



Mystique Spa Menu

SIGNATURE MESSAGES

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

*Aromatherapy Upgrade

(Upgrade any Massage to Aromatherapy Escape by adding on one of our luxury Massage Oils)

N\$ 100 each

- Muscle Melt Massage with marula and mopane essential oil blend.
- Detox and Lymph drainage with Kalahari melon seed and Namibian Myrrh.
- Uplifting Massage Oil with peppermint, jasmine, and ylang-ylang.

Rocky Escape

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

30 Min	60 Min	90 Min
N\$ 490	N\$ 880	N\$ 1370

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.

30 Min	60 Min	90 Min
N\$ 490	N\$ 880	N\$ 1370

African Rungu

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

30 Min	60 Min	90 Min
N\$ 490	N\$ 880	N\$ 1370

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.

30 Min	60 Min	90 Min
N\$ 490	N\$ 880	N\$ 1370

Namibian Sand Stone Massage

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.

30 Min	60 Min	90 Min
N\$ 895	N\$ 1100	N\$ 1500

Sole Survival

A relaxing 30min foot and lower leg massage.

30 Min | N\$ 550

Warm Oil Scalp Massage

Deeply relaxing scalp massage with aromatherapy infused massage oils.

30 Min | N\$ 550

FACIALS

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

Soothing Anti-Age Facial

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

60 Min | N\$ 950

Deep Cleanse Facial

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

60 Min | N\$ 850

MANICURE & PEDICURE

Basic Manicure with or without Nail Polish

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\$ 600

Please allow 15min for varnish to dry.

Basic Pedicure with or without Nail Polish

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\$ 700

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\$ 700

Couples Escape

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

(Couples)	(Singles)
1h30min	1h30min
N\$ 2650	N\$ 1450

Top to Toe Ritual

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.

1h30Min | N\$ 1500

Hydrating Hair and Scalp Ritual

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\$ 925