

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 your 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 30min N\$230

A botanical rich, remineralising salt scrub containing anti-oxidant body oil which stimulates superficial articulation and gently polishes the skin leaving 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.

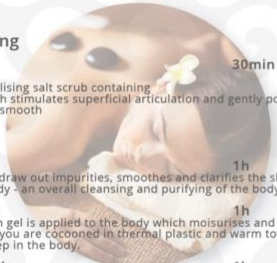
Vitaderm Black Silt Body 1h N\$460
A very unique soft mud found at the very bottom of lakes, is applied to the body - an overall detoxifying, cleansing and hydrating of the body.

Teen Section (From 12 years and up)

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

Spa Facilities

Sauna N\$100
Steam Room N\$100
Jacuzzi N\$100
All N\$280



Pamper Treat

3h N\$1500
Full Body Scrub, Full Body Wrap, Aroma Full body massage and basic facial.

Absolute Indulge 3h N\$980

Manicure, Pedicure and Basic Facial.

Tranquility 1h 45min 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 1h30min N\$560
Pre-Natal Back Massage and Pedicure

Ozone Therapy (The toxin destroyer) per session N\$250
10 sessions N\$2300

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 your 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 levels LOW.

Please switch off 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 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)

Price List

www.seasidehotelandspa.com

Tel +264 64 415 900 | Email spa1@ssh.na

Facials

Skin Bella Facial 1h N\$480
Collagen Induction Therapy 1h30min N\$950

Environ Facials

Back Facial 30min N\$310
Basic Facial 1h N\$375
Deep Cleanse 1h15min N\$430
Peeling Facial 1h 15min N\$500

Gataneau Facials

Deep Cleanse 1h15min N\$500
Basic Facial 1h N\$480
Soothing & Well-being Facial 1h N\$580
Defi Lift 3D Radiance Facial 1h15min N\$600

Hands & Feet

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

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

Nail Enhancements

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



Shellac Overlay

Shellac Overlay Hands/Feet N\$250
Pedicure with Overlay N\$420
Manicure with Overlay N\$360
Sculpting Gel Overlay N\$300

Shaping & Tinting

Eyebrow Shape N\$65
Eyebrow Tint N\$65
Eyelash Tint N\$380
Eyelash Extension

Waxing

1/2 Leg Wax N\$160
Full Leg Wax N\$240
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\$200

Massages

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

Swedish Massage

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

Pre-Natal Massage

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

Aromatherapy Massage

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

Soy Candle Massage

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

Deep Tissue Massage

Back, Neck & Shoulder Massage 45min N\$400
Back & Leg Massage 1h N\$480
Full Body Massage 1h15min N\$550

Stress Relief Massage

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

Hot Stone Massage

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

OMURONGA BREEZE MASSAGE

Full Body Massage 90min N\$650



Sea Side Hotel and Spa