

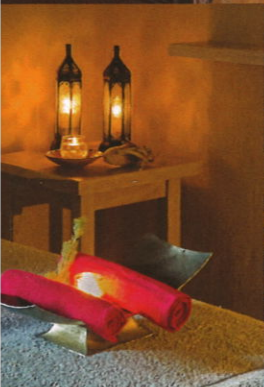
WELLNESS

# Onguma

ETOSHA | NAMIBIA

**CANCELLATION POLICY:** A 50% cancellation charge will be incurred for any treatment cancelled at least 12 hours prior to appointment. Cancellation within 6 hours will incur a 100% charge. Arrival Time: Please be advised that late arrivals will not receive additional time on treatments.

The spa is managed by Bush Spa.



[www.onguma.com](http://www.onguma.com)



## EMSSENCE SPECIALISED RITUALS

### Facial Rituals

#### **Emssence Soothing/Anti-aging Facial** 60 min N\$ 1,180

This ultimate soothing facial is designed to rejuvenate mature skin by improving the appearance of wrinkles, creases, folds and sensitivity. Providing deep hydration, skin brightness and collagen boosting.

#### **Emssence Purifying Deep Cleanse Facial** 60 min N\$ 1,015

A deep pore cleansing facial that penetrates the skin to remove dirt and debris that accumulates in the pores to achieve a clear and radiant complexion.

#### **Emssence Men's Deep Cleanse Facial** 60 min N\$ 910

A deep pore cleansing facial that uses Men's facial products to penetrate the skin to remove dirt and debris that accumulates in the pores to achieve a clear and radiant complexion. Leaving the skin feeling deeply clean, ultra-refreshed and completely revived.

### Nail Care – Manicures

#### **Express Manicure** 30 min N\$ 430

Soak, cuticle work, shape and lotion application, optional lacquer application.

#### **Full Manicure** 60 min N\$ 700

Soak, scrub, cuticle work, shaping, massage, optional lacquer application.

### Nail Care – Pedicures

#### **Express Pedicure** 30 min N\$ 430

Soak, cuticle work, shape and lotion application, optional lacquer application.

#### **Full Pedicure** 60 min N\$ 750

Foot filing, soak, scrub, cuticle work, shaping, massage, optional lacquer application.

## AFRICAN INSPIRED MESSAGES

#### **African Calabash** 60 min N\$ 1,180

A soft pressure full body massage with traditional African roots, using an African calabash to replicate traditional massage therapy.

#### **African Rungu** 60 min N\$ 1,180 90 min N\$ 1,660

A deeply stimulating massage using long strokes that reduce pain and aches, improves blood circulation, lymph drainage and muscle toning providing immediate relaxation.

#### **African Bamboo** 60 min N\$ 1,180

A traditional massage using heated bamboo to roll and knead the muscles, creating an extreme sense of relaxation and well-being.

### PURE PRODUCTS:

The signature PURE range contains all natural ingredients and is small batch-made locally with great consideration for fragrance and essential oil selection.

### EMSSENCE BOTANICAL BODY RANGE:

Since 2015 Emssence has developed their very own range of fragrances offering a bespoke personalized body-care experience. Inspired by Namibia's lush botanicals, Emssence's wide range of personal care products are thoughtfully blended and packaged in Namibia.

## ONGUMA SIGNATURE MESSAGES

#### **Pure Bliss Back Massage** 30 min N\$ 560 45 min N\$ 775

A back, neck, shoulder and scalp massage to release tension, invigorate and rejuvenate a tired upper body.

#### **The Rhino** 60 min N\$ 1,065

This vigorous massage combines a variety of compression, stretch and cross fibre friction techniques.

#### **Onguma Massage** 60 min N\$ 960 90 min N\$ 1,390

A blend of massage techniques to invigorate the muscles and energise the body – increasing blood circulation and releasing tension.

#### **Hot Oil Scalp Massage** 30 min N\$ 560

A relaxing hot oil scalp massage that promotes hair growth and scalp health, releases tension in the head and neck area aiding in better sleep, healthy hair and stress reduction. Using Namibian Ximenia oil which is a super emollient and deeply nourishing for hair and scalp.

#### **Pressure Point Foot Ritual** 30 min N\$ 560

A relaxing foot massage making use of pressure massage using hands, fingers and a specialized tool to promote healing, relaxation and alleviate stress.

#### **Emssence Top-Toe Ritual** 90 min N\$ 1,600

Receive a relaxing 45 minute back massage with our specialized Emssence calabash tools. Followed by an express facial and while the facial mask is on receive a relaxing foot and leg massage.

#### **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.

Back & Shoulder – 45 min N\$ 960

Full Body – 60 min N\$ 1,285

Full Body – 90 min N\$ 1,600

