



AN **EXTRAORDINARY**
EXPERIENCE

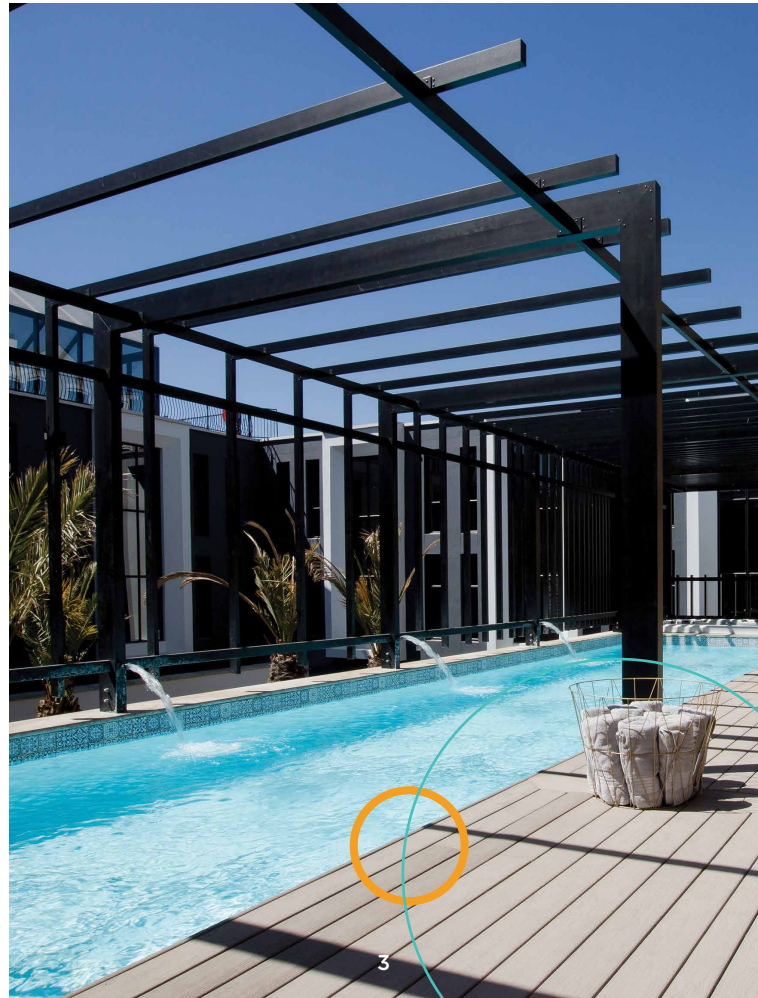
 soulstice
day spa • windhoek

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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

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.

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.



WELLNESS JOURNEYS

FLOATATION THERAPY

30 mins - N\$350 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 mins - N\$350 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\$700 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\$930 per person

- Floatation Therapy - 30 minutes
- Swedish Massage
- Add on an hour to use spa facilities

BODY REVIVAL JOURNEY

2 hours - N\$1390 per person

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

MOMMY-TO-BE PACKAGE

2 hours including spa facilities - N\$1330 per person

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

HOT STONE HEAVEN

3.5 hours - N\$1650 per person

- Full Body Exfoliation
- Hot Stone Massage
- Signature Manicure
- Signature Pedicure
- Add on an hour to use spa facilities

DAY TIME DELIGHT

3.5 hours - N\$1860 per person

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

TOP TO TOE

4 hours (half day package) - N\$1910 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 mins - N\$630 per couple

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

TRANQUILITY FOR TWO

1 hour - N\$1120 per couple

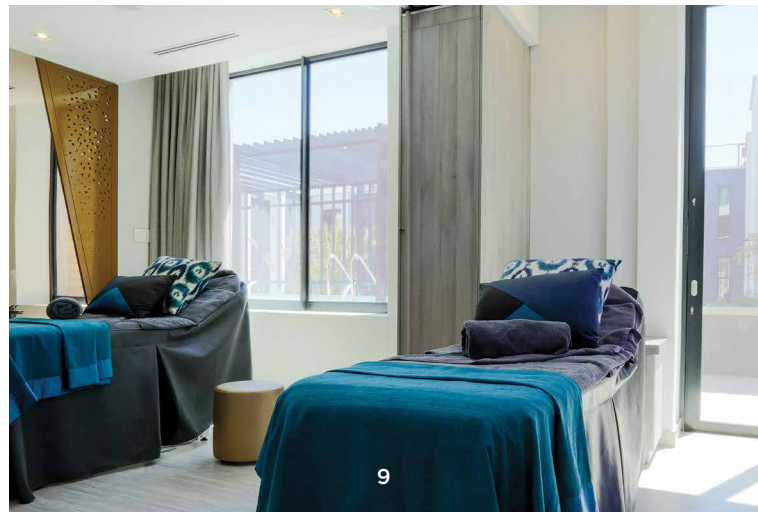
Combine the Floatation experience with the Middle Eastern Mud Ritual for a couples experience you will not forget. Includes a glass of sparkling wine and sweet treat.

TOGETHERNESS JOURNEY

3.5 hours - N\$3990 per couple

Designed for you to share intimate space and time

- Chocolate Full Body Exfoliation
- Indulgent Chocolate Wrap
- Signature Massage - 60 min
- Classic Facial
- Add on an hour to use spa facilities.



SKINCARE & FACIALS

THE CLASSIC ESSENTIAL 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 min - **N\$550**
- Babor Classic Facial 60 min - **N\$640**
- Optiphi Hydrate and Repair Facial 60 min - **N\$640**

RADIANCE BOOSTER 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 min - **N\$550**
A charcoal and Alpha Hydroxy Acid based peel that warms and foams to effectively detoxify the skin.
- Nimue Rejuvenating Facial 60 min - **N\$680**

ADVANCED FACIALS

Brighten and energise your skin. Your results would be a smoother, radiant and vibrantly alive skin. Delays premature ageing, re-texturises, renews and firms, while treating lines and wrinkles. Offers environmental protection, treats hormonal shifts, and defends against dehydration.

- Optiphi Radiance Facial 90 min - **N\$790**
- Babor Advanced Facial 90 min - **N\$1150**

SKIN REJUVENATION TREATMENTS

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... can be used even on sensitive skin. Unlike other peels, this will stimulate skin growth and makes your skin thicker and robust. Results driven facial!

- Optiphi 30 minutes - **N\$490**
- Optiphi 60 minutes - **N\$690**
- Optiphi 30 I 30 - 60 minutes - **N\$790**
- Nimue 60 minutes - **N\$690**

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.

ENHANCE
ANY FACIAL
WITH
BELLABACI

MICRONEEDLING TREATMENTS

NIMUE MICRONEEDLING

60 minutes - **N\$690 - N\$950 (including anaesthetic)**

Microneedle Roller - **N\$670 (purchased once off for 6 treatments)**

A minimally invasive Microneedle roller is utilised to stimulate collagen induction and serves as a trans-dermal delivery device. This increases penetration of active skin care ingredients captured in specially formulated trans-dermal solutions. The roller consists of very fine 1mm needles. Multiple treatments are required to achieve the desired result as the treatments have a cumulative effect. Assists with thickening of thin skin, acne scarring, fine lines, wrinkles and pigmentation.

OPTIPHI SRT

60 minutes **N\$1550**

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

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\$90

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\$360 | 45 minutes - N\$490

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

SOLE REVIVAL FOOT MASSAGE

30 minutes - N\$370

This de-stressing treatment involves a foot ritual with a soak and scrub followed by a soothing pressure point massage.

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\$370

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

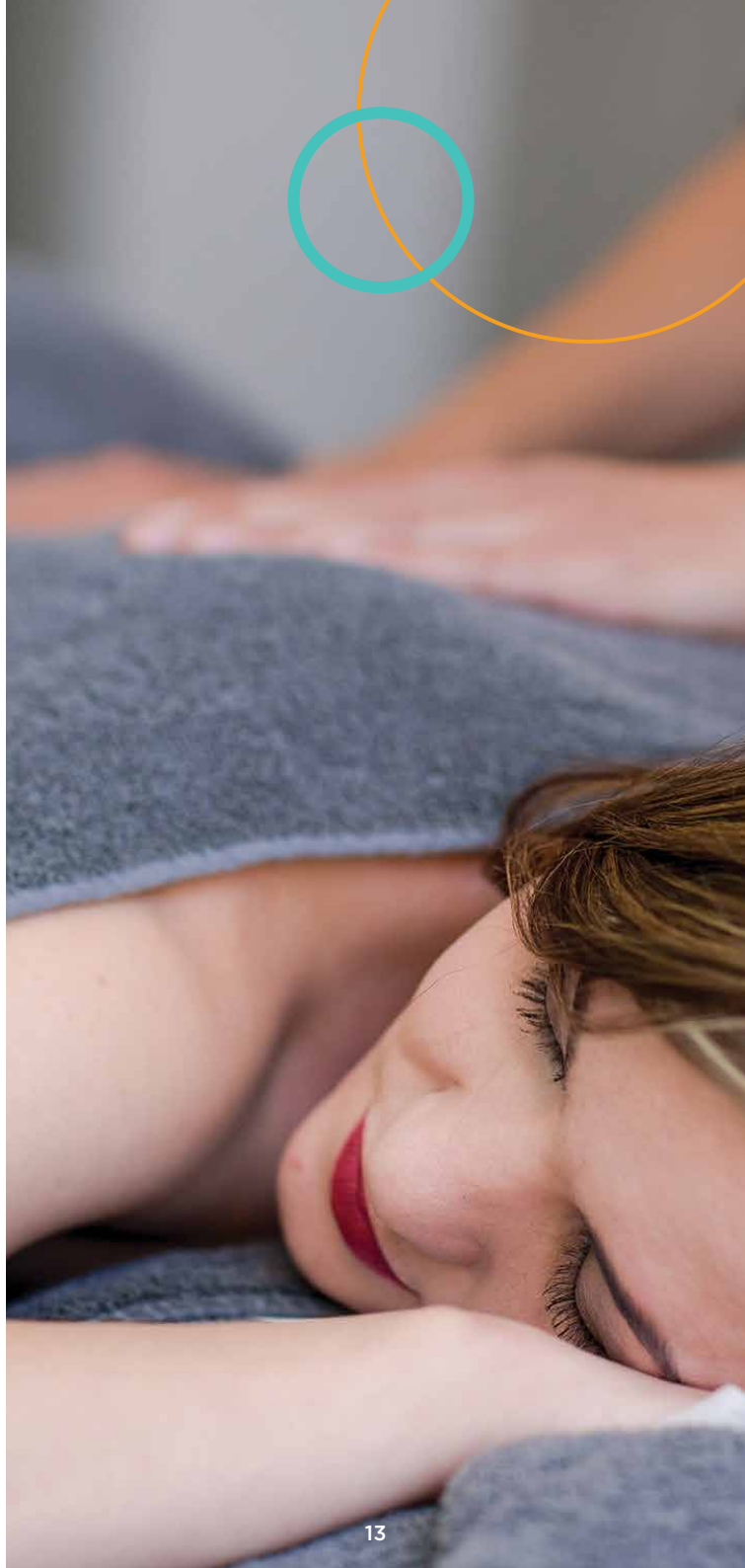
30 minutes - N\$370 | 45 minutes - N\$490

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\$580 | 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
MESSAGE
WITH

ADVANCED MASSAGE

HOT STONE THERAPY 60 minutes - N\$640

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\$640

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\$640

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 CANDLE MASSAGE 60 minutes - N\$690

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

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\$320

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\$550

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\$640

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.

WAXES

| | | | |
|-----------------|--------|---------------------|--------|
| Full leg | N\$290 | Lip / Chin / Cheeks | N\$130 |
| Underarm | N\$180 | Brow wax / shape | N\$140 |
| Standard bikini | N\$180 | Chest | N\$180 |
| Full bikini | N\$270 | Abdomen | N\$160 |
| Full arm | N\$250 | | |

TINTING

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

HANDS & FEET

CLASSIC MANICURE 60 minutes - N\$270

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\$330

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

SIGNATURE GEL MANICURE 90 minutes - N\$450

A Signature manicure treatment with gel polish paint.

CHAMPAGNE MANICURE 75 minutes - N\$370

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

CLASSIC PEDICURE 60 minutes - N\$290

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\$360

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.

SIGNATURE GEL PEDICURE 90 minutes - N\$490

A Signature pedicure treatment with gel polish paint.

CHAMPAGNE PEDICURE 75 minutes - N\$470

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.

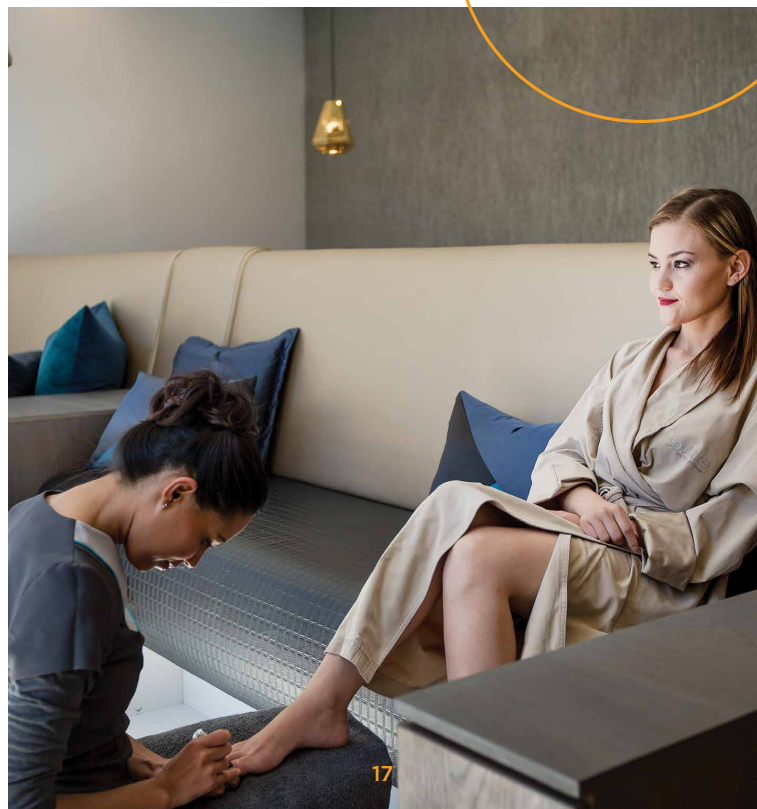
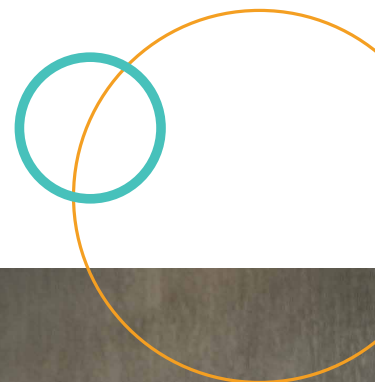
MEDI HEEL PEEL AND FOOT MASK 15 minutes - N\$190

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.

SOAK OFF 15 minutes - N\$120

POLISH RE-PAINT 15 minutes - N\$120

GEL POLISH RE-PAINT 30 minutes - N\$230





DINING

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

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.

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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Klein Windhoek

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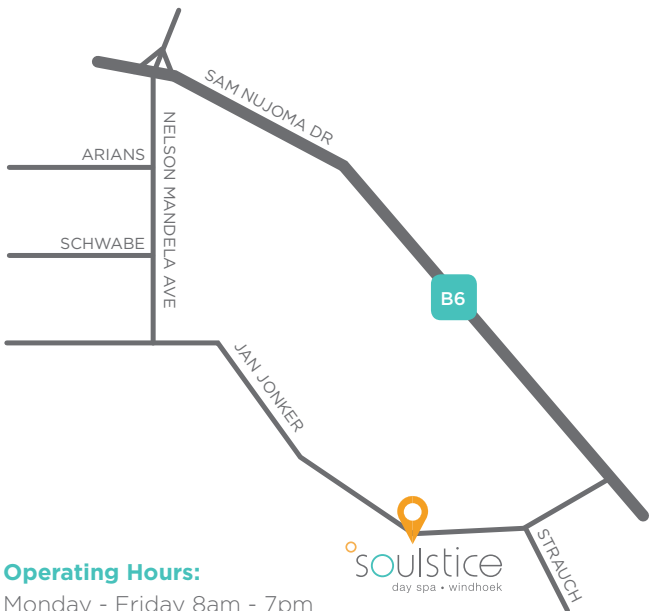
WhatsApp: +264 81 309 5070

WEBSITE / ONLINE VOUCHER PURCHASES:

www.soulsticedayspawindhoek.co.za



SoulsticeDaySpaWindhoek



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)

GPS Co-ordinates:

Lat: S22° 34' 50.535 | Long: E17° 5' 24.948