



unwind in the calming hands of nature

MOKUTI ETOSHA SPA



Nature offers a unique calmness
that can't be found anywhere else.

Unwind your thoughts, engage your senses and
find a deep relaxation in nature's calming hands.



FULL BODY MESSAGES

Ezimba Scents Massage (60 min)

The ultimate relaxing Classic Swedish Massage, using soothing hand movements to work into the muscle and soft tissue to induce relief from stress and tension. Using your choice of aromatherapy oils, Swedish massage covers most of the body, with emphasis on the back. Pressure can be varied as you wish.

NAD 450

likogo Clouds Massage (60 min)

A combination of Africa meets Asia. A gentle and deep flowing massage that will relax, revitalize and revive you, sending you on a journey to the clouds. It involves the application of pressure and gentle stretching with massage oils to ease tension.

NAD 450

Okufula Massage (60 min)

An ancient technique of Balinese Massage, this massage uses a variety of techniques including skin rolling, kneading and stroking, acupressure and essential oils which help to balance and soothe the body, eliminating any built up stress.

NAD 500

Emanya Stone Massage (60 min)

Healing with stones in an ancient form of therapy. Basalt River rocks radiant with heat are used to massage and works on the muscles. Trails of heat flow across the body and melt away tension and stress.

NAD 550

Deep Tissue Massage (60min)

This massage uses slow strokes and deep pressure to work on tight areas to release specific muscle tension and restore flexibility. This technique goes deeper into the muscle and connective tissue to release chronic tension which might have developed from injury or overuse.

NAD 600

Synchronic Massage (60min)

In a four-hand massage, two therapists work on one client, often using synchronized moves. When two therapists and four hands hit your body, your mind reacts differently. At first you might find yourself trying to keep track of the therapists, where each one is and what each one is doing, struggling to keep it all in a very logical order in your head. But very quickly your brain realizes it's not sure who is doing what, and gives up control. This is a powerful treatment for anyone who has a hard time letting go during treatments.

NAD 800



Essence of Heaven (60 min)

Aromatic & luxurious couple massages. Combination of rhythmical strokes, feathers and firm shiatsu technique. Promote a sense of wellbeing by increasing your blood circulation and lymphatic flow, and by improving muscle tone, skin texture and total relaxation.

NAD 950



MINI MESSAGES

***Empadhi* Foot Massage** (45 min)

After cleansing the feet with a refreshing salt scrub, your reflexologies uses pressure points to systematically stimulate all nerve reflexes in the feet. These points correspond to all major body parts and organs, which are then stimulated to improve total body functioning. This holistic healing technique is far more than a foot massage, helping to restore balance and harmony to your body.

NAD 400

***Ombuda* Back, Neck & Shoulder Massage** (35 min)

The perfect introductory massage, or for those who are high on stress and short on time. Focusing on the back, neck and shoulders, this massage uses oil and Swedish Massage techniques to relax this particularly tension-filled area.

NAD 350

***Omutwe* Head Massage** (25 min)

An Indulging Head & Hand Massage. A short but fantastically relaxing massage ideally added to any other massage or treatment. Especially beneficial after a game drive.

NAD 250

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NAD 550

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SPA PACKAGE

Rain Forest (90 min)

A mini sampling of the spa experience. This package includes: Hot Towel Compress, Aromatic Back Scrub, Back Neck & Shoulder Massage, Foot Scrub and Foot Massage.

NAD 680

BODY TREATMENTS

Aromatherapy Salt Scrub (60 min)

Massaging finely ground Sea Salts blended with pure lavender or sandalwood essential oil, this splendid body treatment removes the layers of dead skin from the body leaving your skin radiant and smooth as silk.

NAD 400

OUTDOOR MASSAGE

Enjoy the relaxing and soothing sounds of nature, feel the wind and the calming hands of your therapist over your body. Switch off your mind and indulge in the quietness and peace of nature, to break away from the daily stress of life.

Choose one of the following treatments and please make a booking in advance:

Full Body Massage (60min)

NAD 500

Back Massage (35min)

NAD 400

Foot Massage (45min)

NAD 400





SPECIALITIES

Jacuzzi (30 min)*

Vibrant, swirling, bubbles of warm water that soothes your body and mind while aiding healing of over stressed muscles. Totally relaxation can be enjoyed before any of our incredible packages.

NAD 150

**All Specialties are complimentary, if combined with other treatments.*



TIME TO SPA

Spa operating hours

8am – 5pm daily

Age Limitation

Children under 16 are not permitted to use the spa facilities, however some of the treatments may be available with parental supervision. Please consult a Mokuti Spa Therapist.

Spa Reservations

Spa reservations can be made by telephone at Ext 9 or email ***Reception.Mokuti@ol.na***

When making your reservation we require the following:

In-house Guests: Name & Room number.

Outside Guests: Name, contact telephone number & credit card details.

Arrival Time

Please arrive 15 minutes prior to your scheduled appointment time. If this is your first visit to Mokuti Spa, we will require you to fill out a spa consultation form. This will enable us to tailor your treatment to your specific needs.

Late Arrivals

Arriving late for your appointment will reduce your treatment time. If you arrive more than 15 minutes late for any treatment, you will be asked to reschedule.





Cancellation Policy

If you would like to reschedule or cancel your booking, you can do so at any time subject to giving us a minimum of 4 hours' notice. If a cancellation is made less than 4 hours prior to your appointment time, a 50% charge will apply. For all no-shows the full charge of the treatment will apply.

How to Spa

We will provide you with the necessary attire for all your treatments. Towels and bathrobes are available in the locker rooms.

Please note, swimwear is mandatory for the use of the Jacuzzi and Steam Bath.

Spa Policies

We respectfully ask that you leave your cell phone turned off in order to preserve the tranquility of the Mokuti Spa experience. Please also leave your valuables locked in your appointed locker as Mokuti Spa cannot be held responsible for the loss or theft of personal items.

We kindly ask for your understanding that the use of the Jacuzzi and Steam Room is reserved for Spa Guests only.



MOKUTI ETOSHA SPA

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