

BODY TREATMENTS

All of the following body exfoliation and body wraps are mixed and antioxidant body oil for healthy skin regeneration and is mixed with any one of our three complexes of our choice:

- Detoxifying body complex, for stimulating holistic improvement of body relaxation.
- Relaxing body complex, for stimulating holistic improvement of body relaxation.
- Uplifting body complex, for stimulating holistic uplifting of the spirit

BODY EXFOLIATION

Vitaderm Exfoliating

Sea Salt Crystals 30 min N\$ 230
A botanical rich, remineralising salt scrub containing anti-oxidant body oil which stimulates superficial articulation and gently polishes the skin soft, smooth and glowing.

BODY WRAPS

Vitaderm White Clay 1h N\$ 440
A warm clay, which helps draw out impurities, smoothes and clarifies the skin by restoring purity to the body - an overall cleansing and purifying of the body.

Vitaderm Hydra Body 1h N\$ 440
A unique nourishing warm gel is applied to the body which moisturises and hydrates the body. Let yourself drift away as you are cocooned in thermal plastic and warm towels which aids absorption deep in the body.

Vitaderm Black Silt Body 1h N\$ 460
A very unique soft mud found at the very bottom of lakes, is applied to the body - an overall detoxifying, cleansing and hydrating of the body.

Teen Section (From 12 years up)

Teen Spa Facial 30 min N\$ 200
Teen Manicure 30 min N\$ 140
Teen Pedicure 30 min N\$ 180
Teen Back Massage 15 min N\$ 180

Spa Facilities

Sauna N\$ 100
Steam Room N\$ 150
Jacuzzi N\$ 100
All N\$ 300

Pamper Treat 3h N\$ 1500
Full Body Scrub, Full Body Wrap, Aroma
Full Bdy Massage and basic facial.

Absolute Indulge 3h N\$ 980
Manicure, Pedicure and basic facial

Tranquility 1h 45 min N\$ 900
Pedicure, Indian Head Massage and Aroma
Back Neck and Shoulder Massage and Jacuzzi.

Bridal Perfection 4h N\$ 1400
Manicure, Pedicure, (Gel overlay for hands and feet
Full body Exfoliation & Stress relief Full Body Massage

Mom to Be 1h 30 min N\$ 560
Pre-Natal Back Massage and Pedicure

GENERAL SPA INFORMATION

We recommend scheduling of spa appointments prior to arrival, to secure treatment.

Please cancel your appointment 24 hours prior to your scheduled time to avoid being charged.

Please arrive 15 minutes prior to appointment time.

Late arrivals will have their treatment times reduced accordingly.

We cannot accommodate persons or children that are not booked for treatments.

As Sea Side Spa is a relaxation spa, please consider other guests by keeping noise level LOW.

Please switch off your cell phones when in the spa area.

Prices are subject to change without prior notice.

Gift vouchers are available.

NO FOOD AND DRINKS ALLOWED IN SPA.

NO CHILDREN UNDER THE AGE OF 14 ALLOWED TO USE THE SPA FACILITIES.



Sea Side

Hotel and Spa

Find your way to complete health
with our treatment options

10% Discount on all treatments
from Monday - Thursday
(Excluding Public Holidays)

Spa Price List

Tel: +264 64 415 900 Email: spa1@ssh.na
www.seasidehotelandspa.com

FACIALS

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|----------------------------------|-----------------|---------|
| Skin Bella Facial | 1h | N\$ 480 |
| Collagen Induction Therapy | 1h 30 min | N\$ 950 |

Environ Facials

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| Back Facial | 30 min | N\$ 310 |
| Basic Facial | 1h | N\$ 400 |
| Deep Cleanse | 1h 15 min | N\$ 460 |

Gatineau Facials

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|------------------------------------|-----------------|---------|
| Deep Cleanse | 1h 15 min | N\$ 500 |
| Basic Facial | 1h | N\$ 480 |
| Soothing & Well-being Facial..... | 1h | N\$ 580 |
| Defi Lift 3D Radiance Facial | 1h 15 min | N\$ 600 |

HANDS & FEET

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|------------------------------------|--------------|---------|
| Manicure | 1h | N\$ 250 |
| French Manicure | 1h | N\$ 260 |
| Paraffin Wax Manicure | 1h | N\$ 300 |
| French Pedicure | 1h | N\$ 300 |
| File & Paint (Hands or Feet) | 30 min | N\$ 100 |
| Paraffin Wax Pedicure | 1h | N\$ 360 |
| Paraffin dip | 10 min | N\$ 60 |

Feet are submerged in warm liquid wax, which will leave feet soft and moisturised.

Nail Enhancements

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| Sculpting gel Extensions | N\$ 500 |
| Acrylic Soak off | N\$ 180 |
| Full Set of Tips | N\$ 580 |
| 2 Week Fill | N\$ 160 |
| 3 Week Fill | N\$ 180 |
| Repairs | N\$25/Nail |
| Soak off | N\$ 100 |

Shellac Overlay

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| Shellac Overlay Hands/Feet | N\$ 270 |
| Pedicure with Overlay | N\$ 420 |
| Manicure with Overlay | N\$ 360 |
| Sculpting Gel Overlay | N\$ 300 |

SHAPING & TINTING

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| Eyebrow Shape | N\$ 65 |
| Eyebrow Tint | N\$ 65 |
| Eyelash Tint | N\$ 65 |

WAXING

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| 1/2 Leg Wax | N\$ 160 |
| Full Leg Wax | N\$ 260 |
| Underarm Wax | N\$ 110 |
| Facial (Lip or Chin) | N\$ 80 |
| Bikini Line Wax | N\$ 110 |
| Brazilian Wax | N\$ 210 |
| Hollywood Wax | N\$ 240 |
| Chest/Back/ Forearm Wax | N\$ 220 |

MASSAGES

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|---------------------------|--------------|---------|
| Foot Spa & Massage | 30 min | N\$ 240 |
| Indian Head Massage | 30 min | N\$ 270 |

Swedish Massage

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| Back, Neck & Shoulder Massage | 30 min | N\$ 280 |
| Back & Leg Massage | 45 min | N\$ 350 |
| Full Body Massage | 1h | N\$ 420 |

Pre-Natal Massage

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|-------------------------------------|--------------|---------|
| Back, Neck & Shoulder Massage | 30 min | N\$ 280 |
| Back & Leg Massage | 45 min | N\$ 350 |
| Full Body Massage | 1h | N\$ 420 |

Aromatherapy Massage

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|---|--------------|---------|
| Back, Neck & Shoulder Massage | 30 min | N\$ 300 |
| Couples Back, Neck & Shoulder Massage | 30 min | N\$ 580 |
| Back & Leg Massage | 45 min | N\$ 370 |
| Couples Back & Leg Massage | 45 min | N\$ 720 |
| Full Body Massage | 1h | N\$ 440 |
| Couples Full Body Massage | 1h | N\$ 840 |

Soy Candle Massage

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|-------------------------------------|--------------|---------|
| Back, Neck & Shoulder Massage | 30 min | N\$ 300 |
| Back & Leg Massage | 45 min | N\$ 370 |
| Full Body Massage | 1h | N\$ 440 |

Deep Tissue Massage

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|-------------------------------------|----------------|---------|
| Back, Neck & Shoulder Massage | 45 min | N\$ 400 |
| Back & Leg Massage | 1h | N\$ 480 |
| Full Body Massage | 1h15 min | N\$ 550 |

Stress Relief Massage

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|-------------------------------------|--------------|---------|
| Back, Neck & Shoulder Massage | 30 min | N\$ 330 |
| Back & Leg Massage | 45 min | N\$ 390 |
| Full Body Massage | 1h | N\$ 460 |

Omuronga Breeze Massage

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| Full Body Massage | 90 min | N\$ 650 |
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Bellabaci (Cupping therapy)

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| Back neck and shoulder massage | 30 min | N\$ 380 |
| Full body massage | 60 min | N\$ 500 |
| Full body massage | 90 min | N\$ 700 |

Hot Stone Massage

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| Back, Neck & Shoulder Massage | 30 min | N\$ 330 |
| Full Body Massage | 1h | N\$ 500 |

