



Unearth

Vitality

Find balance in the restoring nature of the Atlantic ocean. Allow our tranquil offerings to revive your senses, rejuvenate your body and soothe your soul.



T +264 64 411 4421
www.strandhotelswakopmund.com

SPA SERVICES

MASSAGE THERAPIES

OASIS SIGNATURE MASSAGE

60 minutes | **N\$750** 90 minutes | **N\$1050**

Our signature massage will calm and sooth any sore and aching muscles.

DESERT STONE MASSAGE

60 minutes | **N\$800** 90 minutes | **N\$1100**

This treatment combines the uniqueness of warmed stones and essential aromatherapy oils. The stone's heat will penetrate deep into your muscles promoting relaxation and healing.

AFRICAN CALABASH MASSAGE

60 minutes | **N\$800** 90 minutes | **N\$1100**

Using traditional calabashes, this massage originates from the ancestral therapies of Africa. Your therapist will restore the flow of energy in the entire body by stimulating the points of blockage.

PRE-NATAL MASSAGE

60 minutes | **N\$800**

A relaxing Swedish massage focused on the special need of the mother-to-be as her body goes through changes. (Not recommended in the 1st Trimester).

DEEP TISSUE MASSAGE

60 MINUTES | **N\$800**

90 MINUTES | **N\$1100**

ENERGISING BACK, NECK & SCALP MASSAGE

30 MINUTES | **N\$500**

45 MINUTES | **N\$580**

MASSAGE ADD ON'S

HOT STONES | **N\$50**

CUPPING - BACK ONLY | **N\$50**



OPTIPHI

OPTIPHI ACTIVE

60 minutes | **N\$850**

Skin Rejuvenation Peel 25% & 30%

An introductory peel that deep cleans the skin, leaving it feeling soft, smooth and radiant.

SKIN REJUVENATION PEEL

30|30 | **N\$900** LHA | **N\$950**

A more advanced peeling system that targets specific skin conditions. Please consult our Optiphi therapist for more information.

RETINOL PEEL

45 minutes | **N\$1150**

A treatment that delivers phenomenal results when treating hyperpigmentation, sun damage, fine lines and wrinkles; and acne-prone problematic skins.

SRT MICRO NEEDLING TREATMENT

FACE ONLY | **N\$1500**

FACE & NECK | **N\$1600**

FACE, NECK & DÉCOLLETÉ | **N\$1800**

THALGO

THALGO EXPRESS FACIAL

30 minutes | **N\$500**

HEART OF THE OCEAN FACIAL

60 minutes | **N\$850**

A made-to-measure treatment to meet the specific needs of each skin type. These signature high-performance treatments are available in three corrective rituals:

SOURCE MARINE - For dehydrated skin

PURETÉ MARINE - For combination to oily skin

COLD CREAM MARINE - For dry and sensitive skin

ANTI-AGEING SPIRULINE BOOST FACIAL

60 minutes | **N\$1400**

The Marine Spirulene facial fights against the first signs of ageing that are linked to an urban lifestyle.

A detoxifying treatment to refresh facial features and to recover a beautiful fresh complexion and smooth skin.

HYALU-PROCOLLAGENE FACIAL

90 minutes | **N\$1600**

The first “Marine Filler” that fills in all Wrinkles! Containing 3 Hyaluronic Acids and Marine Pro-Collagen. This Wrinkle Filling Facial will instantly plump the skin, visible smooth wrinkles, and gradually fill in even the most set-in wrinkles from within the skin.

LUMIERE BRIGHTENING FACIAL

75 minutes | **N\$1900**

A high-performance rejuvenating facial that effectively reduces pigmentation, uneven skin tone and fights a dull complexion. Includes a hand rejuvenation treatment.

DERMAPLANE FACIAL

60 minutes | **N\$600**

A safe, non-invasive facial treatment to remove dead skin and vellus hair otherwise known as “Peach Fuzz”. Leaving your skin soft, smooth, and radiant.

I-LASH TREATMENT

FULL FILL | **N\$500**

2 WEEK FILL | **N\$350**

REMOVAL | **N\$160**

FACE ADD ON'S

DERMAPLANING | **N\$350**

OPTIPHI SUPPLEMENT | **N\$280**

NANO NEEDLE | **N\$280**

OPTIPHI PLASTICISING MASK | **N\$250**

MICRO-NEEDLING PER AREA | **N\$350**

GALVANIC | **N\$150**

HI-FREQUENCY | **N\$150**

VACUUM SUCTION | **N\$150**

STEAMING | **N\$50**



SIGNATURE SPA JOURNEYS

COUPLES DESERT RETREAT

180 minutes | **N\$1750/pp** Couple | **N\$3500**

Your muscles release as time stops while your senses and body are taken on a healing journey with a sea salt exfoliation. Choose between our Desert Stone or African Calabash Massage followed by an express facial and 45min side-by-side pedicure.

ATLANTIC TASTER

90 minutes | **N\$1100**

Our Atlantic taster brings together all the favourite treatments that you have come to love. Starting with a 30 min energising back massage, followed by our 30 min Express Facial and ending with our relaxing 30 min Foot Ritual.

THALGO JOYAUX ATLANTIQUE RITUAL

90 minutes | **N\$1300**

Reconnect your mind, body, and soul with this one-of-a-kind journey. Starting with a unique balancing welcome touch, followed by a re-mineralising Pink Sea Sand Full Body scrub, and finally finishing off with a crystal stone full body massage that leaves you feeling refreshed and re-energised.

BODY TREATMENTS

SEA SALT & OIL EXFOLIATION

Rich in marine salts, this scrub eliminates dead skin cells and delivers the minerals and trace elements required for healthy skin. A shea butter application leaves your skin infinitely soft and toned.

FULL BODY | 45 MIN | **N\$500**

BACK ONLY | 30 MIN | **N\$300**

HOT OIL SCALP MASSAGE

30 minutes | **N\$450**

A scalp, neck, and shoulder massage to increase scalp circulation and release tension.

FOOT RELIEF


30 minutes | **N\$470**

A refreshing foot treatment starting with a salt scrub followed by a relaxing massage.

PRESSURE POINT FOOT TREATMENT

45 minutes | **N\$500**

Ancient therapeutic method that stimulates predefined pressure points on the feet creating a natural healing in the body.



RASUL TREATMENT

45 minutes | **N\$450**

A self-help treatment in the crystal steam room, starting with an exfoliation to remove dead skin, followed by a Marine Algae Mud Application to re-mineralise the body and ease muscle aches and pains, finished off with a body butter application to leave your skin feeling nourished and hydrated.

HAND AND FOOT RITUALS

ATLANTIC MANICURE

60 minutes | **N\$380**

A decadent hand treatment that includes a gentle exfoliation, massage and focuses on nail and cuticle care that finishes off with a professional polish application.

ATLANTIC PEDICURE

75 minutes | **N\$450**

A decadent foot treatment that includes a gentle exfoliation, massage and focuses on nail, cuticle and heel care that finishes off with a professional polish application.

MEDI-HEEL TREATMENT

90 minutes | **N\$530**

Spa treatment catering for stubborn excess skin on the feet. This treatment leaves your feet feeling soft, smooth, and hydrated.

GENT'S MANI

30 minutes | **N\$345**

Nail grooming session for the men. Including a hand to elbow massage and nail buff and shine.

GENT'S PEDI

45 minutes | **N\$400**

Foot grooming session for the men, Includes nail grooming, exfoliation and leg massage.

GELISH NAILS | 90 MINUTES

GELISH MANICURE | **N\$450**

GELISH PEDICURE | **N\$500**

GELISH APPLICATION ONLY | **N\$400**

GELISH ACRYLIC DIP MANICURE | **N\$500**

GELISH ACRYLIC DIP APPLICATION | **N\$450**

NAIL ADD ON'S

PARAFFIN WAX DIP | **N\$150**

CHROME POWDER FINISH | **N\$10** PER NAIL

GEMSTONES | **N\$2** PER GEM

GLITTER POWDER | **N\$5** PER NAIL

GROOMING SERVICES

WAXING

UNDER ARM, LIP, CHIN & BROW | 15 MINUTES | **N\$120**

FULL LEG & BACK | 45 MINUTES | **N\$320**

¾ LEG, CHEST, FULL ARM & TUMMY | 30 MINUTES | **N\$300**

FULL FACE | 30 MIN | **N\$250**

BIKINI WAX | 15 MIN | **N\$220**

DEEP BIKINI WAX | 30 MIN | **N\$250**

BRAZILIAN WAX | 45 MIN | **N\$ 350**

HOLLYWOOD WAX | 60 MIN | **N\$400**

VAJACIAL INC. HOLLYWOOD WAX | 90 MIN | **N\$600**

VAJACIAL ONLY | 30 MIN | **N\$350**

TINTING

EYE LASH TINT | 30 MINUTES | **N\$180**

EYE BROW TINT | 15 MINUTES | **N\$150**

LASH AND BROW TINT | 45 MINUTES | **N\$300**

HD BROW LAMINATION | 45 MINUTES | **N\$350**

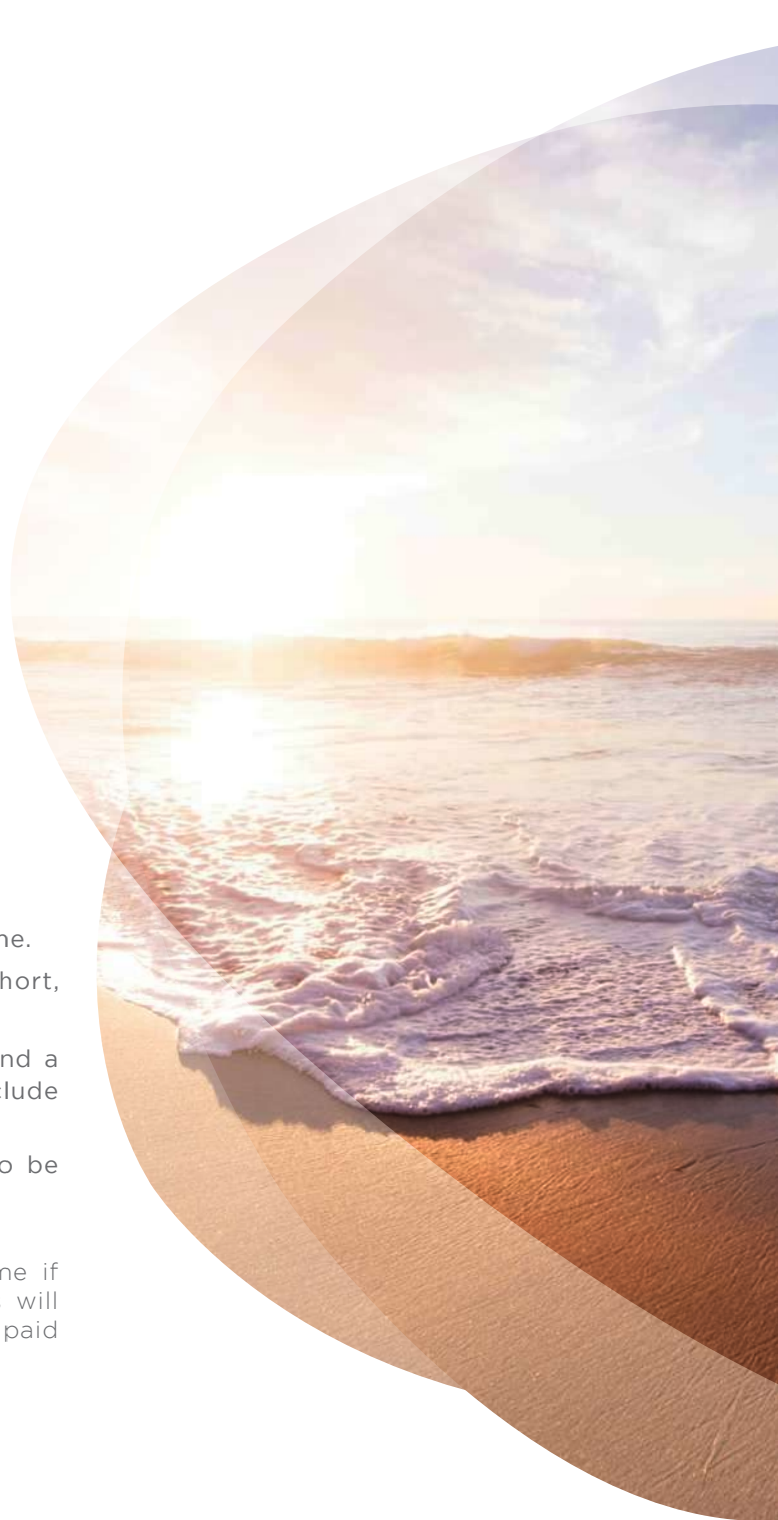
SOAK OFF'S

ACRYLIC | 30 MINUTES | **N\$200**

TIPS | 30 MINUTES | **N\$150**

GEL | 15 MIN | **N\$120**





T's & C's

- Please arrive 20 minutes prior to your treatment time.
- Late arrivals will result in treatment time being cut short, but full payment will still be required.
- All spa service treatments include a light snack and a glass of sparkling wine per guest. This does not include the grooming treatments.
- All vouchers must be presented and handed in to be redeemed. Lost vouchers will not be honored.

• Cancellation Policy:

Please advise us 8 hours before your treatment time if you must cancel your treatments. Late cancellations will result in a debit to your account, which will have to be paid before booking and receiving your next service.