

Unwind in magnificent surroundings. Enjoy our relaxing treatments by qualified body-care therapists. We observe the strictest sterilisation and hygiene procedures and conform to a strong code of ethical conduct.

BOOKINGS

Bookings are done at the Forest Retreat. Treatments and purchases can be placed onto your room accounts.

Day visitors are welcome - at the time of booking the treatment will be charged to your credit card.

GIFT VOUCHERS

Treatments make wonderful presents for family and friends. Gift vouchers can be purchased for any monetary value from the Reception.

CANCELLATION POLICY

We would be grateful if guests would make any changes or cancellations at least 24 hours prior to the scheduled treatment time. Treatments cancelled after this time will incur a cancellation tariff of 100% if the appointment cannot be filled. If you wish to change or cancel an appointment please contact the Retreat directly. Please note that, as a courtesy to all our clients, a prompt appointment schedule is adhered to. Late appointments will be completed in the allocated time and the fee will remain unchanged.

TREATMENTS

Treatments are carefully planned to accommodate the needs of each guest. We ask that you always allow 15 minutes prior to your appointment in order to minimise unnecessary delays. All times quoted are inclusive of changing into and out of treatment garments.

GENTLEMEN

Please wear appropriate attire for body treatments.

CHILDREN

Children are welcome under parental supervision - please respect the privacy of other guests.

Essential Grooming

WAXING

	STRIP	HOT
Underarms	R60	R70
Standard Bikini	R70	R80
Half Leg	R100	
Full Leg	R150	
Half Arm	R70	
Full Arm	R100	

TINTING

Eyebrows		R45
Eyelash		R60
Brow & Lash		R90

Please note a patch test is required 24 hours prior to treatment.

MANICURES

Mini Manicure	30 min	R75
Basic Manicure	45 min	R150
Paraffin Manicure	60 min	R240
Essie Spa Manicure	60 min	R260
Men's Hand Treatment	30 min	R120

PEDICURE

Mini Pedicure	30 min	R95
Basic Pedicure	45 min	R190
Paraffin Pedicure	60 min	R260
Essie Spa Pedicure	75 min	R290
Men's Sport Treatment	45 min	R160
Re-varnish		R50
French Paint		R50

FOREST FOOT MASSAGE

A soak in Essie marine crystals and a relaxing foot massage conditioning neglected feet.

30 minutes - R100

Massage

ESSIE SPA FOOT MASSAGE

A soak in Essie marine crystals followed by an exfoliating foot scrub and deep relaxing foot massage with ylang-ylang oil. The rich hydration replenishes and softens hard-working heels, lavishing a rich and healing action on the skin.

30 minutes - R170

BACK, NECK & SHOULDER MASSAGE

A wonderful way to relieve the tension and stress in the back, neck and shoulder area.

30 minutes - R170

45 minutes - R220

FOREST FULL BODY MASSAGE

The Forest treatment combines classic full body techniques to transform your body into a state of total renewal and relaxation. It reduces tension, soothes sore muscles, increases circulation and induces relaxation.

60 minutes - R320

75 minutes - R370

FOREST DEEP TISSUE MASSAGE

A deep massage which alleviates stress and eases aching muscles. The powerful treatment balances your chakras and revives your spirit.

Receive complimentary Dermalogica mineral salts with each treatment.

30 minute back - R250

60 minute full body - R450

Hot Stone

FOREST HOT STONE MASSAGE

With the use of hot stones, clients are aided in balancing all levels of emotional, mental, physical and spiritual energies.

45 minutes - R260

90 minutes - R500

Body Treatments

EXFOLIATING BODY TREATMENT

Excellent on its own or the ideal pre-treatment scrub. It smooths away dull debris and prepares the body for further treatment

60 minutes - R300

POWER RECOVERY PACK

An intense wrap which feeds the skin with nourishment it craves. Recommended for drier, prematurely ageing and the most sensitive of skins.

60 minutes - R350

NOURISHING SEA MUD PACK

A deeply detoxifying wrap which helps add essential minerals to the body.

60 minutes - R300

PURIFYING BACK TREATMENT

Perfect for men & women. This treatment will leave the skin smooth while helping to combat breakout activity and relax muscles.

45 minutes - R350

Packages

UNDER 20'S TEEN QUEEN SPECIAL

Express Skincare Facial
Mini manicure
Mini pedicure
90 minutes - R320

FOREST RELAXATION

Forest Foot Massage
30 Minute Back Massage
Express Skincare
90 minutes - R430

STRESS AWAY

Exfoliating Body Treatment
Full Body Massage
Classic Facial
165 minutes - R840

EXPRESS PAMPER

30 Minute Forest Deep Tissue
Essie Foot Massage
Nail Paint
75 minutes - R410

BODY WARMER

Exfoliating Body Treatment
Nourishing Sea Mud Pack
Paraffin Manicure
Paraffin Pedicure
210 minutes - R860

FOREST GODDESS Half Day

Exfoliating Body Treatment
Nourishing Sea Mud Pack
75 Minutes Full Body Massage
Basic Manicure
Basic Pedicure
5h45 - R1150
Includes tea, muffin and lunch

FOREST KING Half Day

Exfoliating Body Treatment
60 Minutes Full Body Massage
Men's Hand Treatment
Men's Sport Treatment
4h45 - R950
Includes tea, muffin and lunch

The Cavern

DRAKENSBERG RESORT AND SPA

Forest Retreat

Bookings

Tel: 036 - 438 6270

Email: info@cavern.co.za

Hours

Monday - Saturday

8:30 - 17:00

Sunday

09:00 - 13:00

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