

Exfoliating Body Treatment

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

30-minutes R330

Add Body Moisturising Cream

45-minutes R380

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 R550

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 R480

Waxing

Eyebrow R 75
 Underarm R 95
 Standard Bikini from R115

Half Leg R165
 Full Leg R220
 Chin & Lip R135

Tinting

Eyebrow R 70
 Eyelash R 90
 Brow & Lash R135

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

Manicures

Mini Manicure 30-minutes R220
 Basic Manicure 45-minutes R330
 Paraffin Manicure 60-minutes R450
 Gelish Manicure 60-minutes R450
 Men's Hand Treatment 45-minutes R330

Pedicure

Mini Pedicure 30-minutes R220
 Basic Pedicure 60-minutes R400
 Paraffin Pedicure 75-minutes R460
 Gelish Pedicure 75-minutes R460
 Men's Sport Treatment 45-minutes R330
 Re-varnish R110
 Soak Off 30-minutes R110

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.



Bookings

☎ 036 438 6270

✉ info@cavern.co.za

☎ 066 359 9879

Day visitors are welcome

Hours

Monday to Saturday: 09h00 – 18h00
 Sunday: 08h00 – 14h00



Forest Retreat Signature Massage

A decadent blend of massage techniques, working from the top of your head to the very tips of your toes, releasing tension, increasing blood circulation, leaving the body energised and muscles invigorated- a Cavern Spa MUST-do!

75-minutes R700

Forest Full Body Massage

A blend of soft to medium pressure Swedish massage techniques to stimulate circulation and manage stress.

60-minutes R630

Deep tissue treatment +R100

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 R570

60-minutes full body R700

90-minutes full body R850

Back, Neck and Shoulder Massage

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

30 minutes R380

45-minutes R450

Forest Foot Massage

A refreshing soak and relaxing foot massage conditioning neglected feet.

30-minutes R270

Add exfoliation and dry skin treatment
45-minutes R380



PROBIOTIC SKINCARE

Rewild Your Skin

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. Esse restores your skin's microbiome with probiotics and green chemistry.

Esse Classic Facial

A bespoke traditional hands-on treatment tailored to address your specific skin concerns.

Choose from:

Nourishing | Hydrating | Anti-Ageing | Mens | Teen

60-minutes R695

Esse Probiotic Facial

The ultimate treatment using live probiotics activated and mixed especially for you. Designed to reduce inflammation and enhance barrier function.

90-minutes R850

A healthy microbiome is the natural way to keep skin looking younger for longer. Rewilding is the science of returning your skin's microbiome to its balanced and "wild" state through green chemistry. Esse creates the environment for your skin's natural microbiomes to flourish. You'll find using Esse restores its ecology.

Forest Goddess Half Day

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

4.5 hours R2195
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 R1995
Includes tea, muffin and lunch

Stress Away

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

150-minutes R1700

Forest Relaxation

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

90-minutes R850

Forest Mums-To-Be

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

90-minutes R860

Under 20s Teen Queen Special

- Express Forest Facial
- Mini manicure • Mini pedicure

90-minutes R720