

skin rejuvenation, pigmentation and problematic skin facials

SKIN REJUVENATION PEEL

A rejuvenating peel with a difference. Experience true skin rejuvenation results without the side effects generally associated with peeling. The skin rejuvenation peel is the first peeling system to offer a solution to all skin conditions by combining the regenerative capabilities of glycolic acid and intensely hydrating active ingredients. No down time and it can be used on sensitive skin. Unlike other peels, this will stimulate skin growth and makes skin thicker and robust. A results driven facial.

- **Nimue** | 60 minutes - N\$720
- **Optiphi Peel** | 30 minutes - N\$510 / 60 minutes - N\$720
- **Optiphi 30/30 Peel** | 60 minutes - N\$830

OPTIPHI LHA PEEL | 60 minutes - N\$830

The first of its kind. Lipohydroxy Acid (LHA) is a new generation beta hydroxy acid. The LHA Peel is depth dependent, not time dependent, and thus does not need neutralizing. This oil-based peel is highly lipophilic, allowing for an extended exfoliating action of up to 4 days.

ADVANCED ANTI-AGING

- **BABOR HSR** | 90 minutes - N\$1390
A luxurious facial treatment to intensely firm and tighten your skin, smooth away wrinkles and plump up your skin for an instant lift. Incorporating two anti-aging masks to lift, tighten and tone the skin, and the result is a lasting, lifting effect. The HSR® massage focuses on deep muscle relaxation and intensive decongestion and detoxifying of the tissue for all-round healthy skin.
- **BABOR Reversive** | 90 minutes - N\$1590
The ultimate indulgence to stop the signs of aging, turn back the hands of time while adding a youthful glow and leaving your skin radiantly supple. A bespoke treatment tailored to not only heighten the effects of the products but to also to allow a for optimum relaxation as you embark on a tranquil timeless journey.
- **BABOR Ultimate Creations of the Sea** | 90 minutes - N\$1790
Commencing with a back cleanse and massage, this ultimate luxurious anti-aging treatment is suitable for every skin, defining opulent skincare. With the combined ranges of Sea Creation, HSR® and GRAND CRU, the active ingredients will reduce wrinkles, tighten and nourish your skin. Your results will be a firmer, smoother and more youthful appearance with a glowingly radiant complexion.

MICRONEEDLING

The microneedling SRT Pen system is a device used for collagen induction. This system is known for its ability to rejuvenate the skin on multiple levels. It offers remarkable improvement on skin firmness, wrinkle depth and cellular function. It also targets pigmentation, refines pore size and improves product absorption.

- **Nimue** (incl. face, neck and décolleté) | 60 minutes - N\$990 (incl. anaesthetic)
- **Optiphi** (incl. face, neck and décolleté) | 60 minutes - N\$1690 (incl. anaesthetic)

ADD-ON BELLABACI FACIAL MASSAGE | N\$110

Enhance any facial with a Bellabaci facial massage. A modified version of the wonderful ancient 'cupping therapy'. The silicone cups provide sinus and congestion relief, assist with migraines and headaches, eye bag reduction and gives you a mini face lift.

hands & feet

CLASSIC MANICURE | 60 minutes - N\$310

A standard treatment incorporating basic hand and skin care which includes a gentle exfoliation, hydrating soak, massage, nail work and varnish paint.

SIGNATURE MANICURE | 60 minutes - N\$370

Our Signature manicure offers a luxurious caviar crystal soak for ultimate hydration, a gentle exfoliation, a hot stone massage, nail work and varnish paint.

CHAMPAGNE MANICURE | 75 minutes - N\$410

The ultimate journey for your hands which includes a champagne exfoliation, shimmer soak, champagne rose mask, moisturising paraffin wax, nail work, varnish paint complimented with a glass of champagne.

SIGNATURE GEL MANICURE | 90 minutes - N\$470

A Signature manicure treatment with gel polish paint.

CLASSIC PEDICURE | 60 minutes - N\$340

A standard treatment incorporating basic foot and skin care which includes a gentle exfoliation hydrating soak, massage, and varnish paint.

SIGNATURE PEDICURE | 60 minutes - N\$410

Our Signature pedicure offers a luxurious caviar crystal soak for ultimate hydration, a gentle exfoliation, a hot stone massage, pedi prep which aids in softening the skin, nail work and varnish paint.

FOOTLOGIX PEDICURE | 75 minutes - N\$440

This system uses pharmaceutical-grade ingredients to treat every condition from dry, cracked skin to more severe symptoms due to diabetes. This system includes a soak, sea weed scrub, callus softener, foot file, mousse, lotion to lock in hydration and varnish paint.

CHAMPAGNE PEDICURE | 75 minutes - N\$510

The ultimate journey for your feet including a sweet chestnut exfoliation, shimmer soak, foot peel, champagne rose mask, moisturising paraffin wax, foot peel, nail work and varnish complimented with a glass of bubbly.

SIGNATURE GEL PEDICURE | 90 minutes - N\$510

A Signature pedicure treatment with gel polish paint.

MEDI HEEL PEEL & FOOT MASK | 15 minutes - N\$210

A foot treatment incorporating a sodium hydroxide solution for the removal of stubborn dead skin cells and also assists with cracked heels, leaving the skin soft and supple. To be used in conjunction with any pedicure.

SOAK OFF | 30 minutes - N\$130

POLISH RE-PAINT | 15 minutes - N\$130

GEL POLISH RE-PAINT | 30 minutes - N\$270

waxing

Full Leg N\$350	Lip / Chin / Cheeks N\$130
Underarm N\$180	Brow Wax / Shape N\$140
Standard Bikini N\$250	Chest N\$290
Full Bikini N\$290	Abdomen N\$220
Full Arm N\$280	

tinting

Eye brow tint / eye lash tint | N\$140

lashes and brows

Eye Lash Tint / Eyebrow Tint | N\$140
Full Set Classic Extensions | N\$750
Full Set Classic Extension Fill | N\$550 (3 weeks)
Lash Removal | N\$150



contact us

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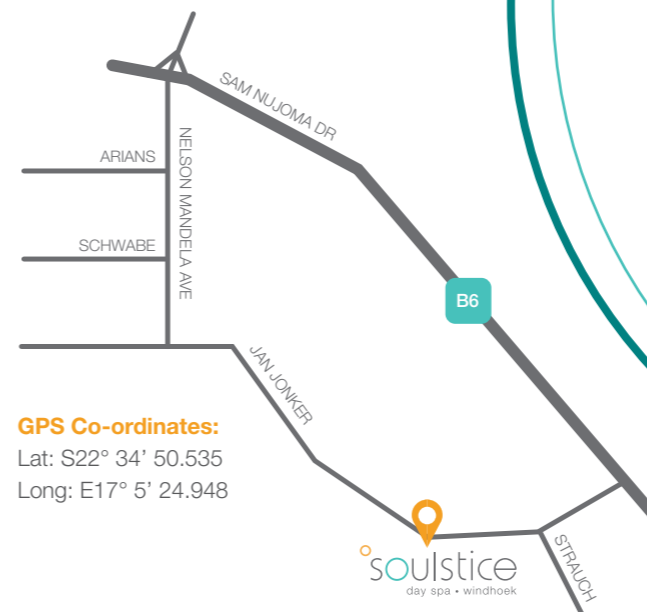
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Lat: S22° 34' 50.535

Long: E17° 5' 24.948

Operating Hours:

Monday to Friday 8h00–19h00

Saturday 9h00–19h00

Sundays and Public Holidays 9h00–17h00

(Closed on Christmas Day, Family Day and New Years Day)


day spa • windhoek
www.soulsticedayspawindhoek.co.za

spa memberships

We offer **SPA MEMBERSHIPS** to clients with a preference for more regular visits.

Benefits of being a member:

- Free treatments
- Free use of the facilities for 24 months
- Treat your friends and family to spa treatments on your account
- Buy vouchers on your account
- Use your account to reward employees with a treatment

get up to 15% off treatments

BRONZE N\$10 000

- N\$1000 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

SILVER N\$15 000

- N\$1500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

GOLD N\$20 000

- N\$2500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

PLATINUM N\$30 000

- N\$4500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

complimentary spa facilities

These facilities are offered complimentary with every treatment booked. For the use of only the spa facilities with no additional treatments a surcharge of N\$390 will apply.

STEAM ROOM

This steam-based treatment is designed to detoxify the body and makes use of 100% humidity to cleanse the body of impurities.

OUTDOOR SWIMMING POOL

A bit of both, a heated jet pool as well as a cool splash pool are situated side by side.

group / corporate offerings

Corporate and Client Functions / Team Building / Events / Staff Incentives / Bachelorette Parties

Tailored according to your budget, we can facilitate up to 100 people depending on availability and treatment packages required.

wellness journeys

FLOATATION THERAPY | 30 minutes - N\$390 per person

Go back to a time and place where your body was enveloped by nothing but water. One session in our floatation bath equates to 4 hours of undisturbed sleep. The water, combined with a high salt content, allows your body to become weightless, relieving skeletal tension and provides mental relaxation.

Reduces stress / reduces headaches / anxiety relief / increased circulation / sports recovery / promotes restful sleep / pain relief / promotes relaxation / tames and teaches a restless mind to meditate

MIDDLE EASTERN MUD RITUAL RASUL CHAMBER |

30 minutes - N\$390 per person

Based on the traditional Turkish bath, this exfoliating and cleansing ritual uses pure natural medicinal earth mud to cleanse and detoxify the body and combines steam to open pores and draw out impurities. To complete the ceremony, a tropical rain shower will wash away the mud providing an all over cleansing, detoxifying and rejuvenating experience. This ceremony can be enjoyed as a group or with a partner. The Rasul Chamber can accommodate up to 6 people at a time.

spa packages

ON THE GO | 1.5 hours - N\$790 per person

- Express Manicure
- Express Pedicure
- Back, Neck & Shoulder Massage or Express Facial
- Add on an hour to use spa facilities

EXECUTIVE RETREAT | 1.5 hours - N\$1140 per person

- Floatation Therapy - 30 minutes
- Full Body Soy Candle Massage - 60 minutes
- Add on an hour to use spa facilities

BODY REVIVAL JOURNEY | 2 hours - N\$1530 per person

- Floatation Therapy - 30 minutes
- Rasul Chamber - 30 minutes
- Full Body Soy Candle Massage - 60 minutes
- Add on an hour to use spa facilities

MOMMY-TO-BE PACKAGE | 2 hours (including spa facilities) - N\$1460 per person

- Full Body Exfoliation - 30 minutes
- Full Body Pregnancy Massage - 60 minutes
- Express Facial - 30 minutes

DAY TIME DELIGHT | 3.5 hours - N\$1830 per person

- Rasul Chamber - 30 minutes
- Full Body Swedish Massage - 60 minutes
- Classic Facial - 60 minutes
- Classic Pedicure - 60 minutes
- Add on an hour to use spa facilities

TOP TO TOE | 4 hours (half day package) - N\$2260 per person

- Full Body Swedish Massage - 60 minutes
- Classic Facial - 60 minutes
- Signature Manicure - 60 minutes
- Signature Pedicure - 60 minutes
- Add on an hour to use spa facilities

couples spa packages

ROMANTIC RASUL FOR TWO | 30 minutes - N\$740 per couple

Enjoy the exotic chamber with the one you love.

TRANQUILITY FOR TWO | 1 hour - N\$1480 per couple

Combine the Floatation experience with the Middle Eastern Mud Ritual for a couples experience you will not forget.

ETERNALLY YOURS | 1.5 hours - N\$2430 per couple

- Middle Eastern Mud Ritual in the Rasul Chamber
- Luxurious Candle Massage
- Add on an hour to use spa facilities

massage

BACK, NECK & SHOULDER MASSAGE | 30 minutes - N\$410 45 minutes - N\$520

This massage focuses purely on the back and shoulder areas to relieve tension of these commonly overstressed muscles.

SOLE SOLUTION FOOT RITUAL | 45 minutes - N\$470

This treatment is designed to target tired feet and aching legs in need of tender loving care. It includes a cooling foot soak and scrub followed by an uplifting pressure point massage to give the ultimate relaxation.

INDIAN HEAD MASSAGE | 30 minutes - N\$410

Alternating slow and vigorous massage movements are applied to the head and are combined with a pressure point massage to the scalp, head and shoulders to relieve stress.

REFLEXOLOGY | 30 minutes - N\$410 / 45 minutes - N\$520

This is an ancient treatment that focuses on the feet to treat the entire body. It is a relaxing pressure-point foot massage that balances the body to re-establish your energy flows, relieve stress and restore harmony.

SWEDISH MASSAGE | 60 minutes - N\$650 / 90 minutes - N\$790

Firm, but gentle pressure is applied to improve blood circulation, ease muscle aches and tension, improve flexibility and reduce stress.

advanced massage

HOT STONE THERAPY | 60 minutes - N\$690

A therapeutic massage using heated lava stones that channel energy from the feet through to the upper area of the back.

DEEP TISSUE MASSAGE | 60 minutes - N\$690

This massage is designed to manipulate tense and strained muscles and to improve flexibility and endurance in the muscular system.

MOTHER-TO-BE MASSAGE | 60 minutes - N\$690

A massage using specific prenatal techniques, to increase circulation, alleviate tired muscles, relieve mental and physical fatigue. A nourishing balm is also applied to prevent unnecessary stretch marks.

LUXURIOUS SOY CANDLE MASSAGE | 60 minutes - N\$750

Enjoy a full body massage using the molten wax of an aromatic Soy candle.

FULL BODY BAMBOO MASSAGE | 60min - N\$690 per person

A deep tissue massage incorporating bamboo sticks promoting circulation and lymph drainage.

FULL BODY HEMP MASSAGE | 60min - N\$690 per person

This herbal treatment combines purely concentrated Hemp oil & stretching massage movement, to create that perfect homeostatic balance in the body. The Hemp oil massage will naturally soothes irritated nerve receptors, reduces your pain by relaxing your muscle tissue and protects your skin.

massage journeys

MUSCLE EASE BODY RITUAL | 60 minutes - N\$690 / 90 minutes - N\$940

This treatment focuses on detoxification of the muscles. It begins with a cooling full body exfoliation and wrap to stimulate circulation and release toxins. It then ends with a muscle ease massage which relieves muscle aches and tension, increases mobility and reduces stress.

FOUR SEASONS MASSAGE JOURNEY | 60 minutes - N\$830

This full body layer locking massage incorporates exfoliation, massage with a serum followed by a body butter and a soy candle. Experience four seasons, Autumn, your skin will be sloughed to prepare it for nourishment. Spring will add moisture to the skin with a nourishing serum (Like rain hydrating the earth), followed by Summer, allowing your skin to glow radiantly. Winter, protect your skin from natural elements with a barrier from a soy massage candle that melts into a warm sumptuous massage oil poured over the skin for a luxurious massage treatment to melt away tension.

SOULSTICE JOURNEY | 90 minutes - N\$940

A complete journey awakening the senses. Begin your journey with an invigorating full body frangipani exfoliation followed by an indulgent frangipani oil massage leaving your body re-energised. You will then be polished off with our hydrating and nourishing body milk leaving your skin feeling silky soft and smooth.

BELLABACI CUPPING | N\$160

A simplified version of ancient cupping. Treats various conditions from cellulite, pain relief, remove stagnation and eliminate toxins with the benefits of lymphatic drainage.

SINUS MASSAGE | 15min - N\$110

body treatments

BODY EXFOLIATION | 30 minutes - N\$370

Revitalise your skin. Your body will be deeply cleansed and oxygenated with the application of a specially formulated scrub.

BACK CLEANSING TREATMENT | 60 minutes - N\$590

A treatment essential to the removal of dead skin cells and impurities whilst hydrating and repairing the skin.

OPTIPHI BODY CURVE TREATMENT | 60 minutes - N\$650

Indulge your skin with the optimum in skin science. This treatment will soothe and refine skin while increasing cellular oxidation and circulation, and facilitates the removal of trapped fluids. This dual-action complex of chemical and enzymatic components will exfoliate your skin, removing dead skin cells and calming sensitivity, resulting in soft and radiant looking skin. This treatment includes a take home Optiphi Body Buffer.

BABOR ALGAE DETOX BODY WRAP | 60 minutes - N\$730

This detoxifying full exfoliation and wrap containing blue-green algae extracts is boosted with minerals, anti-oxidants, proteins and amino acids which thoroughly moisturise and protect the skin as well as give each living cell a thorough detox. Elasticity is improved and tissue is firmed.

DR BABOR ANTI CELLULITE TREATMENT | 60 minutes - N\$990

This body wrap gently compresses the skin tissue, helping the highly effective active ingredients in the wraps to penetrate deep into the skin. The breakdown of fat in the cells is activated, improving cross-linking of collagen fibres and restoring the skins firmness and structure. The problem areas take on a considerably smoother, firmer appearance.

skincare & facials

CLASSIC ESSENTIAL & HYDRATING FACIALS

A deep cleanse, followed by a gentle exfoliation. A face, neck and shoulder massage releases and eases tension, whilst a mask and nutritional boosters or serums restore your skin.

- Nimue Therapeutic Facial | 60 minutes - N\$620
- BABOR Glow Facial | 60 minutes - N\$690
- Optiphi Hydrate and Repair Facial | 60 minutes - N\$690

RADIANCE BOOSTER & ANTI AGEING FACIALS

Tailored to treat individual concerns such as congestion, lack of radiance, sensitivity, premature ageing and loss of elasticity, by balancing the skin with boosters, serums and ampoules.

- Nimue Thermal Detox Facial | 30 minutes - N\$620
- Nimue Rejuvenating Facial | 60 minutes - N\$720
- Optiphi Radiance Facial | 90 minutes - N\$830
- BABOR Signature Facial | 90 minutes - N\$1290