

Manicures

Mini	30 mins	R290
Basic	45 mins	R400
Paraffin	60 mins	R590
Gelish	60 mins	R590
Men's	45 mins	R400

Pedicures

Mini	30 mins	R290
Basic	60 mins	R590
Paraffin	75 mins	R650
Gelish	75 mins	R650
Men's	45 mins	R450
Re-varnish	15 mins	R160
No application or removal of false nails.		

Waxing

Eyebrow	R 85
Underarm	R130
Standard Bikini	R160
Chin & lip	R160
Half leg	R195
Full leg	R270

Tinting

Eyebrow	R 75
Eyelash	R110
Brow & lash	R160
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 R910

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

Full Body 55 mins R800

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

Hot Stone 55 mins R830

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

Back, Neck & Shoulder 45 mins R560

A targeted deep tissue massage – best done every day of your stay! 30 mins R430

Foot Therapy 45 mins R480

A refreshing soak and exfoliation followed by a healing massage. 30 mins R380

Scalp Therapy 30 mins R380

Gentle, rhythmic movements to ease stress and boost circulation. For the ultimate indulgence - combine with foot therapy.

Blissful Back 45 mins R540

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



S K I N C A R E

Make your skin more youthful, resilient and sustainably healthy with a professional range of treatments that rebalance your microbiome.

Probiotic Treatment 85 mins R1150

This world-class live probiotic experience is designed to reduce inflammation, enhance barrier function, and address the signs of aging by restoring microbial balance.

Hydra Rescue Treatment 85 mins R1150

This treatment is scientifically designed to provide immediate relief for ultra-sensitive and dehydrated skin. It repairs barrier function, accelerates healing, and calms sensitivity.

Classic Treatment 55 mins R770

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

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

Forest Goddess 4 hours R2590

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

Forest King 4 hours R2380

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

Stress Away 2.5 hours R1750

- Exfoliating Body Treatment
- Full Body Massage
- Classic Facial

Forest Relaxation 1.5 hours R1190

- Foot Massage
- 30 min Back Massage
- Express Facial

Forest Mums-To-Be 1.5 hours R970

- Foot Massage
- Mini Pedi
- Pregnancy massage

Body Wrap Experience 1 hour R620

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