

# GocheGanas

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## Your Wellness Day

**Available Dates:** Everyday - on Request

**Time:** 09:00 – 17:00

**Duration:** Full-Day

**Destination Info:** Situated a mere 29 kilometres south east from Windhoek on a hilltop overlooking a spectacular landscape, GOCHEGANAS is a luxury lodge offering a unique combination of Wildlife, Nature and Wellness experiences.

With 25 different wildlife species located on a 6000 hectare Nature Reserve, game drives and walking activities are welcomed as an enriching experience. Wellness facilities and treatments of a world class standard ensure a renewal of mind, body and spirit.

The Wellness Village consists of 11 specialist treatment rooms featuring state of the art equipment, a heated indoor swimming pool under a cathedral like masonry vault, an outdoor swimming pool on the Oasis Peninsula affording breathtaking views, a Granite Bath (cave sauna), Kneipp showers and also include fitness, gym and yoga facilities, fruit and juice bar.



### Tour Itinerary:

Time	Activities	Tour Info.
09:00	Leave from Roof of Africa Hotel	
10:00	Arrive GocheGanas	
10:00 - 13:00	Enjoy the wellness facilities	You can also book any facial or massage on the following Wellness Treatment List; or Guided Nature Walk; Nature/Game Drive (guest to pay extra)
13:00 - 14:00	Have Lunch at GocheGanas Restaurant	While enjoying the beauty of Namibia in a peaceful environment.
14:00 - 16:00	Continue enjoy the wellness facilities	
16:00	Leave GocheGanas	
17:00	Arrive Roof of Africa Hotel	

### Additional Activity Rates

Guide Nature Walk	N\$180.- per person	Approx. 2.5 hours
Nature / Game Drive	N\$220.- per person	Approx. 2.5 hours

### Wellness Treatments and Price List:



### FACIALS:

Following a skin analysis, your therapist will perform a luxurious facial that combines the healing properties of natural essential oils and the power of touch to encourage lymphatic drainage, good circulation, improved skin elasticity and clarity.

Your skin will feel silky soft and delicately scented with a complexion that is polished, toned and quite simply radiant.

❖ Luxury Facial – Anti-Aging (The luxury lifting care that lends demanding skin new, lasting vitality for a more youthful appearance)	90mins	N\$1185.-
❖ Rapid Repair Facial (A treatment for a skin in need of regeneration)	60mins	N\$370.-
❖ Refine Define Facial (A treatment for a combination skin)	60mins	N\$370.-
❖ Express Relief Facial (A treatment for a sensitive skin)	60mins	N\$370.-
❖ African Moon Eye Light (A sensational treatment enhancing and treating delicate skin of the eye area)	30mins	N\$230.-
❖ Atlantic Ampoule Crash Treatment (Intensive moisture to face and décolletage)	30mins	N\$230.-
❖ Men Time Out Facial	60mins	N\$370.-

### BODY THERAPIES:

This group of therapies works deeper than the surface to hydrate, balance, detoxify and revitalize. Take a journey of discovery that will eliminate toxins to combat cellulite, improve circulation and tone and revive the skin, leaving you feel rejuvenated and ready to face the world again.

Body therapies are proven to remove the natural build up of dead skin cells that lead to dull and tired looking skin.

### BODY PEELS

❖ Vichy Shower and sea salt peeling	30mins	N\$240.-
❖ Safari Herbal Body peeling (calming, balancing or energizing)	30mins	N\$240.-
❖ Khoisan Volcanic Body peeling (detoxifying)	30mins	N\$240.-
❖ Indulgent Fruity Body peeling (restoring radiance)	30mins	N\$240.-

## BODY WRAPS

❖ Volcanic Heat Pack	60mins	N\$475.-
❖ Fruit Cocktail Body Boost	60mins	N\$450.-
❖ Firming Marine Pack	60mins	N\$635.-
❖ Royal Regenerating Milk Pack	60mins	

## THE EXTERNAL SENSE:

Looking great on the outside as well as inside – keeping our head, hands and feet in top condition is key and our treatments are designed to do just that.

❖ Manicure / Pedicure (Extra Paraffin Wax)	60mins	N\$320.-
❖ Manicure & Pedicure (Extra Paraffin Wax)	100mins	N\$450.-
❖ Indian Head Massage	30mins	N\$230.-

## MASSAGES:

GocheGanas massage therapies are designed with your specific needs in mind. Your therapy will combine the most popular techniques of world renowned massage including Swedish, Thai, Aromatherapy, Lomi Lomi and Sports massage. Whether you prefer light or firm, work on specific areas or full body, light pressure or a stimulating treatment opposed to a soothing one, we will mould the treatment to suit your wishes.

❖ Marula Oil Full Body Massage	60mins	N\$400.-
❖ Back & Neck Massage	30mins	N\$230.-

## SPA AROUND THE WORLD MESSAGES:

❖ Out-door Safari Massage – on request (This treatment sets the scene for an experience of wellness and nature in a setting that surpasses all expectations.)	90mins	N\$650.-
❖ Khanya of Africa (Native marula oil and extract of the resurrection plant are introduced in this treatment. Discover Khanya during a beauty treatment with natural stones, crystals and macracas to bring you closer to nature.)	120mins	N\$880.-
❖ Shadiva of India (India, the cradle of Ayurveda. Bath your skin in soothing neem extract and ginger lily oils and let Shadiva beuile your senses.)	120mins	N\$880.-
❖ ScenTao of Asia (The asian art of living captivates with its sense of calm and equilibrium. Ginseng, ginkgo and green tea envelop you in an aura of relaxation. The ScenTao beauty treatment with asian massages and hot stones is a totally unforgettable experience.)	90mins	N\$650.-

## SPECIALIST TREATMENTS:

❖ Reflexology (The most therapeutically effective massage of the feet. The reflex points on the feet correspond to every organ and gland in the body. Through the feet acupressure, the autonomic nervous system, the lymphatic and the circulation system get affected. It stimulates the body's own healing process.)	45mins	N\$400.-
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## Hot Stones Massage

(Hot Stone therapy combines the human touch with a taste of nature to restore balance and vitality through massage. You will experience relaxation and healing at the deepest level with hot stones relieving stress and tension. The weight of warm stones offers a comforting pressure to the body's stress zones while the deep flowing massage awaken the body's natural healing process.)

❖ Hot Stone Full body Massage	75mins	N\$620.-
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❖ Hot Stone Back & neck Massage 30mins N\$250.-

❖ Aroma Massage 75mins N\$520.-

(Following a personal consultation, our therapist will use pre-blended oils to suit your individual needs. A light pressure massage will promote self-healing and the balance of mind a body.)

❖ Reiki 60mins N\$400.-

(Reiki is an ancient 'hands on' healing art that works towards balancing the body's energy system, releasing blockages and improving overall health.)

❖ Crystal Massage 60mins N\$400.-

(This gentle but powerful therapy clears blockages of energy in the physical, mental and emotional bodies while our therapists select the crystals that suitable for you with its own special properties.)

❖ Sea salt / Seaweed Hydrotherapy Bath 30mins N\$450.-

❖ Crystal Bath with aromatic oils for one or two people 45mins N\$410.- / N\$580.-

## JOURNEYS:

### ❖ Golden Dune Awakening Journey

(Awaken all your sense and immerse yourself in the profound beauty of Namibia. The Namibian sand dunes shape the theme of this luxurious treatment and one can only experience it here at GocheGanas. This signature experience begins with a unique musical ritual. The body is then optimally prepared using the very sand that creates the magnificent desert dunes. A mineral rich clay treats the body in the that only Mother Nature knows best. An energizing quartz facial is also included to revitalize skin and reveal your natural beauty. We celebrate the indigenous treasures of Africa with an exotic calabash back massage that will transport you to an unexplored sensation of well being from top to toe.)

Body peeling; Body wrap; Quartz facial; Back Massage 120mins N\$1120.-

### ❖ Nature's Beauty Journey

(This is the key to complete relaxation. A hydrating and detoxifying sea salt bath will sooth your body and give you new strength and feeling of wellness.)

Facial to suit your skin type; Sea Salt and Seaweed Hydrotherapy bath; Outdoor Safari Massage  
Indian Head Massage; Marula oil to take home 210mins N\$1700.-

### ❖ Rebalancing Journey

(This journey harmonizes and balances your body & mind by using essential oils.)

Indian Head Massage; African Moon Eyelight; Reflexology; Crystal Bath with aromatic oils  
Manicure or pedicure; Marula oil to take home 210mins N\$1520.-

## GocheGanas Wellness Centre Policy

According to international Spa Etiquette

- ADVANCED BOOKINGS prior to arrival are strongly recommended to secure treatment(s) and prevent disappointment.
- Please arrive 15 minutes prior to your appointment time. Late arrivals will have their treatment time reduced accordingly and 100% of the treatments booked, will be charged for.
- 24 Hours advanced notice is required for cancellations, after which 100% of the treatment(s) booked, will be charged for.
- The Wellness facilities are available from 07h30 until 21h00.
- Treatments are available for 07h30 until 17h30 during winter and from 08h00 until 18h00 during summer.
- We regret that CHILDREN UNDER THE AGE OF 12 YEARS will under no circumstances be allowed in the Wellness Center. (Even late at night and/or during unpleasant weather conditions.)
- Regarding our Children's policy we advise to make arrangements for their care beforehand.
- NO ALCOHOLIC BEVERAGES and glasses and/or glass bottles are allowed in the Wellness Center.
- NO SMOKING allowed in the Wellness Center.
- Please bring your own swimwear for use of the spa facilities. Alternatively please wear the gowns and slippers provided. Towels are provided, also to be used in the sauna.
- GocheGanas is not responsible for lost or stolen items. We do provide lockers, and safes are installed in the chalets for your valuables.
- Mobile phones to be switched to silent or switched off on entering the Wellness Center.
- Use of spa facilities is at your own risk.
- Prices are quoted in Namibian Dollars and include 15% Value Added Tax (VAT).
- Rates are subject to change without prior notice.
- Gratuity for exceptional service will be most welcome, to be paid directly to the therapist.