

## packages

### Exfoliating Body Treatment

Smooth away dull debris and prepare your skin for further treatment.

30-minutes **R300**

Add Body Moisturising Cream

45-minutes **R350**

### Recovery Body Wrap

Energising or relaxing Body Wrap applied to your entire body. Soothing and moisturising. Enjoy a scalp or foot massage while the mask works its magic.

60-minutes **R500**

### Blissful Back Treatment

An invigorating scrub of the back area, followed by our tension relief back massage. Enjoy a 10-min leg massage while a relaxing mask further destresses the muscles.

45-minutes **R420**

## grooming

### Waxing

Eyebrow **R65**

Underarm **R85**

Standard Bikini **R100**

Half Leg **R150**

Full Leg **R200**

Chin & Lip **R120**

from

### Tinting

Eyebrow **R60**

Eyelash **R80**

Brow & Lash **R120**

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

## grooming

### 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**

Soak Off 30-minutes **R100**

Note: No application or removal of false nails

### SPA ETIQUETTE AND POLICIES

- Please arrive 15 minutes before your appointment time.
- Times quoted are inclusive of changing into and out of treatment garments.
- Please bring open shoes for pedicures.
- If you arrive late, your appointment will be completed in the allocated time and the fee remains unchanged.

### CANCELLATIONS

- Please make changes or cancellations 24 hours before the scheduled treatment time. A 100% cancellation tariff applies should the slot not be filled.

### 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 to Saturday: 09h00 – 18h00

Sunday: 08h00 – 14h00



The Cavern  
DRAKENSBERG RESORT & SPA  
SINCE 1941

## massage

### Forest Foot Massage

A refreshing soak and relaxing foot massage conditioning neglected feet.

**30-minutes R230**

Add exfoliation with dry skin treatment

**45-minutes R320**

### Scalp Massage

A combination of relaxing pressure point treatment and deep massage relieves tension and stress in this often neglected area.

**30-minutes R230**

### Back, Neck and Shoulder Massage

Enjoy a targeted deep tissue massage to relieve the build up of tension in the upper body.

**30 minutes R320**

**45-minutes R400**

### Forest Full Body Massage

A blend of soft to medium pressure Swedish massage techniques to invigorate the muscles, energise the body, increase blood circulation and release tension.

**60-minutes R550**

**75-minutes R600**

**Deep tissue treatment +R95**

For those who prefer a firm deep pressure including sports massage techniques.

### Forest Hot Stone Massage

With the use of hot stones, this treatment helps balance emotional, mental, physical and spiritual energies.

**45-minutes back R525**

**60-minutes full body R630**

**90-minutes full body R775**

## esse facials

Our focus at The Cavern is to be environmentally and socially responsible. In keeping with our ethos and vision, the Forest Spa stocks the award-winning, proudly South African, organic skincare range Esse.

We are proud to align ourselves with this professional, cruelty-free and carbon neutral product.

Each Esse facial is tailored by your qualified therapist, to suit your specific skin type or concerns.

Calming | Hydrating | Brightening | Anti-ageing  
Nourishing | Deep Cleanse | Men's Specific | Teen

### The Classic Forest Facial

A traditional hands-on facial treatment including a double cleanse, exfoliation, steam, massage and mask.

**60-minutes R575**

### The Advanced Forest Facial

A more intense facial including a double cleanse, steam, exfoliation, massage, mask and live probiotic treatment.

**75-minutes R695**

### The Advanced-Plus Facial

Our most advanced treatment includes a double cleanse, exfoliation, steam, massage, mask and award-winning probiotic treatment and a small take-home product.

**90-minutes R795**

## packages

### Under 20s Teen Queen Special

• Express Forest Facial  
• Mini manicure • Mini pedicure

**90-minutes R650**

### Forest Relaxation

• Forest Foot Massage  
• 30-minute Back Massage  
• Express Forest Facial

**90-minutes R795**

### Stress Away

• Exfoliating Body Treatment • Forest Full Body Massage  
• Classic Forest Facial

**150-minutes R1375**

### Forest Goddess Half Day

• Exfoliating Body Treatment • Classic Forest Facial  
• Forest Full Body Massage  
• Basic Manicure • Basic Pedicure

**4.5 hours R1995**

Includes tea, muffin and lunch

### Forest King Half Day

• Exfoliating Body Treatment • Men's Classic Forest Facial  
• Forest Full Body Massage  
• Men's Hand Treatment • Men's Foot Treatment

**4 hours R1775**

Includes tea, muffin and lunch

### Forest Mums-To-Be

• Forest Foot Massage including an exfoliation and dry skin treatment • Pregnancy massage

**90-minutes R795**