

SONOP
ZANNIER HOTELS



SONOP

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THE SPA JOURNEY

Your body is a temple,
treat it as sacred.



FITNESS CENTER
10:00 AM – 08:00 PM

TREATMENTS
10:00 AM – 08:00 PM

*Advance reservations are highly recommended
to ensure availability (mandatory for treatments).
Last appointment at 8PM. Treatments until 10 PM.*

OUR VISION

The mantra defining our spa is to respect every culture, to value all customs and to embrace traditions. Our goal is to enhance the life and well-being of everyone who enters The Spa. We are pleased to offer you a collection of the finest, traditionally inspired spa treatments in Namibia.

The Spa treatments are all designed to purify and rejuvenate your body. They embrace age-old healing techniques, beauty recipes that replicate ancient Namibian beliefs, and cultural traditions with therapies designed to encompass mind, body and spirit. Experienced therapists, with well-honed skills in the modern-day interpretation of treatments that have been handed down through the centuries, create a natural, relaxing and heartfelt spa encounter.

Upon arrival at The Spa, you will be warmly welcomed, before commencing a personalised treatment that uses only the finest organic, indigenous ingredients and delivers outstanding and long-lasting results.

In visiting The Spa our sole aim is to take care of your personal temple. It houses your mind, spirit and intelligence and we must nurture and care for it daily.

THE SPA SERVICES

—
SIGNATURE TOUCH

The Spa Desert Ritual

—

NAMIBIAN TOUCH

Traditionally-inspired massages

Touch of Namibia

Touch of Namibian Myrrh

Touch of Murula & Mopane oils

Touch of Namibian Pearls

—

FACIAL TOUCH

The Desert Herbal Essence Divine Facial

—

CUSTOMIZED TOUCH

for Head, Face, Back, Legs, Hands, Feet & Skin

—

FACIALS

Esse Lifting, Esse Experience & Esse Probiotics

—

HEALTH & WELLNESS FOR LIFE

Meditation & Yoga

—

SIGNATURE TOUCH

OUR THERAPIST SIGNATURE TREATMENT
INSPIRED BY SONOP'S SURROUNDING DESERT

The Spa Desert Ritual

Full-body polishing, massage and cocooning
110 minutes — 2,080 NAD\$

This signature ancient traditional treatment utilises centuries-old desert secret recipe using the native devil's claw known for its medicinal benefits to treat muscle pains, sores and other skin problems. The desert dune sand stimulates the skin and effectively enhancing the skin fairness bringing back a balance to the skin's natural color and tone. The scrub consists of an exotic blend of roots, herbs and spices ground in a mortar and pestle then applied to the body excluding the face and sensitive areas.

The signature massage and cocoon blend envelops your mind, body and soul, and is a natural way to support the skin's health and firmness. A cocooning at the end nourishes and moisturizes a youthful radiant glowing skin with holistic healing effect concludes this Sonop desert signature ritual.

NAMIBIAN TOUCH

TRADITIONALLY-INSPIRED MESSAGES
USING ONLY INDEGINOUS INGREDIENTS
FROM THE DESERTS OF NAMIBIA

Massage is a very ancient form of treatment – so ancient that its history is said to be as old as that of mankind. It is a sacred belief that body and soul can be renewed through the healing power of human touch.

Massage is far more than just a treatment that makes us feel good. It enhances our immune systems function and lowers the level of our stress hormones. Used for healing throughout history, cultures from all over the world have built upon this to develop varied styles of massage.

The Spa incorporates ancient Namibian massage traditions in a myriad of treatments to nurture all your senses back to wellbeing. The following body and face treatments were created with only one thing in mind: you. They aim to invigorate and relax, to enrich your life and restore health with an abundance of energy and joy for your body, mind and spirit. The emphasis is on balancing energy in the body.

Touch of Namibia

Namibian-style full-body deep tissue massage
60 / 80 minutes — 1,300 / 1,600 NAD\$

This authentic indigenous massage offers a simple yet powerful approach with extremely effective massage techniques to deeply relax. It incorporates joints stretching and mobilization rhythm, increasing one's flexibility, relieving tension or muscles tightness and returning the body to its natural relaxed state.

This massage uses medium to strong vigorous kneading and cross fiber mobilization to work on trigger points. Deep thumb and elbow pushing techniques predominate, stimulating soft tissue and working deeply to ease muscle and joint pain by breaking down tensely knotted tissue. "Touch of Namibia" is highly recommended after your desert adventure tours.

Touch of Namibian Myrrh

Full-body hot stone healing massage
60 / 80 minutes — 1,300 / 1,600 NAD\$

Namibian Myrrh, traditionally known as Omumbiri, has been used for eons as a traditional perfume by the Himba women of the Namib Desert. Namibian Myrrh is both antibacterial and anti-inflammatory. Being high in antioxidants, Namibian myrrh oil is very beneficial to the skin. Namibian Myrrh can also positively affect emotions. Leaving one with a wonderful feeling of pure joy as it positively affects the brain with serotonin.

Hot stone is an ancient and authentic system of healing, more than just a simple massage. It is a meditative experience that enhances spiritual growth and balances the physical, mental and emotional dimensions of life. The comforting heated smooth, flat stones are placed on key points of the body while heat relaxes the muscles and promotes temperature balance making this an excellent healing method.

When Nambian Myrrh oil is warmed & hot stones applied to your body, the ultimate healing massage is indulgence on another level.

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***Touch of Namibian
Murula & Mopane oils***

*Full-body desert inspired warm compress massage
60 / 80 minutes — 1,300 / 1,600 NAD\$*

Marula & Mopane Oil softens and rehydrates the skin. These generous oils are known for their anti-ageing properties and have been shown to improve skin hydration and elasticity.

The healing practice of African compress therapy dates back to an era when the knowledge of plants effects through ingestion and body application were being researched. The combination of the heat, herbs and massage restores the body's vital energy flow. The desert dune sand retains the heat, it is mixed with a variety of herbs used in folk medicine and known for its ethnobotanical use of treating a variety of pain conditions.

The “apply oil and pressure” massage techniques creates harmony between the body and mind, promoting health and wellbeing by stimulating the energy points. The skilled therapist's hands work consistently, rubbing, kneading and stroking with deep circular, rolling and pressing motions. This reduces stress, balances energy flow to tissues and organs, enhances inner and outer wellbeing and quality of life.

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Touch of Namibian Pearls

*Full-body brushing, body exfoliation
& ayurveda abhyanga massage
60 / 80 minutes — 1,300 / 1,600 NAD\$*

Once prized more than gold, salt is one of the abundant jewels of the sea. Namibian sea salt is harvested along the west coast from the Atlantic Ocean. Moulded by the timeless rhythm of the south-westerly winds and the gentle dance of the Atlantic waves, Pearl Salt is a special tribute to the Namibian elements. The rare salt pearls are found amongst the numerous salt crystals formed from the ocean water.

Ayurveda, an ancient system of life “ayur” and knowledge “veda”, believes that life is a combination of body, mind, senses and spirit, working on your supreme consciousness. An elemental, all powerful, spiritual energy. A medical system and a philosophy originated around 5,000 years ago focusing on balancing the body’s three main constitutional forces - the energy of movement “vata”, the energy of digestion “pitta” and the energy of structure “kapha” - to improve health and create harmony in life.

Abhyanga uses warm oil to balance the doshas, strengthens the muscles, firms the skin, induces a great feeling of calm and encourages the body’s innate healing ability; while Indian head massage promotes tremendous relaxation, a deep sense of inner peace and stress relief, as well as having powerful effects on the mind and the nervous system.

FACIAL TOUCH

SPECIFIC FACIAL TREATMENT
MADE OF LOCAL PLANTS

The Desert Herbal Essence Divine Facial

Supreme Full Facial
60 minutes — 1,300 NAD\$

We bring you the richness of the Namib Desert using indigenous blended botanical ingredients. It is a moisture boosting essence to nourish your mind, body and spirit for a divine feeling of wellbeing.

Reveal your beauty and achieve optimal results with these ultimate desert herbal essences, hydrating botanical extracts that retains high levels of moisture which are essential for youthful healthy glowing skin.

The ancient healing technique restores, purifies, and revitalizes the skin. The lymphatic drainage increases blood flow and allows the skin to absorb nutrients and anti-oxidants on a deeper level of the epidermis. It helps tighten the pores and keeps the skin healthy, glowing and younger-looking.

CUSTOMIZED TOUCH

PERSONALIZED HANDS-ON BODY & BEAUTY CARE

60 / 90 / 120 / 150 minutes
1,300 / 1,950 / 2,600 / 3,250 NAD\$

At The Spa, we also offer personalized treatments designed for great skin and body health, making our approach totally personal. We respect and we consider everyone's need, with the aim of delivering results.

Time: there is never enough... but we make every minute count and adapt to every request.

Our personalised treatments selection includes:

Touch for Head – Head and Neck Massage

Touch for Face – Express Facial

Touch for Back – Back Massage

Touch for Legs – Leg Massage

Touch for Hands – Hand Reflexology

Touch for Feet – Feet Reflexology

Touch for Skin – Skin Polishing or Cocooning

Choose your spa journey and make it truly special. Select a combination of at least two thirty minutes treatments that suit your mood of the day.

Customized Touch Prolongation

30 minutes — 800 NAD\$

The personalised hands on body and beauty care of thirty minutes duration can be an added treatment to your other selected spa services.

Our unique award winning spa treatments and skincare are inspired by an extraordinary journey in the vast plains of the Namibian desert using a truly unique locally sourced products. More than a cutting edge natural spa treatments, it is an experience of Namibia itself.



FACIALS

Esse Lifting Massage

30 minutes — 700 NAD\$

This massage targets an ageing skin and uses myofascial release and lifting movements to rejuvenate tired, dull skin while increasing circulation and releasing tension. This treatment gives instant results with improved texture, plumpness, and a brighter appearance. This is included on your treatment if the focus is ageing.



Esse Experience

60 minutes — 1200 NAD\$

A bespoke facial that harnesses the power of advanced pre & probiotics to improve the microbial balance on the skin. Tailored to address your specific skin concerns with customisations and enhance the treatment with carefully crafted add-ons.

Experience benefits that include soothing stress relief, boosted collagen production, reduced inflammation, and strengthened skin barrier function.

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Esse Probiotic Facial

(with Ampoule & Exclusion Mask)

75 minutes — 1,800 NAD\$

The ultimate treatment to elevate your skin to a whole new level with live probiotics and specialised massage protocols. This gold standard live probiotic experience is designed to reduce inflammation, enhance barrier function, and address the signs of ageing by restoring microbial balance and rewilding the skin.

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HEALTH & WELLNESS FOR LIFE

**HEALTHY BEGINNINGS
FOR MIND, BODY AND SPIRIT**

Happily, ever after starts with healthy beginnings, beyond our hectic days is a better way of living. Health and wellness for life are designed to be health giving, engaging you to be happier, healthier, energetic and enriched lifestyle, it is gentle with emphasis on balancing physical, mental, emotional and spiritual states. A perfect combination with other holistic treatments to cleanse and detoxify, as well as help the body to reach its full potential.

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Yoga for Life

60 minutes — 700 NAD\$

Yoga is an ancient tradition, embracing and cultivating a lifestyle of holistic living. Your yoga practices will become a tool of self-empowerment and healing in every aspect of your daily life providing a lasting and powerful transformation. It is a prescription for a healthier and a more balanced lifestyle. Good yoga practice can rejuvenate the body, calm the mind, and help heal the spirit through a greater sense of awareness and self discovery. Come and experience the foundational aspects and practices of yoga as a path of healing and well-being. Our certified and experienced yogi will determine the type of yoga prior to commencement.

Yoga & Meditation for Life

60 minutes — 1170 NAD\$

Combine both meditation and yoga practices.

Advance reservations are required subject to weather permitting and practitioner's availability. The spa team will help you schedule your session, recommend a suitable and convenient time. Duration varies according to your adaptability.

VISITING THE SPA

We highly encourage advance spa appointments, to ensure your desired treatments and preferences are available. Please call the The Spa for appointments or to discuss suitable experiences. We will be happy to assist with and plan your treatments in person.

Our spa treatments use homemade products and fresh ingredients. Hence, cancellation is discouraged. Kindly contact The Spa reception 3 hours prior to your appointment for rearrangement within the day (subject to availability). Full treatment charges will be levied for no-shows and late re-scheduling notice.

The time durations given are the actual essential treatment times including rituals and after care. Late arrivals will result in customising your service to fit the remaining reserved time as courtesy to our next guest. The Spa reserves the right to modify, cancel or postpone programs due to unforeseen circumstances. Please arrive at least 15 minutes prior to your reserved appointment. In this way, you will have time for check-in procedures, to enjoy the facilities and allow yourself enough time for preparation.

The Spa robe, towels, slippers, and shower amenities will be made available. Please leave all jewelry and valuables in your room's safety drawer. While we endeavor to look after your belongings, we accept no responsibility for any misplaced, damaged or lost valuables of any kind brought into the premises.

The Spa treatments and wellness facility usage is at your personal risk. We welcome guests from 16 years of age for treatments and spa facilities. We can accommodate below 16 years old with a parent or guardian's consent.

Kindly note that The Spa is a smoke-free environment and consumption of alcohol or caffeinated drinks before, during or directly after a treatment, is discouraged.

The Spa guests will have a personalised consultation that will be private and confidential. We treat every guest with utmost respect; spa services are strictly professional.

All prices are in Namibian \$, inclusive of 15% government tax (subject to changes without prior notification). Purchased items are final, no refund for services or sold items will be done at all times.

