

# Forest Retreat

### Bookings

Tel: 036 - 438 6270  
Email: info@cavern.co.za  
Day visitors are welcome

### Hours

Monday - Saturday 09:00 - 18:00  
Sunday 08:00 - 14:00

## 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 ethics.

## Essential Grooming

### WAXING

Underarms	STRIP	HOT
Standard Bikini	R60	R70
Half Leg	R70	R80
Full Leg	R100	
Half Arm	R150	
Full Arm	R70	
	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	R80
Basic Manicure	45 min	R160
Paraffin Manicure	60 min	R250
Essie Spa Manicure	60 min	R275
Men's Hand Treatment	30 min	R125

### PEDICURE

Mini Pedicure	30 min	R100
Basic Pedicure	45 min	R200
Paraffin Pedicure	60 min	R275
Essie Spa Pedicure	75 min	R305
Men's Sport Treatment	45 min	R170
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 - R110

## 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.

45 minutes - R180

### BACK, NECK & SHOULDER MASSAGE

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

30 minutes - R180

45 minutes - R250

### 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 - R340

75 minutes - R390

### 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 - R275

45 minute back - R360

60 minute full body - R475

## 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 - R275 | 60 minutes - R400  
90 minutes - R525

## Packages

### UNDER 20'S TEEN QUEEN SPECIAL

• Express Skincare Facial • Mini manicure • Mini pedicure  
90 minutes - R340

### FOREST RELAXATION

• Forest Foot Massage • 30 Minute Back Massage  
• Express Skincare | 90 minutes - R450

### STRESS AWAY

• Exfoliating Body Treatment • Full Body Massage  
• Classic Facial | 165 minutes - R880

### EXPRESS PAMPER

• 30 Minute Forest Deep Tissue • Essie Foot Massage  
• Nail Paint | 75 minutes - R430

### FOREST GODDESS Half Day

• Exfoliating Body Treatment • Nourishing Sea Mud Pack  
• 75 Minutes Full Body Massage • Basic Manicure  
• Basic Pedicure | 5h45 - R1200  
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 - R1000 | Includes tea, muffin and lunch

## Dermalogica Skincare

DERMALOGICA is truly revolutionary. It is customized at every step by the therapist. The treatment will be unique for each individual, making use of the Dermalogica Botanical Mixers. This provides additional benefits to the skin. DERMALOGICA products are available for purchase.

### EXPRESS SKINCARE TREATMENT

This express treatment is ideal for those looking for rapid results with limited time. The treatment consists of a cleanse, exfoliation and a rejuvenating mask.  
30 minutes - R230

### THE CLASSIC TREATMENT

The various stages of this treatment will be personalized according to the changing needs of your skin, and will include a cleanse, steam, exfoliation, massage and a mask. 75 minutes - R400

### AGE SMART

The most powerful Dermalogica treatment. Specially created for clients concerned with signs of ageing and sun damage. 75 minutes - R500

### ENVIRONMENTAL DESENSITISING TREATMENT

Sensitive skin treatment using an environmental control system for repairing and soothing irritated, sensitized or stressed skin. 60 minutes - R450

### MEN'S SKIN TREATMENT

Men's skin is designed differently to a women's. This treatment concentrates on shaving habits and helps prevent ingrown hairs and other skin problems unique to men.  
60 minutes - R300

### ADD THE FOLLOWING ON TO ANY TREATMENT -

*Please mention at the time of booking.*

**CONTOUR MASK:** For unsurpassed firming and toning, this specialized service will leave the skin feeling revitalized, supple and balanced. This mask is ideal for clients with sensitive, easily irritated or tired skin. R120

**REVITALIZING EYE RESCUE:** This treatment helps diminish fine lines, reduces puffiness and soothes irritated, tired eyes. R150

## 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. 45 minutes - R290

### 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 - R385

### NOURISHING SEA MUD PACK

A deeply detoxifying wrap which helps add essential minerals to the body. 60 minutes - R330

### 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 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. Times quoted are inclusive of changing into and out of treatment garments.

### CHILDREN

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

### GIFT VOUCHERS

Treatments make wonderful presents for family and friends. Gift vouchers can be purchased for any value at the reception.