



soulstice  
day spa • windhoek

an  
**extraordinary**  
experience

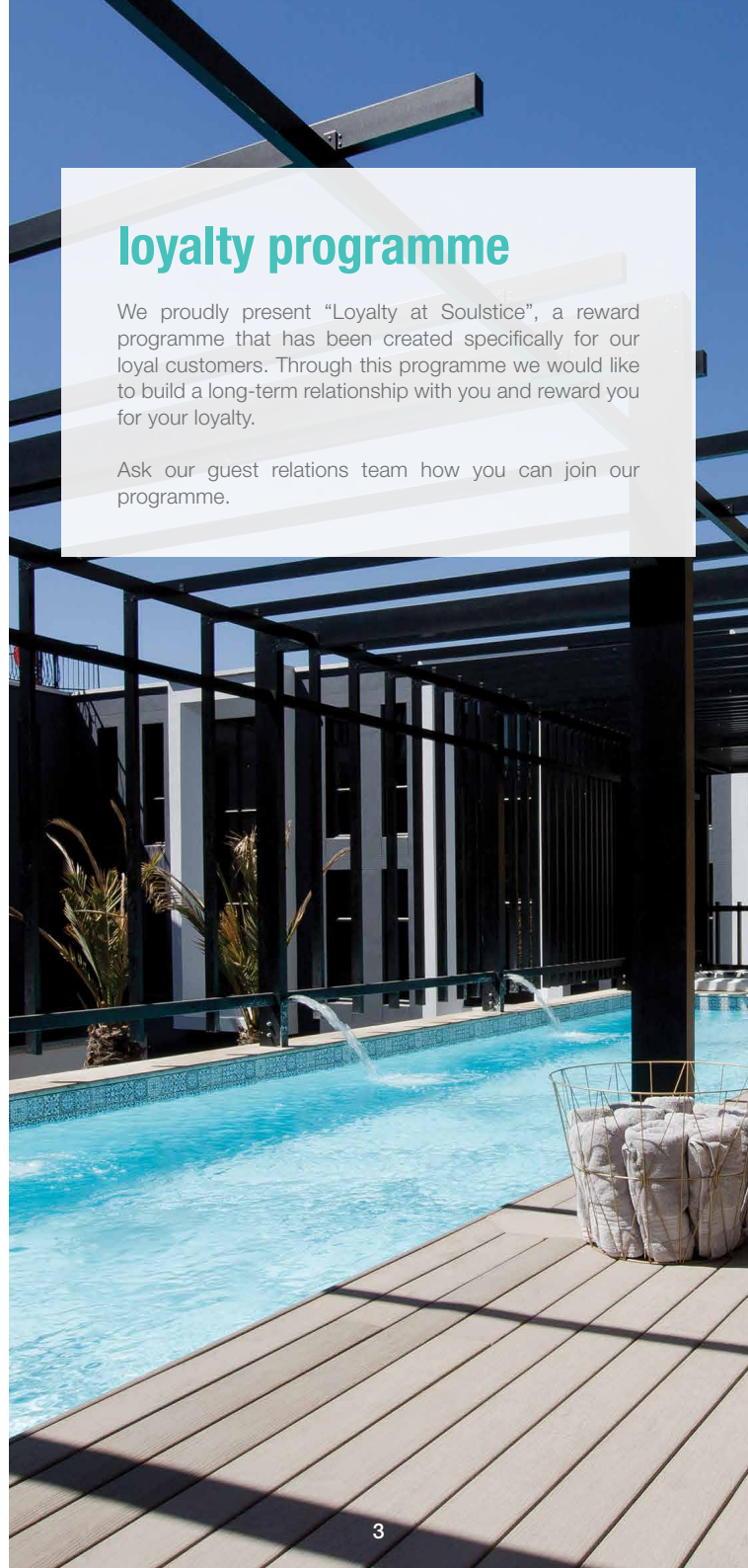
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## loyalty programme

We proudly present “Loyalty at Soulstice”, a reward programme that has been created specifically for our loyal customers. Through this programme we would like to build a long-term relationship with you and reward you for your loyalty.

Ask our guest relations team how you can join our programme.



## 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 spa treatments booked. For the use of spa facilities with no additional treatments, a surcharge of N\$350 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\$370 pp

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.

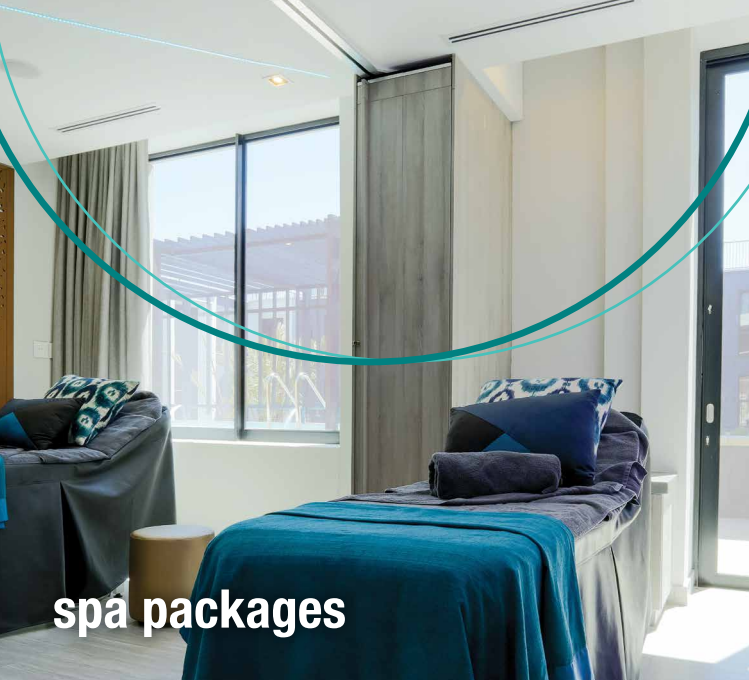
Reduces stress / reduces headaches / anxiety relief / increased circulation / sports recovery / promotes restful sleep / pain relief / promotes relaxation / tames and teaches a restless mind to meditate

### MIDDLE EASTERN MUD RITUAL

#### RASUL CHAMBER

30 minutes - N\$370 pp

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\$760 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\$1090 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\$1460 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\$1410 per person

- Full Body Exfoliation
- Full Body Pregnancy Massage
- Express Facial

### DAY TIME DELIGHT

3.5 hours - N\$1980 per person

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

### TOP TO TOE

4 hours (half day package) - N\$2030 per person

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

## couples spa packages

### ROMANTIC RASUL FOR TWO

30 minutes - N\$720 per couple

Enjoy the exotic chamber with the one you love. Includes a glass of sparkling wine.

### TRANQUILITY FOR TWO

1 hour - N\$1450 per couple

Combine the Floatation experience with the Middle Eastern Mud Ritual for a couples experience you will not forget. Includes a glass of sparkling wine and sweet treat.

### ETERNALLY YOURS

1.5 hours - N\$2330 per couple

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

# 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\$590
- BABOR Glow Facial | 60 minutes - N\$670
- Optiphi Hydrate and Repair Facial | minutes - N\$670

## RADIANCE BOOSTER & ANTI AGING 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 | 60 minutes - N\$590
- Nimue Rejuvenating Facial | 60 minutes - N\$690
- Optiphi Radiance Facial | 90 minutes - N\$790
- BABOR Signature Facial | 90 minutes - N\$1190

## 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\$690
- Optiphi Peel | 30 minutes - N\$490 / 60 minutes - N\$690
- Optiphi 30/30 Peel | 60 minutes - N\$790

### OPTIPHI LHA PEEL

60 minutes - N\$790

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\$1290  
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\$1490  
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\$1690  
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 Treatments

### 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 decollate) | 60 minutes - N\$950 (incl. anaesthetic)  
Optiphi (incl. face, neck and decollate) | 60 minutes - N\$1590 (incl. anaesthetic)

## Additional Enhancements

### ADD-ON EYE FOCUS TREATMENT

N\$190

Incorporate this cooling Protein eye pack to relieve tired, stressed eyes. This treatment eliminates puffiness, dark circles and wrinkles to instantly soothe and rejuvenate the eye area.

### ADD-ON BELLABACI FACIAL MASSAGE

N\$100

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.

# massage

## BACK, NECK & SHOULDER MASSAGE

30 minutes - N\$390 / 45 minutes - N\$490

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\$450

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\$390

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

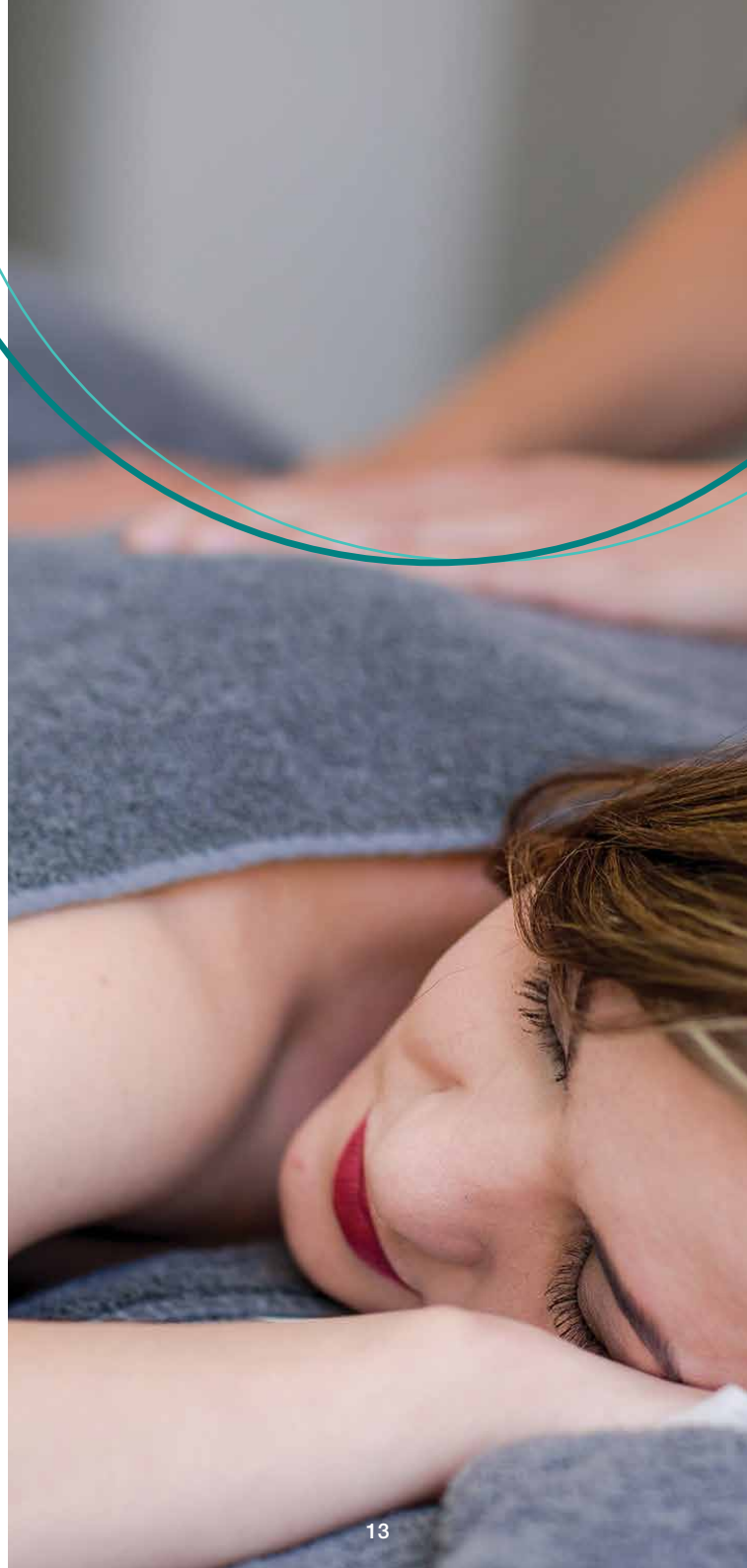
30 minutes - N\$390 / 45 minutes - N\$490

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\$620 / 90 minutes - N\$790

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



ENHANCE  
ANY MASSAGE  
WITH  
BELLABACI

## Advanced Massage

HOT STONE THERAPY | 60 minutes - N\$670

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\$670

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\$670

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\$720

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

## Massage Journeys

MUSCLE EASE BODY RITUAL

60 minutes - N\$690 / 90 minutes - N\$890

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\$790

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\$890

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\$150

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

## body treatments

BODY EXFOLIATION | 30 minutes - N\$350

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\$570

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\$570

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\$690

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\$960

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

## 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





## hands & feet

### **CLASSIC MANICURE** | 60 minutes - N\$290

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\$350

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\$390

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\$450

A Signature manicure treatment with gel polish paint.

### **CLASSIC PEDICURE** | 60 minutes - N\$320

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\$390

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\$420

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\$490

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\$490

A Signature pedicure treatment with gel polish paint.

### **MEDI HEEL PEEL & FOOT MASK** | 15 minutes - N\$190

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\$120

### **POLISH RE-PAINT** | 15 minutes - N\$120

### **GEL POLISH RE-PAINT** | 30 minutes - N\$260



## DINING

Enjoy dining in a beautiful, relaxing environment or simply relax with a warm or cool beverage in between treatments.

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## YOU NEED TO KNOW

- Kindly bring your bathing costume.
- Credit card details or an EFT payment will be required to secure your booking.
- Ensure cellular phones are switched off during treatments and in the relaxation areas of the spa.
- All prices and information are subject to revision without prior notice.
- Products purchased are not refundable.
- Soulstice Day Spa is not held responsible for any theft, damage, loss or misfortune that may occur.
- Please inform your therapist if you are pregnant, have any allergies, medical conditions or if you are on any medication.
- We kindly request punctuality as late arrivals will result in a reduction in treatment time whilst the full treatment fee will apply.
- No children under 16 years of age.

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## CANCELLATION POLICIES

- A 24-hour notice period is required for cancellations and rescheduling.
- If a treatment is not cancelled 24-hours prior, the full treatment fee will apply and we reserve the right to charge your credit card / redeem your voucher accordingly.

## PLEASE CONSULT WITH YOUR THERAPIST IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS:

- On any medication
- High blood pressure
- Any heart condition
- Recent surgery
- Muscle or joint injuries
- Sinusitis
- Pregnancy
- Epilepsy
- Diabetes
- Eczema or Psoriasis
- Sunburn
- Allergy to iodine, sulphur or product allergies



## contact us

### PHYSICAL ADDRESS:

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Stand 1944  
Klein Windhoek

**T:** +264 61 209 0990

**E:** [info@soulsticedayspawh.co.za](mailto:info@soulsticedayspawh.co.za)

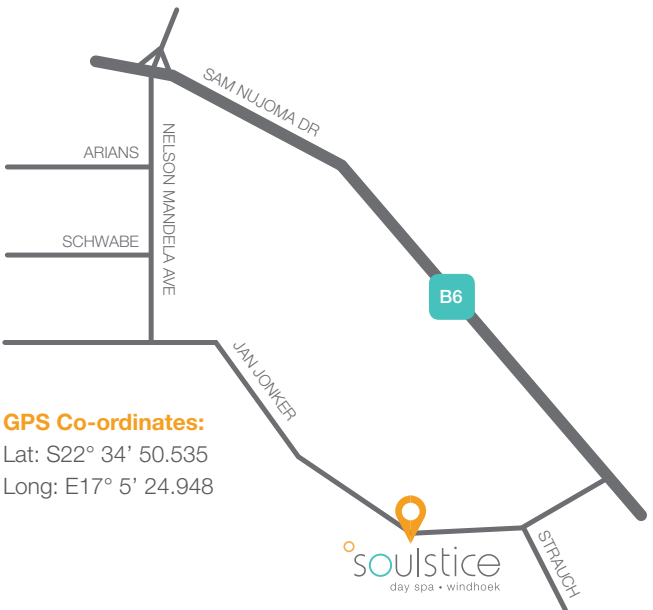
**WhatsApp:** +264 81 309 5070

### WEBSITE / ONLINE VOUCHER PURCHASES:

[www.soulsticedayspawindhoek.co.za](http://www.soulsticedayspawindhoek.co.za)



SoulsticeDaySpaWindhoek



### GPS Co-ordinates:

Lat: S22° 34' 50.535

Long: E17° 5' 24.948

### Operating Hours:

Monday - Friday 8am - 7pm

Saturday 9am - 7pm

Sundays and Public Holidays 9am - 5pm

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