

# GOCHEGANAS

*the experience*

## WELLNESS TREATMENT MENU & PRICE LIST

### THE JOURNEY EXPERIENCE

NATURE'S BEAUTY JOURNEY (210min) N\$1600-

This is the key to complete relaxation.

A hydrating and detoxifying sea salt bath will soothe your body and give you new strength and feeling of wellness.

Included:

- Facial to suit your skin type
- Sea Salt Hydrotherapy bath
- Outdoor Safari Massage
- A small bottle of marula oil to take home

GOLDEN DUNE AWAKENING JOURNEY (120min) N\$1300-

Awaken all your senses and immerge yourself in the profound beauty of Namibia. The Namibian sand dunes shape the theme of this luxurious treatment and one can only experience it here at GocheGanas. This signature experience begins with a unique musical ritual.

The body is then prepared using the very sand that creates the magnificent desert dunes. A rich mineral clay treats the body in the way that only Mother Nature knows best. An energizing quartz facial is also included to revitalize skin and reveal your natural beauty. We celebrate the indigenous treasures of Africa with an exotic calabash back massage that will transport you to an unexplored sensation of well being from top to toe.

Included:

- Body peeling
- Body wrap
- Quartz facial
- Back Massage

## THE FACIAL EXPERIENCE

### ESSE

*Esse is an ethical brand that is focused on the professional skincare market.*

*Esse is certified organic by Ecocert France.*

*Esse uses wild sourced African plants that offer excellent free-radical protection.*

ESSE ANTI-AGING FACIAL Organic Concentrated treatment for mature skin	(75min)	N\$600-
ESSE ANIT-OXIDANT FACIAL Brings back a healthy glow ideal change of season boost for all skins	(60min)	N\$460-
ESSE HYDRATING FACIAL A must for a very dry, sensitive dehydrated skin	(60min)	N\$460-
TEEN EXPERIENCE Esse Teen Facial Teaser	(60min)	N\$450-

### THERAVINE

*Theravine obtains its grape-derived ingredients, rich in antioxidants,  
amongst others from the South African indigenous Pinotage grape cultivars,  
where botanicals and advanced technology unlock the power of natural beauty and skin  
care.*

THERAVINE APPETIZER FACIAL A basic facial designed to refresh and cleanse.	(30min)	N\$350-
THERAVINE HYDRA VINE DELUXE FACIAL A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin leaving you with a radiant complexion	(90min)	N\$700-
THERAVINE CORE FACIAL Facial boost customized to your specific skin concerns leaving your skin soft and restored	(60 min)	N\$400-
LUXURIOUS EYE TREATMENT A super-relaxing treatment to lift, drain and caress the eye area	(30 min)	
TEEN EXPERIENCE Theravine Teen Facial Teaser	(60min)	N\$450-
EYEBROW SHAPE		N\$70-
EYEBROW TINT		N\$70-
EYBROW AND EYLASH SHAPE AND TINT		N\$200

## THE MASSAGE EXPERIENCE

FULL BODY MARULA OIL MASSAGE A relaxing massage concentrating on the entire body for total renewal of mind and body.	(60min)	N\$520-
BACK AND NECK MASSAGE The back and shoulders are massaged to release tension and ease stress.	(30min) (45min)	N\$300- N\$400-
HOT STONE MASSAGE A combination of massage techniques and the warmth of the stones result in a deeply relaxing and uplifting experience.	(30min) (75min)	N\$320- N\$640-
AROMA MASSAGE Essence refreshes and relaxes the skin while soothing the mind by helping to induce a sense of well-being	(75min) (90min)	N\$640- N\$800-
FOUR HANDS MASSAGE Two therapists work on you at the same time, mirroring each other's movements	(60min)	N\$800-
OUTDOOR MASSAGE Experience tranquillity in a natural outdoor setting	(90min)	N\$900-
REFLEXOLOGY A system of massaging specific areas of the foot or hand in order to promote healing and to relieve stress.	(45min)	N\$450-

## THE EXTERNAL SENSE

GocheGanas Manicures and Pedicures are a pure indulgence created to nourish , hydrate and restore vitality to the hands and feet.

MANICURE	(60min)	N\$320-
PEDICURE	(60min)	N\$320-
MANI AND PEDI COMBO	(60min)	N\$550-
MANICURE WITH LUXURIOUS MASK	(75min)	N\$400-
PEDICURE WITH LUXURIOUS MASK	(75min)	N\$400-
FRENCH MANICURE	(75min)	N\$400-
FRENCH PEDICURE	(75min)	N\$400-

## THE BODY THERAPY EXPERIENCE

**VICHY SHOWER WITH SEA SALT PEELING** (30min) N\$400-  
The Vichy shower is one of the most intriguing and effective treatments available for today's spa clientele. It gives the effect of a downpour of warm water on the body, one of the most relaxing and rejuvenating spa experiences.

**BODY PEELING AND WRAP** (60min) N\$550-  
A unique body wrap designed to detoxify and promote cell regeneration  
Choose from the following:

- Detox wrap (detoxes, improves cellulite & alleviates water retention)
- Slimming wrap (alleviates water retention, firms and tones)
- Retore wrap (for sensitive skin)

**PURIFYING BACK TREATMENT** (45min) N\$400-  
A unique treatment designed to cater for one of those hard-to-reach areas. This treatment is designed to cleanse the pores and remove dead skin from the back encouraging a healthy clean and smooth back, whilst the essential oils are used to seduce the guest into a state of relaxation.

**SCALP AND HAIR TREATMENT** (45min) N\$400-  
Experience a luxurious treatment of deep healing relaxation, designed to infuse the power of pure plant essences into your hair and scalp,

**INDIAN HEAD MASSAGE** (30min) N\$300-  
supports the nervous system by alleviating stress; (45min) N\$380-  
stimulate the lymphatic system, encouraging the elimination of toxins

## THE LUXURY BATH EXPERIENCE

**HYDROTHERAPY BATH** (30min) N\$350-  
252 water jets massage the body  
Improves circulation of the blood and lymph system

**CRYSTAL BATH**  
Experience a combination of aromatic oils, (30min) N\$350-  
sound vibration and colour, leaving the body (45min) 1 person N\$350-  
feeling relaxed and rejuvenated. (45min) 2 people N\$400-  
Ideal for a romantic experience for 2.  
Includes a glass of sparkling wine or Juice

## SPA ETIQUETTE

### CHILDREN

In accordance to International spa standards, children under the age of 12 are not allowed in the Wellness centre.

### APPOINTMENTS & RESERVATIONS

We recommend that you schedule spa appointments prior to your arrival at the spa. Reservations are subject to availability.

### CANCELLATION

Treatment times are reserved especially for you.  
We request that cancellations are made 24 hours in advance.  
No show appointment will be charged in full.

### SPECIAL HEALTH CONSIDERATIONS

Please notify our reservations department if you have any physical ailments, special needs or whether you are pregnant.

### LATE ARRIVAL

As a courtesy to following guests, late arrivals will only receive the remaining available appointment time and will be charged the full treatment fee.

### ATTIRE

Hotel guests are kindly requested to use the robes provided by the Wellness centre. Slippers can be purchased in the Wellness centre.

### HOURS OF OPERATION

Wellness Centre Times:  
For Wellness facilities: 06h30 – 18h30  
For Wellness treatments: 09h00 – 17h00

### AGE REQUIREMENTS

In accordance to International spa regulations, no children under the age of 12 are permitted to enter the spa or use the spa facilities including the swimming pool.

### VALUABLES

The spa is not responsible for any damage or loss of your personal belongings. Our recommendation is not to bring valuables to the spa, but lockers are provided for storage of personal belongings.

### GIFT CARDS

Spa gift cards are a wonderful way to give the gift of wellbeing and may be purchased at our head office in Windhoek.  
Tel: +264 61 305527 [sec@gocheganas.com](mailto:sec@gocheganas.com)

### EATING & DRINKING

Try not to eat for at least an hour before a treatment and our recommendation is to avoid the consumption of alcohol on the day of a treatment. Also remember to drink plenty of water before and afterward.  
Please do not bring outside food or drink into the spa. Alcoholic beverages are not permitted in treatment hubs or wellness centre.  
Smoking in the Wellness centre is prohibited.

## SAFETY

We make it a priority to provide a comfortable, relaxing and safe experience for all our guests. Please abide by all policies, safety warnings and notices.