

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 - R300

Add Facial Massage 45 minutes - R330

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 - R550

AGE SMART

The most powerful Dermalogica treatment. Specially created for clients concerned with signs of ageing and sun damage. Includes a contour mask. 75 minutes - R640

ULTRA CALMING FACIAL

Sensitive skin treatment using an environmental control system for repairing and soothing irritated, sensitized or stressed skin. 60 minutes - R540

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 - R450

ADD THE FOLLOWING ON TO ANY FACIAL 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. R150

REVITALIZING EYE RESCUE: This treatment helps diminish fine lines, reduces puffiness and soothes irritated, tired eyes. R180

Body Treatments

EXFOLIATING BODY TREATMENT

Excellent on its own or the ideal pre-treatment scrub. It smoothes away dull debris and prepares the body for further treatment. 30 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 - R500

LIFE SAVING BACK TREATMENT

A self heating sugar scrub with antioxidant and detoxifying effect. 45 minutes - R400

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. For pedicures, please bring open shoes.

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.

The **Cavern**
DRAKENSBERG RESORT & SPA

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



Essential Grooming

WAXING

Eyebrow		R65
Underarms		R85
Standard Bikini	from	R100
Half Leg		R150
Full Leg		R200
Half Arm		R100
Full Arm		R120

TINTING

Eyebrows		R60
Eyelash		R80
Brow & Lash		R120

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

MANICURES

Mini Manicure	30 min	R150
Basic Manicure	45 min	R250
Paraffin Manicure	60 min	R320
Spalicious Manicure	60 min	R350
Men's Hand Treatment	45 min	R250

PEDICURE

Mini Pedicure	30 min	R160
Basic Pedicure	60 min	R320
Paraffin Pedicure	75 min	R350
Spalicious Pedicure	75 min	R370
Men's Sport Treatment	45 min	R250
Re-varnish		R70
French Paint		R70

Note: No application or removal of false nails

FOREST FOOT MASSAGE

A Spalicious soak and a relaxing foot massage conditioning neglected feet.	30 min	R170
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Massage

SPALICIOUS FOOT MASSAGE

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

45 minutes - R270

BACK, NECK & SHOULDER MASSAGE

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

30 minutes - R270

45 minutes - R350

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 - R500

75 minutes - R550

FOREST DEEP TISSUE MASSAGE

A deep massage which alleviates stress and eases aching muscles.

Receive complimentary Dermalogica mineral salts with each treatment.

30 minute back - R370

45 minute back - R500

60 minute full body - R600

Hot Stone

FOREST HOT STONE MASSAGE

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

45 minutes Back - R420 | 60 minutes Full Body - R550
90 minutes Full Body - R700

Packages

UNDER 20'S TEEN QUEEN SPECIAL

- Express Skincare Facial • Mini manicure • Mini pedicure
- 90 minutes - R520

FOREST RELAXATION

- Forest Foot Massage • 30 Minute Back Massage
- Express Skincare | 90 minutes - R650

STRESS AWAY

- Exfoliating Body Treatment • Full Body Massage
- Classic Facial | 165 minutes - R1170

FOREST GODDESS Half Day

- Exfoliating Body Treatment • Classic Facial
- 60 Minute Full Body Massage • Basic Manicure
- Basic Pedicure | 5h00 - R1600
- 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
- Men's Skin Treatment
- 4h30 - R1440 | Includes tea, muffin and lunch

SPALICIOUS MUM'S-TO-BE

A foot soak, body massage and nourishing foot mask

75 minutes - R580

