULL ARM WAX	30min	R320
½ ARM WAX	30min	R200
UNDERARM WAX	30min	R175
FULL LEG WAX	45min	R310
½ LEG WAX	30min	R250
¾ LEG WAX	45min	R290
HOLLYWOOD	35min	R460

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 to 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

	SINGLE SESSION	PACKAGES	NUMBER OF SESSIONS
NECK	650	3900	6+1
BEARD	900	5400	6+1
JAW LINE	400	2400	6+1
CHEEKS	550	3300	6+1

BODY HAIR 4 to 6 treatments every 6 weeks

	SINGLE SESSION	PACKAGES	NUMBER OF SESSIONS
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
BRAZILIAN	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!!!

LPG ENDERMOLOGIE® | FACE TREATMENTS

CLASSIC TREATMENTS

GLOW Exfoliates and reactivates microcirculation to even out the complexion.	15min	R300
FLUID MOBILISATION Drains toxins and reoxygenates the skin.	20min	R390
DÉCOLLETÉ & BUST Redensifies tissue and fills in wrinkles.	25min	R490
AGE DEFYING, RESCULPT/TONE & REPLUMP Harmonises face volumes and restores skin density.	30min	R590

SIGNATURE TREATMENTS

CELLULAR STIMULATION Drains toxins, brightens the complexion and refines skin texture, while smoothing out fine lines on the face, neck and hands.	40min	R750
PERFECT EYES & LIPS Smooths wrinkles around the eyes and mouth, lifts the eyelids and replumps the lips.	22min	R415

PACKAGES

10 sessions (free assessment + 1 free session + free face kit)

15 minute sessions	R2570
20 minute sessions	R3340
25 minute sessions	R4250
30 minute sessions	R5140

LPG ENDERMOLOGIE® | BODY TREATMENTS

YOUR CUSTOMISED TREATMENT

1 to 8 targeted areas

10 minutes	R250
20 minutes	R470
30 minutes	R690
40 minutes	R915

SIGNATURE TREATMENTS

FLUID MOBILISATION Fights water retention and drains toxins, leaving the skin reoxygenated.	30min	R690
RELAXATION Unwinds areas of muscle tension and eliminates stress.	30min	R690
ENDERMOPUNCTURE A treatment that simultaneously stimulates adipocytes (slimming cells) and fibroblasts (rejuvenating cells).	50min	R905

PACKAGES

10 sessions (free assessment + 1 free session + free endermowear)

20 minute sessions	R4000
30 minute sessions	R6200
40 minute sessions	R8500

SOLÉ

SKIN & BODY

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 to 5pm
Tuesday: 9am to 5pm
Wednesday: 9am to 5pm
Thursday: 9am to 5pm
Friday: 9am to 5pm
Saturday: 9am to 2pm
Sunday: Closed

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