

## Facials

### Africology Aloe Ferox Facial 60mins R450

Aloe Ferox helps to calm, lift and firm, naturally creating a rejuvenated, youthful appearance.(P)

### Africology Balancing Rose Facial 60mins R490

A great facial for sensitive or stressed skins. This fragrant , rejuvenating therapy leaves you physically and emotionally balanced. (P)

### Esse Skin Analysis Facial 60mins R450

After a personal skin analysis you will be treated to the Esse facial to suit your skins needs.(P)

### Esse Anti Aging Facial 60mins R550

A concentrated treatment for mature skin and skins showing signs of premature aging

### Esse Anti Oxidant Facial 60mins R550

To bring back a healthy glow, ideal for all skin types.

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## Hands and Feet

Standard Manicure 60mins min R220

Standard Pedicure 75mins R250

Includes paint

### Africology African Potato Manicure 75 mins R250

### Africology African Potato Pedicure 75mins R290

An intensely hydrating African potato Masque, blended with rooibos, aloe and marula antioxidants is applied to ensure continued skin health and to rejuvenate the hands/feet.

Includes paint (P)

Gel Overlay Toes 60mins R180

Gel Overlay fingers 60mins R220

Soak off 40mins R60

Soak Off and Overlay toes 90mins R230

Soak off and overlay Fingers 90min R270

## Body Treatments and Massage

\* (P) = pregnancy friendly

### Gwenya body exfoliation 30mins R250

This treatment gently exfoliates lifeless skin cells, finished off with a marula oil application.(P)

### Gwenya Body Wrap 90mins R550

This treatment starts with a gentle exfoliation followed by the wrap and scalp massage. The treatment ends off with an application of marula conditioning oil. (P)

### Africology Coffee and Mint Body Wrap 90mins R550

This treatment stimulates lymph drainage and blood flow and is great for reducing water retention. This treatment starts with a gentle exfoliation followed by the wrap and scalp massage. The treatment ends off with an application of marula conditioning oil. (P)

### Forest Unwind BNS 60mins R380 30min R250

Back, neck and shoulders massage for tension & stress relief (P)

### Marula Conditioning Massage Full body 60mins R460

An intuitive body massage using hydrating marula oil. This treatment includes a light back exfoliation and application of warm, soothing mud to release the tension stored in the muscles. (P)

### Balancing Aroma-therapeutic Massage Full body 60mins R400

#### Back only 30mins R250

To soothe the mind and soul. The treatment begins with the selection of your mood enhancing aroma oils followed by the comfort of warm aromatic herbal pods and your therapeutic massage.

### Hot Stone Massage Full body 60mins R450

#### Back only 30mins R290

The treatment works to distress and uses the power of heat and basalt stones to draw pent up tension from the muscles.

### Swedish Massage 90min R550 60min R380 30min R250

To relax the entire body and mind, increases circulation and releases tension.

### Hand and Foot Massage 30mins R220 (P)

### Head/Scalp Massage 30mins R200 (P)

### Pregnancy massage 60mins R500

This massage uses gentle marula conditioning oil to hydrate your skin and leave it feeling soft and smooth. The gentle massage is designed to soothe the aches and tired muscles from carrying your growing baby. We finish off the treatment with a relaxing hand and foot massage. (P)

## Packages

All packages include a guest welcome and consultation (30mins) with ice tea and fresh fruit to enjoy while relaxing on the veranda in our luxurious Spa bathrobes. Also included is a spa lunch platter & a glass of wine or fruit juice (30mins)

### Couples Packages R1700 for 2 people R850 for 1 person

#### 2.5hrs including consultation and lunch

Hot Stone full body massage (60mins)

Hand and foot massage (30mins)

### Honeywood Package R1150pp

#### 3hrs including consultation and lunch

Full body exfoliation (30mins)

Forest Unwind BNS (30mins)

Hand and Foot massage) (30mins)

Express Facial (30mins)

### Mom & Daughter Package R1280 (daughters under the age of 16)

#### 3hrs including consultation and lunch

Forest Unwind BNS (30mins)

Express facial(30mins)

Pedicure and Paint (60mins)

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## For The Young Ones (15yrs and younger)

### Mini Tranquillity 60mins R 390

A treat for our younger guests (15 years and younger)

Mini facial, mini BNS plus mini hand and foot massage.

Mini pedi and paint 30min R110

Mini mani and paint 30mins R110

Mini Facial 30mins R150

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## Waxing and Tinting

Brow wax R70

Lip/chin wax R70

Whole face wax R110

Brow Tint R70

Lash Tint R70

## 15min Top Ups

BNS massage R110

Hand massage R110

Foot Massage R110

Scalp massage R110

