

WELLNESS AT ONGUMA

relax & unwind

EMSSENCE SPECIALISED RITUALS

Facial Rituals

Emsence Soothing/Anti-ageing Facial | 60 min N\$ 1,180

This 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.

Emsence 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.

Emsence 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 from the pores to achieve a clear and radiant complexion. The treatment leaves the skin feeling 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 to relieve pain and muscle tension while improving blood circulation, lymph drainage and muscle tone – 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.

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 aiding in better sleep, healthy hair and stress reduction. Using Namibian Ximenia oil which is a super emollient and deeply nourishing.

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.

Emsence Top-Toe Ritual | 90 min N\$ 1,600

Receive a relaxing 45min back massage with our specialized Emsence calabash tools, followed by an express facial. While the facial mask is applied, receive a relaxing foot and leg massage.

Namibian Sandstone Massage

Muscles are gently heated using 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 / 90 min N\$ 1,600



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 treatment time.

The spa is managed by Essential Wellness Brands.

PURE PRODUCTS:

The signature PURE range is handcrafted locally in small batches using only natural ingredients, with every fragrance and essential oil thoughtfully selected.

EMSSENCE BOTANICAL BODY RANGE:

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