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

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

Waxing
Eyebrow R65
Underarm R85
Standard Bikini from R100
Half Leg R150
Full Leg R200
Chin & Lip R120

Tinting
Eyebrow R60
Eyelash R80
Brow & Lash R120
Please note a patch test is required 24 hours prior to treatment.

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

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.

Bookings
036 438 6270
info@cavern.co.za
Day visitors are welcome

Hours
Monday to Saturday: 09h00 – 18h00
Sunday: 08h00 – 14h00
**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
- 45-minutes R525
- 60-minutes full body R630
- 90-minutes full body R775

**Forest Relaxation**
- Forest Foot Massage
- 30-minute Back Massage
- Express Forest Facial
- R90-minutes

**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

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*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

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*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
- R90-minutes

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