

## Manicures

Mini	30 mins	R260
Full	45 mins	R350
Paraffin	60 mins	R500
Gelish	60 mins	R500
Men's	45 mins	R350

## Pedicures

Mini	30 mins	R260
Full	60 mins	R500
Paraffin	75 mins	R550
Gelish	75 mins	R550
Men's	45 mins	R400
Re-varnish	15 mins	R150
Soak-off	30 mins	R140

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

Patch test required 24 hrs before treatment.

## Recovery Body Wrap 60 mins R550

Choose an energising or relaxing mask and enjoy a scalp or foot massage while your whole body is soothed and moisturised.



The CAVERN  
EST. 1941

### ETIQUETTE

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

### POLICY

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 reschedule 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](mailto:forest.retreat@cavern.co.za)

TERMS

TREATMENTS

GROOMING

**Signature** 75 mins R750

A blend of techniques, working from the top of your head to the tips of your toes, releases tension and increases blood flow, leaving you energised and invigorated.

**Full Body** 60 mins R680

Soft to firm Swedish massage stimulates circulation and relieves stress.

**Hot Stone** 60 mins R750

Balances emotional, mental, 45 mins R600  
physical and spiritual energies.

**Back, Neck & Shoulder** 45 mins R470

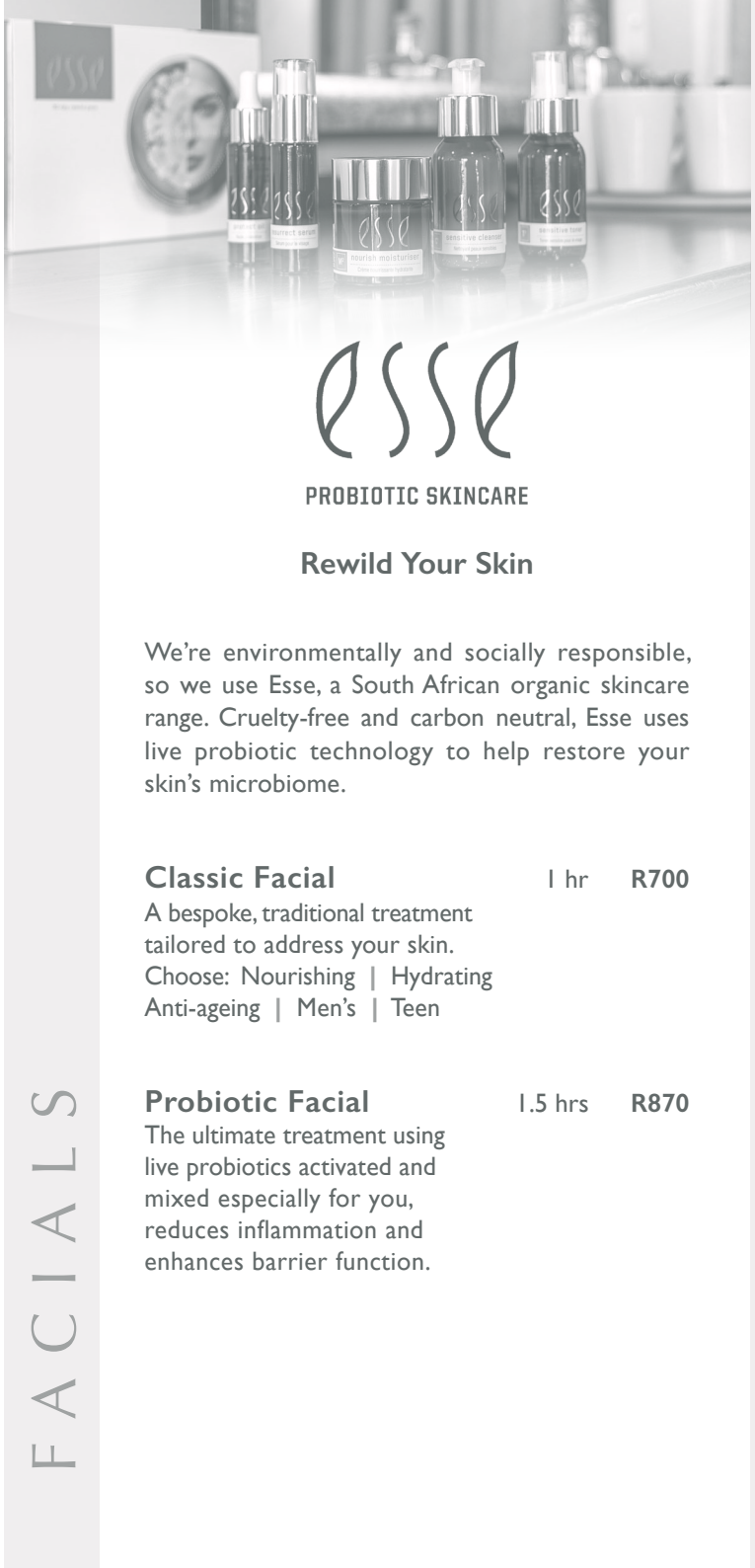
A targeted deep tissue massage, 30 mins R400  
relieves tension and stress.

**Foot** 45 mins R400

A refreshing soak, exfoliation 30 mins R300  
and relaxing massage conditions neglected feet and nourishes dry skin.

**Blissful Back** 45 mins R500

An invigorating scrub, followed by a tension relieving massage, a 10 min leg massage and relaxing mask to detox muscles.



PROBIOTIC SKINCARE

**Rewild Your Skin**

We're environmentally and socially responsible, so we use Esse, a South African organic skincare range. Cruelty-free and carbon neutral, Esse uses live probiotic technology to help restore your skin's microbiome.

**Classic Facial** 1 hr R700

A bespoke, traditional treatment tailored to address your skin. Choose: Nourishing | Hydrating  
Anti-ageing | Men's | Teen

**Probiotic Facial** 1.5 hrs R870

The ultimate treatment using live probiotics activated and mixed especially for you, reduces inflammation and enhances barrier function.

**Forest Goddess** 4.5 hrs R2310

- Exfoliating body treatment
- Classic facial
- Full body massage
- Full manicure
- Full pedicure
- Tea & lunch

**Forest King** 4 hrs R2170

- Exfoliating body treatment
- Men's classic facial
- Full body massage
- Men's manicure
- Men's pedicure
- Tea & lunch

**Stress Away** 2.5 hrs R1540

- Exfoliating body treatment
- Full body massage
- Classic facial

**Forest Relaxation** 1.5 hrs R950

- Foot massage
- Back massage
- Express facial

**Forest Mums-to-be** 1.5 hrs R890

- Foot massage
- Foot treatment
- Pregnancy massage

**Smoother Move** 1 hr R620

- Exfoliating body treatment
- Nourishing moisturiser
- Hand & foot massage