

Healing *Touch* Spa



APPROVED DISTRIBUTOR



Our Story

The Journey to Tranquility

Our world-class spa treatments are designed to restore balance, enhance well-being, and promote ultimate relaxation. From soothing massages and revitalizing facials to luxurious body treatments, we offer a holistic approach to beauty and wellness.

At Healing Touch Spa, our professionally trained and highly qualified therapists ensure a personalized experience tailored to your unique needs. Step into our tranquil oasis and let us take you on a journey of pure bliss.

Our Philosophy

About Healing Touch Spa

Welcome to Healing Touch Spa, Windhoek's premier wellness spa, where relaxation meets rejuvenation. Nestled in the heart of Namibia's capital, our spa is designed to provide a sanctuary of tranquility, allowing you to escape the stresses of everyday life. With world-class spa treatments and a team of highly qualified, professionally trained therapists, we are committed to delivering an exceptional wellness experience tailored to your individual needs.





MASSAGES

a therapeutic massage that involves manipulating the body's soft tissues to relieve stress and promote relaxation.

FULL BODY MASSAGE (60 minutes)

- Swedish **N\$520**
- Fullbody Hotstones **N\$620**
- Fullbody + Back Hotstones **N\$570**
- Deep Tissue **N\$570**
- Deep Tissue + Back Hotstones **N\$620**
- Aromatherapy **N\$570**
- 90 Minute fullbody **N\$770**
- 1 Hour 4 Hands Massage **N\$820**

BACK & NECK MASSAGE

- 30 minutes **N\$320**
 - 45 minutes **N\$370**
 - 45 minutes Cupping Therapy **N\$400**
 - 45 minutes with massage gun **N\$420**
 - 45 minutes with Hotstone **N\$400**
 - 30 minutes head & neck **N\$320**
- 30 minutes Leg Massage **N\$320**
 - 30 minutes Foot Massage **N\$300**



COUPLES MASSAGE

Enjoy a deeply relaxing massage experience side-by-side in our serene couples suite. This treatment allows two people to unwind together while receiving personalized massages tailored to individual needs. Perfect for partners, friends, or loved ones seeking shared relaxation and reconnection.

- 30 minutes Back & Neck **N\$600**
- 45 minutes Back & Neck **N\$700**
- 60 minutes Swedish **N\$950**
- 60 minutes Hot & Stones **N\$1120**
- 60 minutes Deep tissue **N\$1020**





RégimA FACIALS



CLARIFYING FACIAL

A clarifying facial provides a deep cleanse that removes impurities like dirt, oil, and acne from the skin. The ingredients used in a clarifying facial will vary depending on the client's specific skin condition and concerns, but may include pumpkin enzyme, rosemary, bentonite clay, lactic acid, and salicylic acid.

N\$520

GENTS DETOX

A facial detox is setting aside a designated time for a routine to eliminate impurities, toxins, pollutants, and dead skin cells from your face, in order to restore and revitalise it back to normal.

N\$520

FLASH FACIAL

a quick, often mask-based, skincare treatment designed to revitalize and detoxify the skin, often in minutes, leaving it refreshed and radiant. These treatments can utilize ingredients like charcoal, fruit acids, and other natural extracts to cleanse pores, remove impurities, and improve skin texture

N\$370



RégimA CHEMICAL PEELS



ANTI ACNE PEEL (RegimA Chemical Peel)

Smooths wrinkles. Penetrates the follicle and encourages the shedding of dead skin cells from within the follicle. Keep the pores clear of cellular debris.

N\$620

30% GLOW PEEL (RegimA Chemical Peel)

glycolic acid peel, a chemical exfoliation treatment with 30% glycolic acid, used to improve skin texture, reduce hyperpigmentation, and promote a brighter, more even complexion

N\$620

50% REPAIR PEEL

glycolic acid peel, a chemical exfoliation treatment with 30% glycolic acid, used to improve skin texture, reduce hyperpigmentation, and promote a brighter, more even complexion

N\$670

ZENA ALGAE PEEL

The Zena Algae Peel is a natural, organic peel derived from seaweed crystals from Ukrainian lakes, containing micro-needles that exfoliate, stimulate collagen, and improve skin cell renewal, addressing acne, pigmentation, and fine lines

N\$650



BIOMEDICAL CHEMICAL PEELS



SALICYLIC PEEL

A salicylic acid peel is a chemical exfoliation treatment that uses salicylic acid, a beta-hydroxy acid (BHA), to gently dissolve dead skin cells and unclog pores, making it effective for treating acne, oily skin, and other skin concerns

N\$570

LACTIC ACID PEEL

A lactic acid peel is a gentle type of chemical peel that uses lactic acid, a type of alpha hydroxy acid (AHA) derived from milk, to exfoliate the skin, improve texture, and address concerns like fine lines, acne, and hyperpigmentation

N\$570

GSM MICRONEEDLING

Microneedling, a minimally invasive cosmetic procedure, uses tiny needles to create controlled micro-injuries, stimulating the skin's natural healing process and promoting collagen and elastin production, resulting in firmer, smoother, and more youthful-looking skin

N\$1000

30% TCA PEEL

A 30% trichloroacetic acid (TCA) peel is a medium-depth chemical peel that uses TCA to exfoliate and resurface the skin, addressing issues like fine lines, wrinkles, and discoloration, with moderate downtime and peeling

N\$570

COMPLEXION PEEL

In this treatment, a chemical solution is applied to your skin, which causes trauma or injury to your skin's layers. The skin layers eventually peel off revealing more youthful skin. The new skin is usually smoother with fewer lines and wrinkles, has a more even color and is brighter in complexion.

N\$570

DERMAPLANING

Dermaplaning is a cosmetic procedure where a sterile surgical scalpel is used to gently scrape away the top layer of dead skin cells and fine, vellus hair (often called "peach fuzz"), revealing smoother, brighter skin.



| | |
|-----------------------------|---------------|
| Dermaplanning Alone | N\$400 |
| Dermaplanning + Hydrojelly | N\$550 |
| Dermaplanning + Hydrafacial | N\$600 |
| Dermaplanning + Glycolic | N\$700 |



FACIAL

Dermalogica

Biolumin C Facial

N\$500

Biolumin C with Dermaplaning

N\$690

Ultra-Bright Peel

N\$590

Ultra-Bright Peel with Dermaplaning

N\$740





WAXING



One of the best benefits of waxing is that your skin will feel smooth and even. When waxing, you not only remove unwanted hair—you also wax away any dry and dead skin cells in the process. No cuts. With waxing, you aren't at risk to any cuts or nicks that can leave you with scars from shaving.

BODY WAXING

| | |
|-----------|---------------|
| Hollywood | N\$380 |
| Vagacial | N\$500 |
| Underarms | N\$150 |
| Full legs | N\$450 |
| Half legs | N\$350 |
| Brazilian | N\$360 |

| | |
|---------------|---------------|
| Chest | N\$150 |
| Arms | N\$280 |
| Stomach | N\$200 |
| Brows Tinting | N\$90 |

FACE WAXING

| | |
|--------------------------------|---------------|
| Brows wax | N\$90 |
| Brows Tweezing | N\$100 |
| Lip | N\$60 |
| Chin | N\$100 |
| Cheeks | N\$100 |
| Back wax | N\$350 |
| Beard wax (man) | N\$300 |
| Brows Shape, Tint & Lamination | N\$300 |

LASHES

CLASSICS (ONE BY ONE)

For a timeless & natural look

N\$450

Y-LASHES

Soft volume with a fluttery finish

N\$400

REFILLS

Maintain your lash perfection

N\$300

REMOVAL

Gentle & safe lash removal

N\$100

FOOT CARE TREATMENT

Because your feet carry you every day, let us care for them. Treatment includes filing, peel, scrub, relaxing foot massage, gel toes finish.

FOOT PEEL TREATMENT + GEL OVERLAY

N\$400

FOOT PEEL PEDICURE

N\$350

GEL REMOVAL

N\$70



Spa Etiquette

Guidelines for a Peaceful Experience

To ensure a relaxing experience for all our guests, we kindly ask you to observe the follow-



Arrival Time

Please arrive 15 minutes prior to



Quiet Atmosphere

We strive to maintain a peaceful environment. Please speak softly



Electronic Devices

To preserve the tranquil environ-



Health Considerations

Please inform our staff of any medi-



Cancellation Policy

If you need to cancel or reschedule,





Book an appointment **HEALING TOUCH SPA**

Where tranquility meets luxury.

Visit Us Today

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