SPA TREATMENT MENU

ATLANTIC SPA

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The Atlantic Spa, a perfect combination of relaxation and renewal focusing on the healing powers of the Atlantic Ocean and the vast Namib Desert.

The Atlantic Spa, welcomes both Strand Hotel Swakopmund residential and non-residential guests. This Spa is a perfect combination of relaxation and renewal focusing on the healing powers of the Atlantic Ocean and the vast Namib Desert.

Our core philosophy of natural health is based on inspiration from the Atlantic Ocean and the use of Mother Earth’s Namib Desert ingredients. For centuries natural ingredients have been used to enhance beauty and maintain health.

Pre and post treatment offerings include individual Crystal Steam Rooms, Rain Showers and an exclusive Relaxation Lounge. Guests are also invited to enjoy the outdoors on the spa’s spacious roof-garden terrace including a therapeutic Reflexology Pathway and outdoor all weather couples Therapy Suite. The roof-garden terrace offers a light Spa Snack & Beverage menu.

The Grooming Lounge located in the Solarium offers guests beauty treatments including manicures and pedicures.

Bespoke therapies are performed indoors in one of two individual treatment rooms or our indoor and all-weather outdoor couples suites. The Atlantic Spa uses the award winning German Skincare Range BABOR, Organic African range ESSE as well as the Atlantic Spa Signature Range.

**FACILITIES:**
- Individual Male/Female Crystal Steam Rooms
- Rain Showers
- Two individual single therapy rooms
- Salt Therapy Bed
- Couples therapy room
- Outdoor all weather couples therapy suite with fireplace

**BESPOKE EXPERIENCES**
- Customary Foot Rituals
- The Solarium Grooming Lounge
- Relaxation Lounge
- Rooftop Garden Terrace with light snack & beverage menu
- Reflexology Path
- Sauna (located in the Atlantic Gym)
- Signature Spa Journeys
- Rasul Body Experience
- Shell Therapy
- African inspired Treatments
- Salt Therapies

**Hours of Service:**
- *Sunday to Thursday* 09h00-19h00
- *Friday, Saturday and Public Holidays* 09h00- 20h00
SPA INFORMATION

RESERVATIONS
We recommend scheduling treatments in advance. Our Spa team will be happy to guide you in selecting the treatments or journeys that are right for you. Feel free to discuss any areas of concern, or share your personal preferences. You can book your treatments via phone, email or online bookings.
Telephone: +264-64-411-4421
Email: atlanticspa.strand@ol.na
Website: atlanticspa-swakopmund.com

PAYMENTS
The Atlantic Spa accepts cash, Atlantic Spa vouchers, MasterCard and Visa card payments. Unfortunately, no personal cheques are accepted. Strand Hotel Swakopmund guests may sign their treatments to their room account, payable at Reception prior to departure.

ARRIVAL
Please arrive at least 20 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings. Late arrival will limit your treatment time.

STEAM ROOMS & OTHER FACILITIES
All treatments booked include complimentary use of all our Spa facilities, including individual Crystal Steam Rooms, Rain Showers and our Rooftop Garden Terrace with Reflexology Pathway. Strand Hotel Swakopmund Residential Guests can reserve and use (without reserving a treatment) the Crystal Steam Rooms, Rain Showers and Rooftop Garden Terrace including beverages from the Spa Refreshment Station – N$ 100 per person. Residential Guests may use the Atlantic Gym Saunas on a complimentary basis. Both facilities are subject to availability and a 45 minute advance notice is required by contacting the Spa.

MUSIC CHOICES
During your treatment, you can choose to listen to the sounds that make you feel at ease. Atlantic Spa creates the perfect atmosphere for rest and relaxation. Music genre include: Sounds of the Ocean, Classical, Contemporary Spa or Nature. Guests are also welcome to bring their own music media devices.

SALT THERAPY BED
Enjoy any of our treatments on our innovative Salt Therapy Bed. Minerals and essential trace elements are delivered to the skin essential for health and enhanced healing. Pre-booking is essential.
SPA INFORMATION

COUPLE’S TREATMENTS
Couples Spa treatments are fitting for anyone who desires sharing any of our Spa experiences. This may include spouses or your significant others, family or friends. We offer an indoor double treatment room as well as an all-weather outdoor suite with fireplace. Pre-booking is essential.

HOW TO SPA SAFELY
We recommend that you do not sunbathe before or after any spa treatment (especially hair removal treatments, body scrubs or aromatherapy treatments) for a minimum of twelve hours.

Gentlemen are kindly asked to shave prior to all facial treatments to ensure that maximum results will be achieved.

PREGNANCY
We have specially designed treatments suitable for “mums-to-be” and nursing mothers. Please allow us to help guide you in selecting which treatments will be most suitable for you during this special time.

MEDICAL CONDITIONS
When making your reservation or prior to your treatment, please advise us of any health conditions, allergies or injuries which might affect your experience.

SPA CLOTHING
We provide bathrobes, slippers and disposable underwear for your personal use during your visit to our Spa. Our therapists will make sure that your privacy is respected at all times.

SPA ETIQUETTE
Our Spa environment is one of relaxation and tranquillity. In light of this, our Spa is a mobile phone and smoke free environment.

JEWELRY
We recommend that you leave all jewellery and valuables at home or in your room safe before coming to the Spa. We offer guests secure lockers in each of the change rooms while enjoying the Spa. Kindly note that the Spa cannot be held responsible for loss or damage of personal articles or misplaced items.

CHILDREN
The Spa is only open to persons who have booked treatments. Treatments may be reserved for children of 14 years and older. Please note the Spa is an unsuitable environment for babies and small children and is the perfect setting to get a little alone time.
CANCELLATIONS
A 100% charge will apply for any treatments cancelled with less than 24 hours notice. The same applies for no shows and gift vouchers bookings.

GIFT VOUCHERS
The Atlantic Spa gift vouchers are a unique and special way to celebrate any occasion and are available for all treatments, products, journeys and packages. Vouchers can be purchased at the Spa and/or couriered, express posted or emailed.

SPA AT HOME
We offer an extensive selection of retail items for you to extend your Spa experience at home. Please feel free to look through our products at the Atlantic Spa to find the best option for you.

SNACKS & BEVERAGES
Conclude your treatment with complimentary fruit infused water, herbal hot or iced teas, Nespresso coffee. Delicious snack meals and other beverages are available from the Rooftop Garden Terrace Spa snack and beverage menu.

GROUP EVENTS
The Atlantic Spa offers several options for corporate and private group events. Allow our team to design a custom package for you or arrange a Spa-hosted event complete with mini Spa services for you and your guests. For more information, please contact Atlantic Spa Reservations.

NOTE: All prices are subject to change without prior notice. This menu valid as of October 2015.

SIGNATURE SPA JOURNEYS

Ocean Escape 2.5 hours | N$ 1,050

This ritual invokes the mysteries of the ocean where the depths of the sea unite with offerings of the shore. We begin this journey with our signature opening ritual followed by an exhilarating exfoliation using mineral rich sea salts, a Detoxifying Algae Body Wrap and finishing with a heated Shell Full Body Massage. This journey is performed while relaxing on our specialised Salt Therapy bed.
SIGNATURE SPA JOURNEYS

Desert Morning 2 hours | N$ 725

Your muscles release as time stops while your senses and body are taken on a healing journey. Choose between our Desert Stone or African Calabash Massage followed by our Atlantic Spa Organic Facial using ESSE products.

Journey to Africa 40 minutes | N$ 250

Our Journey to Africa treatment harnesses the therapeutic benefits of mineral mud to improve the complexion. It also relieves rheumatic discomfort and removes toxins by encouraging blood flow to revive tissue and stimulate the lymph system. This self-applied package starts within our Crystal Steam Room, where you will apply our signature Atlantic Spa Salt Scrub followed by pure Rose Clay Mud to your body and face. While relaxing in the Crystal Steam Room let the mud and steam gently detox and de-stress you. The ritual finishes with a soft, warm tropical rain shower leaving your skin incredibly soft and smooth.

Oasis Signature Massage
60 minutes | N$ 450
90 minutes | N$ 600

A combination of pressure, rolling motions and rhythmic strokes recall the motion of the waves, lulling you into a balanced state of mind. Our signature massage combines our Atlantic Spa Massage Oil with pure Baobab and Arnica oils and the healing power of heat. A warm compress and essential oil eye pillow will cast you straight into your dreams. You’ll be gently cocooned to let the moisturizing oil penetrate deep into your skin while your therapist leaves you to experience a deep sense of restfulness. After a tranquil ten minutes, receive a gentle foot massage and hot steamed towels.
MASSAGE THERAPIES

Desert Stone and Pietersite Massage  
- 60 minutes | N$ 450  
- 90 minutes | N$ 600

This treatment combines the uniqueness of warmed stones and the Pietersite Gemstone. This gemstone is only found in Namibia and it has been said to offer one the “keys to the kingdom of heaven”. The stone’s heat will penetrate deep into your muscles while the healing energy of the Pietersite crystal helps balance the body, mind and soul providing a truly unique desert therapy.

Sea Shell Massage  
- 60 minutes | N$ 550  
- 90 minutes | N$ 750

This indulgent treatment uses elements of Mother Nature to bring relief to tense muscles, sore joints and is ideal for the stressed and weary. Smooth, heated seashells are skillfully combined with massage and hydrating coconut oil for an exceptional Spa experience.

Hot Herbal Poultice Massage  
- 60 minutes | N$ 550  
- 90 minutes | N$ 750

Used for centuries to heal and purify the body. The Herbal Poultice treatment utilizes warmed muslin poultices of desert herbs that are steamed and applied directly to the body in a kneading action. Heat and herbs are absorbed by the body to help reduce aches and pains, increase lymphatic drainage and condition the skin.

African Calabash Massage  
- 60 minutes | N$ 550  
- 90 minutes | N$ 750

Using traditional calabashes this massage originates from the ancestral therapies of Africa. Your therapist will restore the flow of energy in the entire body by stimulating the points of blockage. The pressure applied and the deep penetration of the Baobab and Marula Oils is relaxing, toning and restores vitality.

Energizing Back, Neck and Scalp Massage  
- 30 minutes | N$ 250

A massage focusing on the areas most prone to stress and tension. Pressure is applied to help release built up tension working through the back onto the neck and scalp.
MASSAGE ENHANCEMENTS

Salt Therapy Bed  N$100

Enjoy your chosen massage on our Salt Therapy Bed. Minerals and essential trace elements are delivered to the skin.

Hot Oil Scalp Treatment  20 minutes | N$ 200

Unwinds tense head and neck muscles while nourishing your hair.

Foot Scrub  20 minutes | N$ 150

Start your massage with a stimulating marine rich salt scrub. The feet are wrapped in hot moist towels to finish the treatment.

Dry Body Brushing  10 minutes | N$ 75

A brisk brushing exfoliates, stimulates lymphatic flow and enhances immune response.

FACIAL TREATMENTS

Making use of ESSE organic skincare as well as the proud German spa range Babor, our facial treatments are based on a holistic approach to beauty. It incorporates wonderful massage techniques that stimulate the entire body and optimize the skin's ability to absorb active ingredients. We use warm compresses to soften and heat the skin, should you prefer a traditional facial steamer please let us know at your time of booking.

ESSE SPECIALISED FACIALS

Signature Atlantic Spa Organic Facial  60 minutes | N$ 320

We believe nature offers all that we need to produce the most effective skincare. Using Africa’s incredible plant diversity like Baobab, Marula and Kalahari Melon combined with advanced ingredients this certified organic facial offers a wide spectrum of options that you and your therapist will explore to give you a customized ESSE facial.
FACIAL TREATMENTS

Detoxifying 60 minutes | N$ 350
Organic Facial

A detoxifying and purifying ESSE facial treatment for any skin type. Massage drains away toxins and reduces stress levels, while skin texture is smoothed and refined, inflammation and blemishes reduced and pores minimised.

BABOR SPECIALISED FACIALS:

Vita Balance Facial 60 minutes | N$ 365
Experience your skin being intensively moisturised, leaving your skin supple and soft to the touch.

Energizing Oxygen Facial 90 minutes | N$ 450
Special carriers with a time-release mechanism deliver oxygen right down to the deepest layers of your skin cells, with long-lasting effect.

Regenerating Facial 60 minutes | N$ 500
This intensive fresh-cell treatment regenerates, strengthens and vitalizes stressed skin, leaving your skin youthfully fresh and invigorated.

Complex C Facial 90 minutes | N$ 500
The concentrated power of vitamins invigorates your skin and firms the connective tissue. Lightens pigmentation marks, minimizes pigmentation disorders leaving your complexion smooth and even.

Mimical Control Facial 90 minutes | N$ 595
A treatment to make your expression lines disappear and leaves your skin looking relaxed with a rosy, radiant glow.
BABOR SPECIALISED FACIALS:

Anti Ageing Skin Energy Facial
90 minutes | N$ 850

This opulent treatment gives the skin a smoother and firmer appearance, achieving the ultimate in wellness lifting. The luxurious HSR “Seduction of the senses” wellness massage helps you completely unwind. This treatment targets the 3 main causes of aging; loss of elasticity, slow metabolic activity and hardening of the dermal matrix.

Extra Firming Facial
90 minutes | N$ 950

A luxurious facial treatment incorporating two anti-aging masks to lift, tighten and tone the skin. The HSR massage focuses on deep muscle relaxation and intensive decongestion and detoxifying of the tissue for all-round healthy skin.

ESSE & BABOR FACIAL ENHANCEMENTS

“Ampoule Crash” Treatment

30 minutes 3 ampoules | N$ 240
5 ampoules | N$ 375
10 ampoules | N$ 700

The BABOR “crash” treatment results in instant beauty and hydration. During your facial, up to 10 ampoules are massaged into your skin to replenish moisture reservoirs.

Firming Algae Mask
N$ 300

A firming, rubberised mask which is designed to leave the skin refreshed and radiant.

Sensational Eyes
30 minutes | N$ 250

In only a few minutes, the pads transform the eye area, giving it a relaxed and youthful appearance. Combats puffiness, dark circles and lines around the eye area.
ESSE & BABOR FACIAL ENHANCEMENTS

Salt Therapy Bed  
N$ 100

Enjoy your chosen facial on our Salt Therapy Bed. Minerals and essential trace elements are delivered to the skin.

Hot Oil Scalp Treatment  
20 minutes  |  N$ 200

Unwinds tense head and neck muscles whilst nourishing your hair.

Foot Scrub  
20 minutes  |  N$ 150

Start your facial with a stimulating marine rich salt scrub. The feet are wrapped in hot moist towels to finish the treatment.

GENTLEMEN’S FACIALS

Hot Towel Treatment  
30 minutes  |  N$ 250

Exfoliation, toning, hot towels and a rehydrating ESSE facial massage, a heavenly experience

Gentleman’s Facial  
60 minutes  |  N$ 350

This Babor facial combines deep pore cleansing, exfoliation, a mask and moisturizer to leave your skin purged of impurities and looking youthful. Our products containing hops combined with hot steam towels. A relaxing neck and shoulder massage round off the experience.

BODY TREATMENTS

Sea Salt and Oil Exfoliation  
40 minutes  |  N$ 275

Rich in marine salts this scrub eliminates dead skin cells and delivers the minerals and trace elements required for healthy skin. A Shea Butter massage leaves your skin infinitely soft and toned.
BODY TREATMENTS

Ocean Mud Wrap 60 minutes | N$ 450

Enjoy the potent benefits of the Atlantic Ocean in this therapeutic cocoon. Warm sea mud containing blue-green algae packed with minerals, anti-oxidants, proteins and amino acids thoroughly moisturize and give each living cell a thorough detox. Enveloped in a cozy blanket, let the natural properties draw out impurities while your scalp is gently massaged to induce a blissful state of deep relaxation.

Healing Clay Wrap 60 minutes | N$ 450

The tradition of slathering mud on the body goes back centuries. Using Rose Clay to gently cleanse and exfoliate the skin while improving the skin's circulation.

African Baobab Butter Wrap 60 minutes | N$ 450

Deeply restore skin depleted by sun or other circumstances with a hydrating full-body wrap followed by a dry body brushing. A cocoon of warm Shea Butter with pure Baobab Oil is gently applied to deeply penetrate your weary skin. A relaxing scalp massage will ensure you are left in a total state of ecstasy, leaving your skin and senses, balanced and nourished.

Botanical Hair and Scalp Therapy 30 minutes | N$ 250

A potent sensory experience and intense repair for hair. It begins with a scalp, neck and shoulder massage. To increase scalp circulation and release tension, targeted pressure points are stimulated. Then hair is treated with an intensive repair and nourishing coconut oil.
BODY TREATMENTS

Essential Back Treatment 60 minutes | N$ 425
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 you into a state of relaxation during a full back, neck and shoulder massage.

HAND AND FOOT RITUALS

Atlantic Manicure 60 minutes | N$ 195
Gentle exfoliation is incorporated with an aromatherapy soak and a restorative massage in this decadent hand treatment. Treatment focuses on cuticles, nail care and calloused skin. This ritual concludes with an expert application of polish.

Atlantic Pedicure 60 minutes | N$ 245
The ultimate spa pedicure includes an exhilarating exfoliation with our Atlantic Spa sea salt scrub resulting in silky smooth skin. A relaxing soak in an African Herbal infused foot bath is followed by a luxurious massage of the legs and feet. Treatment focuses on cuticles, nail care and calloused skin. This ritual concludes with an expert application of polish.

Foot Relief 25 minutes | N$ 150
A refreshing exfoliation and deeply therapeutic foot and lower leg massage helps reduce puffiness and soothes aches and pains on tired feet and heavy legs.

Paraffin Enhancement 20 minutes | N$ 60
Ultra-soft skin emerges when hands or feet are enveloped in warm paraffin wax. This exceptionally relaxing and restorative treatment may be added to any manicure or pedicure.
HAND AND FOOT RITUALS

File and Revarnish 25 minutes | N$ 80
French polish add N$20

Keep your nails looking good between manicures/pedicures with a file and re-varnish.

Shellac Polish

The long lasting, chip-resistant polish that retains its high gloss shine. (Typically lasts for up to 14 days.)

Add application to any manicure or pedicure N$ 120
Shellac application only N$ 200
Shellac removal N$ 100

Gentleman’s Manicure 30 minutes | N$ 125

Includes nail grooming, a hand to elbow massage and a buff and shine

Gentleman’s Pedicure 40 minutes | N$ 150

Includes nail grooming, exfoliation, a lower leg massage and finished with a buff and shine

EXPRESS SPA

These 25-minute treatments are perfect for the time crunched Spa goer who needs a quick treatment. Alternatively combine any of the below for your perfect spa journey.

Available Monday - Friday only (excluding public holidays)

Express ESSE Facial 25 minutes | N$ 200

Our express facial is an shortened version of our Atlantic Organic Facial and includes exfoliation, a mask, cleansing and a light facial massage.

Facial Tension Release 25 minutes | N$ 150

Fast effective relief for tension and headaches. A finger tip acupressure massage helps to eliminate toxins, release pressure and immediately releases tension.
EXPRESS SPA

Foot Relief 25 minutes | N$ 150

A refreshing exfoliation and deeply therapeutic foot and lower leg massage helps reduce puffiness and soothes aches and pains on tired feet and heavy legs.

Tension Relieve Massage 25 minutes | N$ 150

Relieving tension, easing stress, relaxing tense muscles to restore inner calm. This treatment will work over the neck, shoulders, arms and scalp.

Pedi on the go 25 minutes | N$ 150

Nails are trimmed, filed, buffed and feet are exfoliated along with a warm foot soak. Cuticles are groomed, and finished with a body butter application and massage.

Mani on the go 25 minutes | N$ 125

Nails are trimmed, filed, buffed and hands are exfoliated along with a warm steam towel wrap. Cuticles are groomed, and finished with a body butter application and massage.

WAXING

15min  N$70.00  (Under arm, Bikini, Lip, Chin, Brow, 1/2 Arm)
30min  N$150.00  (Upper Leg, Half Leg, 3/4 Leg, G-String, Chest, Full Arm, Face, Tummy)
45min  N$200.00  (Full Leg, Back, Brazilian)

Waxing is a method of semi-permanent hair removal which removes the hair from the root. New hairs will not grow back in the previously waxed area for two to eight weeks. Premium natural wax is used.

TINT

30min  N$ 70  Eye Lash Tint
15min  N$ 60  Eye Brow Tint
45min  N$ 120  Lash and Brow Tint

Designed to enhance, define and accentuate the eye area. Complete with a scalp massage for a true Spa experience.
Atlantic Spa
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