



SPA MENU

OMANDA

SPA MENU

Your body is a temple, treat it as sacred.

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Reservations Line: 10:00 am – 08:00 pm

Treatments: 10:00 am – 08:00 pm, until 10:00 pm with advance reservations only

Advance reservations for The Spa are highly recommended to ensure availability.

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THE SPA JOURNEY

OUR VISION

The mantra defining our spa is to respect every culture, to value all customs and to embrace traditions. Our goal is to enhance the life and well-being of everyone who enters The Spa at Omaanda. We are pleased to offer you a collection of the finest, traditionally inspired spa treatments in Namibia.

The Spa treatments are all designed to purify and rejuvenate your body. They embrace age-old healing techniques, beauty recipes that replicate ancient Namibian beliefs, and cultural traditions with therapies designed to encompass mind, body and spirit. Experienced therapists, with well-honed skills in the modern-day interpretation of treatments that have been handed down through the centuries, create a natural, relaxing and heartfelt spa encounter.

Upon arrival at The Spa, you will be welcomed with a selection of refreshing herbal beverages and fruits, before commencing a personalized treatment that uses only the finest organic, indigenous ingredients and delivers outstanding and long-lasting results. In visiting The Spa our sole aim is to take care of your personal temple. It houses your mind, spirit and intelligence and we must nurture and care for it daily.

VISITING THE SPA

We highly encourage advance spa appointments, to ensure your desired treatments and preferences are available. Please call the dedicated extension on your phone for The Spa appointments or to discuss suitable experiences. We will be happy to assist with and plan your treatments in person.

Our spa treatments use homemade products and fresh ingredients. Hence, cancellation is discouraged. Kindly contact The Spa reception 3 hours prior to your appointment for rearrangement within the day

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(subject to availability). Full treatment charges will be levied for no-shows and late re-scheduling notice.

The time durations given are the actual essential treatment times including rituals and after care. Late arrivals will result in customizing your service to fit the remaining reserved time as courtesy to our next guest. The Spa reserves the right to modify, cancel or postpone programs due to unforeseen circumstances.

Please arrive at least 15 minutes prior to your reserved appointment. In this way, you will have time for check-in procedures, to enjoy the facilities and allow yourself enough time for preparation.

The Spa robe, towels, slippers, disposable underwear and shower amenities will be made available. Please leave all jewelry and valuables in your room's safety drawer. While we endeavor to look after your belongings, we accept no responsibility for any misplaced, damaged or lost valuables of any kind brought into the premises.

We appreciate your respect for other guests and kindly request that all electronic devices are on silent mode while being at The Spa. If you wish to receive messages during your time with us, we will be happy to assist you.

The Spa treatments and wellness facility usage is at your personal risk. We welcome guests from 16 years of age for treatments and spa facilities. We can accommodate below 16 years old with a parent or guardian's consent. Kindly note that The Spa is a smoke-free environment and consumption of alcohol or caffeinated drinks before, during or directly after a treatment, is discouraged.

The Spa guests will have a personalized consultation that will be private and confidential. We treat every guest with utmost respect; spa services are strictly professional.

All prices are in Namibian \$, inclusive of 17% government tax (subject to changes without prior notification). Purchased items are final, no refund for services or sold items will be done at all times.

THE SPA SERVICES

SIGNATURE TOUCH

The Spa Splendors Ritual

Full-body polishing and aromatherapy relaxing massage
80 / 110 minutes — 1120 / 1540 NAD\$

This ancient traditional treatment utilizes a centuries-old village recipe of warmed herbs and spices to increase blood circulation and ease aches and pains. It consists of a refreshing and exotic aromatic blend of roots, herbs and spices ground in a mortar and pestle. The crushed herb and spice mix is applied to the body as scrub, excluding the face and sensitive areas. This treatment increases blood circulation and its exfoliating ingredients soften the skin. An aromatherapy relaxing massage concludes this signature ritual.

TRADITIONAL TOUCH

Traditionally Inspired Massages of the World

Massage is a very ancient form of treatment – so ancient that its history is said to be as old as that of mankind. It is a sacred belief that body and soul can be renewed through the healing power of human touch. Massage is far more than just a treatment that makes us feel good. It enhances our immune systems function and lowers the level of our stress hormones. Used for healing throughout history, cultures from all over the world have built upon this to develop varied styles of massage.

The Spa incorporates those ancient massage traditions in a myriad of treatments to nurture all your senses back to wellbeing. The following body and face treatments were created with only one thing in mind: you. They aim to invigorate and relax, to enrich your life and restore health with an abundance of energy and joy for your body, mind and spirit. The emphasis is on balancing energy in the body.

Touch of Namibia

Full-body deep tissue massage
60 / 80 minutes — 700 / 980 NAD\$

Touch of Namibia offers a simple yet powerful approach with extremely effective massage techniques to deeply relax. It incorporates joint stretching and mobilization rhythm, increasing one's flexibility, stretching the ligaments and tendons, relieving tension or muscle tightness and returning the body to its natural relaxed state. This massage uses medium to strong vigorous kneading and cross fiber mobilization to work on trigger points. Deep thumb and elbow pushing techniques predominate, stimulating soft tissue and working deeply to ease muscle and joint pain by breaking down tensely knotted tissue. "Touch of Namibia" is highly recommended after your wildest safari adventure tours.

Touch of Sweden

Full-body relaxing massage
60 / 80 minutes — 700 / 950 NAD\$

This massage developed in the 18th century in Sweden, sometimes described as 'classic', is the leading and best-known form of therapeutic massage. It was one of the first truly global fusion styles of massage that used gentle but firm pressure. The dynamic therapy of long flowing strokes is based on massage techniques from around the world. This full body massage works on all major muscle groups of your body, giving reasonable pain and tension relief while relaxing your muscles. It helps flush the body tissues of uric and lactic acids as well as other metabolic waste, improving overall health and wellness.

FACIAL TOUCH

The Miracle Tree Divine Facial

Supreme Full Facial
60 minutes — 840 NAD\$

This facial treatment uses 'Moringa', a new anti-aging alternative high in vitamins A, C, and E as well as phytonutrients. These vitamins and nutrients are very potent antioxidants, rich in Zeatin, which protects and alters the human skin cycle and focuses on building new collagen.

With this treatment, new cells will grow faster than the older cells (died), a key component to a more youthful-looking skin while preventing and reducing wrinkles. It has been proved that skin cells nourished with Zeatin retain their functions longer and are more resistant to environmental stresses. Moringa has potent flavonoids which help to maintain the body's collagen, keeping skin firm and healthy.

The Moringa "purifying tree" cleanses the skin, balances the secretion of oils, reduces skin fatigue, clears pimples and diminishes the formation of blackheads – on all skin type. It helps tighten pores and keeps the skin healthy, glowing and younger-looking.

CUSTOMIZED TOUCH

Personalized hands on body and beauty care

60 / 90 / 120 / 150 minutes — 840 / 1120 / 1540 / 1960 NAD\$

At The Spa, we also offer personalized treatments designed for great skin and body health, making our approach totally personal. We respect and we consider everyone's need, with the aim of delivering results.

Time: there is never enough... but we make every minute count and adapt to every request. Our personalized treatments selection includes:

Touch for Head – *Head and Neck Massage*

Touch for Face – *Express Facial*

Touch for Back – *Back Massage*

Touch for Legs – *Leg Massage*

Touch for Hands – *Hand Reflexology*

Touch for Feet – *Feet Reflexology*

Touch for Skin – *Skin Polishing or Cocooning*

Touch for Nails – *Express Manicure or Pedicure*

Choose your spa journey and make it truly special. Select a combination of at least two thirty minutes treatments that suit your mood of the day.