

dermalogica

DERMALOGICA, a truly revolutionary skincare brand focussing on maintaining skin health. Customized at every step by your therapist. Each treatment is unique to each individual skin type and concern. 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 - R570

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 - R650

ULTRA CALMING FACIAL

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

60 minutes - R570

MEN'S SKIN TREATMENT

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

60 minutes - R500

ADD: REVITALIZING EYE RESCUE

This treatment helps diminish fine lines, reduces puffiness and soothes irritated, tired eyes.

R200

Please mention at the time of booking.

body

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.

45 minutes - R350

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 Spalicious 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.

Forest
Retreat

Bookings

036 438 6270

info@cavern.co.za

Day visitors are welcome

Hours

Monday - Saturday: 09h00 – 18h00

Sunday: 08h00 – 14h00

The Cavern

DRAKENSBERG RESORT & SPA

SINCE 1941

grooming

WAXING

Eyebrow		R65
Underarms		R85
Standard Bikini	from	R100
Half Leg		R150
Full Leg		R200
Chin & Lip		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 minutes	R200
Basic Manicure	45 minutes	R300
Paraffin Manicure	60 minutes	R400
Gelish Manicure	60 minutes	R400
Men's Hand Treatment	45 minutes	R300

PEDICURE

Mini Pedicure	30 minutes	R200
Basic Pedicure	60 minutes	R350
Paraffin Pedicure	75 minutes	R420
Gelish Pedicure	75 minutes	R420
Men's Sport Treatment	45 minutes	R300
Re-varnish		R100
French Paint		R100
Soak Off	30 minutes	R100

Note: No application or removal of false nails

massage

FOREST FOOT MASSAGE

A Spalicious soak and a relaxing foot massage conditioning neglected feet.

30 minutes - R200

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 heels. **45 minutes - R300**

BACK, NECK & SHOULDER MASSAGE

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

30 minutes - R320 | 45 minutes - R400

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 to alleviate stress and eases aching muscles.

45 minute back - R500 | 60 minute full body - R600

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 - R500

60 minutes Full Body - R600

90 minutes Full Body - R750

packages

UNDER 20'S TEEN QUEEN SPECIAL

- Express Skincare Facial
- Mini manicure • Mini pedicure

90 minutes - R600

FOREST RELAXATION

- Forest Foot Massage
- 30 Minute Back Massage
- Express Skincare | **90 minutes - R720**

STRESS AWAY

- Exfoliating Body Treatment • Full Body Massage
- Classic Facial | **175 minutes - R1200**

FOREST GODDESS Half Day

- Exfoliating Body Treatment • Classic Facial
- 60 Minute Full Body Massage • Basic Manicure
- Basic Pedicure

5h00 - R1800 | Includes tea, muffin and lunch

FOREST KING Half Day

- Exfoliating Body Treatment • Men's Skin Treatment
- 60 Minutes Full Body Massage
- Men's Hand Treatment • Men's Sport Treatment

4h30 - R1650 | Includes tea, muffin and lunch

SPALICIOUS MUM'S-TO-BE

- Foot soak • Body massage • Nourishing foot mask
- 75 minutes - R600**