



## SIGNATURE MESSAGES

All massages can be done simultaneously as we have a couples treatment room available.

### Rocky Escape

Deep tissue massage centres on realigning the deeper layers of connective and muscle tissue.

| 45 Min  | 60 Min   | 90 Min   |
|---------|----------|----------|
| N\$ 800 | N\$ 1100 | N\$ 1600 |

### Epacha Massage

A smooth and gentle flowing pressure that promotes general well-being and relaxation, also helps to improve circulation and relieves tired and stiff muscles.

| 45 Min  | 60 Min   | 90 Min   |
|---------|----------|----------|
| N\$ 800 | N\$ 1100 | N\$ 1600 |

### African Rungu \*Only available at Epacha Spa

A long, deep stroked pressure that reduces aches and pains, also helps improve blood circulation and lymph drainage, using a Rungu stick.

| 45 Min   | 60 Min   | 90 Min   |
|----------|----------|----------|
| N\$ 1000 | N\$ 1300 | N\$ 2000 |

### African Calabash

An African style massage using dried calabash fruits that gives a deeper dimension to the massage by amplifying the movement of the therapists.

| 45 Min   | 60 Min   | 90 Min   |
|----------|----------|----------|
| N\$ 1000 | N\$ 1300 | N\$ 2000 |

### Namibian Sand Stone

Muscles are gently heated to expand and relax using heated basalt stones, allowing a deeper massage into the core of the muscles for ultimate relaxation.

| 45 Min   | 60 Min   | 90 Min   |
|----------|----------|----------|
| N\$ 1000 | N\$ 1300 | N\$ 2000 |

### Sole Survival

A relaxing 30min foot and lower leg massage.

30 Min | N\$ 600

### Warm Oil Scalp Massage

Deeply relaxing scalp massage with aromatherapy infused massage oils.

30 Min | N\$ 600

## FACIALS

We make use of the signature Emsence PURE range containing all natural ingredients, small batch-made locally with great consideration for fragrance and essential oil selection.

### Soothing Anti-Age Facial \*Only available at Epacha Spa

Anti-Ageing facial includes cleansing, gentle exfoliation, a hydrating massage and a soothing mask.

60 Min | N\$ 1200

### Deep Cleanse Facial \*Only available at Epacha Spa

Deep cleanse facial includes cleansing, exfoliation, relaxing massage and activated charcoal mask.

60 Min | N\$ 1100

## MANICURE & PEDICURE

### Basic Manicure with or without Nail Polish \*Only available at Epacha Spa

Includes a hand soak, hand exfoliation, filing and shaping of nails and clipping of cuticles, followed by a relaxing hand massage and optional nail painting.

45 – 60 Min | N\$ 650

Please allow 15min for varnish to dry.

### Basic Pedicure with or without Nail Polish \*Only available at Epacha Spa

Includes a foot soak, foot exfoliation, filing and shaping of toenails, cuticle work and heel filing followed by a relaxing foot massage and optional nail painting.

45 – 60 Min | N\$ 750

Please allow 15min for varnish to dry.

## EPACHA JOURNEYS

Complimentary Steam and Sauna Facilities available before or after any treatment

### Sole Survival Journey

Enjoy a relaxing foot ritual on our porch with stunning views, inclusive of a foot soak, scrub and pressure point foot massage, while indulging in one of our famous Epacha cocktails \ mocktails.

45 Min | N\$ 900

### Couples Escape \*Only available at Epacha Spa

Start with a Full Body relaxation Massage for 60min followed by an Aromatherapy Bath Soak while sipping on a complimentary glass of sparkling wine.

90 Min | N\$ 3100

### Top to Toe Ritual \*Only available at Epacha Spa

Indulge in this Emssence signature ritual, starting with a back and neck massage using the custom calabash like wooden tool, followed by an express facial and a relaxing foot massage while the mask is on.

90 Min | N\$ 1700

### Hydrating Hair & Scalp Ritual \*Only available at Epacha Spa

Rehydrate your hair and scalp with a relaxing warm oil scalp massage, wash off the oil with our signature Mopane shampoo and then a leave in hydrating hair mask applied.

60 Min | N\$ 1200

### Epacha Exfoliation Journey \*Only available at Epacha Spa

Experience a refined full body exfoliation that gently buffs away dull, dry skin, revealing a smooth radiant glow. The treatment is followed by a refreshing shower to cleanse and renew, before indulging in a deeply relaxing full body Epacha Massage, that nourishes the skin and soothes the senses.

90 Min | N\$ 1600

