



To preserve a tranquil environment, children under the age of 12 are not permitted in the treatment hubs & spa facilities, which include the indoor swimming pool and sauna.

Please refrain from using mobile devices and music in the wellness center.

To secure a safe indoor pool and bare foot area, glass and alcohol is not allowed in the wellness center.

All individuals under the age of 18 require parental consent prior to receiving treatments.



REJUVENATE • UNWIND • RESTORE

## BOOKINGS



+264 81 122 4832



[wellness@gocheganas.com](mailto:wellness@gocheganas.com)



GOCHEGANAS  
*the experience*

## WELLNESS TREATMENT LIST



[WWW.GOCHEGANAS.COM](http://WWW.GOCHEGANAS.COM)

# EXTERNAL SENSE

## HANDS

MANICURE 60 MIN	N\$ 400
Includes hand exfoliation with or without nail polish	
MANICURE WITH GEL 80 MIN	N\$ 430
EVO gel applied directly onto the natural nail to strengthen and protect it	

## FEET

PEDICURE 60 MIN	N\$ 420
Includes hand exfoliation with or without nail polish	
PEDICURE WITH GEL 80 MIN	N\$ 460
EVO gel applied directly onto the natural nail to strengthen and protect it	

## MANI & PEDI ADD ON’S

GEL REMOVAL/SOAK 40 MIN	N\$ 150
Removal of gel on hands or feet; no acrylic removal	
MASK TREATMENT 15 MIN	N\$ 100
A natural blend of peppermint, menthol & wintergreen essential oils	
NAIL LENGTHENING TIPS 45 MIN	N\$ 180
Lengthening of nails for enhanced nail growth	

## AFRICAN SAFARI COMBO’S

MANICURE & PEDICURE 90 MIN	N\$ 740
Luxurious pamper	
MANICURE & PEDICURE GEL 120 MIN	N\$ 840
EVO gel Royal Radiance	

# MASSAGE THERAPY

REVIVE FULL BODY 60 MIN	N\$ 800
A relaxing full body massage inducing profound relaxation of body and mind	
TRANQUIL BACK & NECK 45 MIN	N\$ 550
Targeting the back and shoulders to relieve muscle tension	
RIVA ROCK	
Back & Neck 30 Min Treatment	N\$ 580
Full Body 75 Min Treatment	N\$ 830
Hot Stone Massage with heated stones to relieve tension, stiffness, and boost circulation	
DEEP HEALING FULL BODY 75 MIN	N\$ 940
Deep tissue massage to relieve chronic muscle tension, improve circulation, and enhance flexibility	
ESSENCE OF SERENITY	
75 Min Treatment	N\$ 750
90 Min Treatment	N\$ 940
Essential oils and essences refresh, moisturize, and relax the body while calming the mind and promoting well-being	
FOOT & LEG PAMPER 45 MIN	N\$ 490
Pressure point massage from knees to toes—soothes tired feet, relieves cramps, and eases water retention	

## MASSAGE ENHANCEMENTS

PURIFYING BACK TREATMENT 25 MIN	N\$ 380
Deep-cleans hard-to-reach areas, detoxifies, opens pores, and removes dead skin	
FULL BODY EXFOLIATION 30 MIN	N\$ 300
Boosts detoxification, reduces cellulite, and improves skin elasticity for a radiant glow	
CUPPING 15 MIN	N\$ 300
Enhances circulation with silicone cups, lifting muscles to release toxins	
HOT STONES 20 MIN	N\$ 240
Heated stones for relaxation, reducing muscle stiffness and tension	

# SIGNATURE TREATMENT

CAMEL-THORN ESCAPE 60 MIN	N\$ 1850
An Outdoor Full Body Massage inducing profound relaxation of body & mind in pristine nature surroundings letting you feel rested and relaxed	

All massages and the signature treatment are available as couples' massage!

## LUXURY BATH & SHOWER

VICHY SHOWER WITH BODY EXFOLIATION	N\$ 680
A rejuvenating hydrotherapy experience featuring massage jets that stimulate circulation, facilitate detoxification & promote relaxation	
HYDROTHERAPY BATH 30 MIN	N\$ 750
An ideal body cleansing ritual utilizes intensive water jets to enhance blood circulation and stimulate the lymphatic system	

## FACIALS

APPETIZER 30 MIN	N\$ 400
Provides a softer and more healthy appearance	
BALANCING 60 MIN	N\$ 560
Removes congestion and impurities, skin is left clean and restored	
HYDRAVINE 60 MIN	N\$ 800
Deeply hydrates skin, increases skin comfort and provides a radiant complexion	
DELUXE ANTI-AGING 60 MIN	N\$ 700
Reduces fine lines and wrinkles, increases elasticity and firmness	