

Manicures

Mini	30 mins	R270
Basic	45 mins	R370
Paraffin	60 mins	R550
Gelish	60 mins	R550
Men's	45 mins	R370

Pedicures

Mini	30 mins	R270
Basic	60 mins	R550
Paraffin	75 mins	R600
Gelish	75 mins	R600
Men's	45 mins	R420
Re-varnish	15 mins	R150
Soak-off	30 mins	R150
No application or removal of false nails.		

Waxing

Eyebrow	R 80
Underarm	R120
Bikini	R150
Half leg	R180
Full leg	R250
Chin & lip	R150

Tinting

Eyebrow	R 70
Eyelash	R100
Brow & lash	R150
A patch test is required 24 hours before treatment.	

The CAVERN

EST. 1941

ETIQUETTE

Please respect the peace and privacy of other guests. Kindly arrive 15 minutes before your appointment. Times quoted are inclusive of changing into and out of treatment gowns. Please bring open shoes for pedicures.

POLICIES

If you arrive late, your appointment will take place in the allocated time and the fee remains fixed.

CHILDREN

Children are welcome under parental supervision.

GIFT VOUCHERS

Gift vouchers can be bought at reception.

CANCELLATIONS

Please change or cancel 24 hours before your appointment. Failing this, you will be charged in full should we not be able to fill your slot.

Forest Retreat Spa

Monday to Saturday: 9am – 6pm
Sunday: 8am – 2pm

Day visitors are welcome
by appointment

Tel: 066 359 9879
036 438 6270

Email: forest.retreat@cavern.co.za



Signature 75 mins R850

A luxurious blend of massage techniques, relieving deep tension and stimulating the lymphatic system.

Full body 55 mins R750

Relaxing, firm, therapeutic massage, helping you unwind and relax.

Hot stone 55 mins R775

Basalt rocks gently heated to penetrate deeply into stressed muscles – balancing pressure points and energies.

Back, Neck & Shoulder 45 mins R525

A targeted deep tissue massage – best done every day of your stay!
30 mins R400

Foot therapy 45 mins R450

A refreshing soak and exfoliation followed by a healing massage.

A shorter option, including a foot refresh and restorative massage. 30 mins R350

Blissful Back 45 mins R500

Enjoy an invigorating back scrub and tension relieving massage. The relaxing mask is then applied whilst the legs get a revitalizing rub.



Rewild Your Skin

Our retreat is environmentally and socially responsible, so we use Esse, a South African, organic skincare range. Esse is cruelty-free, carbon neutral and restores your skin's microbiome. A healthy microbiome is the natural way to keep looking younger for longer. Rewilding is the science of returning your skin's microbiome to its balanced and "wild" state through green chemistry.

Probiotic Facial 85 mins R920

The ultimate live probiotic treatment. Latest technology designed to maximize skin functioning and heal sun-damaged skin leaving you radiant and relaxed.

Classic Facial 55 mins R720

A bespoke traditional treatment, that refreshes lifeless skin and restores hydration.

Options: Nourishing | Hydrating | Anti-Ageing Men's | Teen

Forest Goddess 4 hours R2400

- Exfoliating Body Treatment
- Classic Facial
- Full Body Massage
- Basic Manicure
- Basic Pedicure
- Tea and lunch

Forest King 4 hours R2200

- Exfoliating Body Treatment
- Men's Classic Facial
- Full Body Massage
- Men's Manicure
- Men's Pedicure
- Tea and lunch

Stress Away 2.5 hours R1600

- Exfoliating Body Treatment
- Full Body Massage
- Classic Facial

Forest Relaxation 1.5 hours R1100

- Foot Massage
- 30 min Back Massage
- Express Facial

Forest Mums-To-Be 1.5 hours R890

- Foot Massage
- Mini Pedi
- Pregnancy massage

Body Wrap Experience 1 hour R570

- Salty Scrub
- Body Mask
- Foot or Scalp Massage
- Nourishing Finish