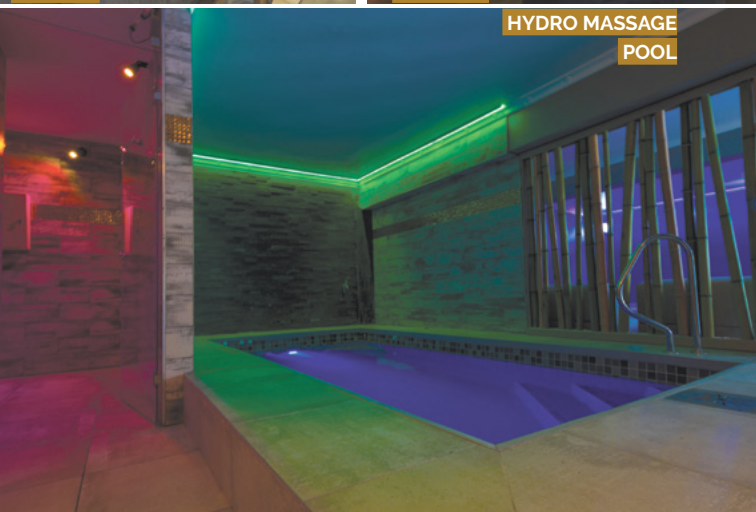




WINTER



SUMMER



HYDRO MASSAGE
POOL



SILVER FOREST

SPA TREATMENT MENU

SILVER FOREST SPA PACKAGES

These packages combine treatments from our menu to *best fit you*, all packages offer great value with a built in price reduction when buying a combined package.

Ultimate Beauty | 3.5 hrs | R 1600

- 60 minute Timeless / Deep Cleanse / Vitamin Facial including any facial waxing and eyebrow / lash tinting • Silver Forest Classic Manicure • Silver Forest Classic Pedicure Lacquer or long lasting gel

Forest Escape | 4 hrs | R2500

- Private Rasul ritual, plus thermal suite relaxation with your choice of drink • 60 minute hot stone massage • 60 Minute Six facial • Lunch with choice of drink

Silver Forest Total Rejuvenation | Full Day | R2650

- 60 minute relaxation in the Forest thermal suite with a choice of drink • Choice of Spalicious Body Journey • 60 minute massage
- Timeless Six Facial • Classic manicure and Classic pedicure with your choice or lacquer or long lasting gel • Lunch with your choice of drink

Teen Heaven | 3 hrs | R1400

- Relax in the Jacuzzi and Hydro jet pool with iced tea
- Introduction Facial • Back neck and shoulder massage
- Mini Manicure • Mini Pedicure • Homemade muffin and drink

Time For Him | 4 hours | R2465

- Mens Facial • Lifesaving Back treatment • Full Body Massage with hot stones • Sole Therapy or Manicure

Togetherness - Great for mothers and sons or daughters, couples or friends | 4 hrs | R1890 per person

- Private Rasul For Two • Thermal Suite Relaxation with choice of Drink • Six Facial • Full Body Massage • Lunch with choice of drink

Romantic Connection

Relax privately in our couples Winter room. Take time to reconnect.

Choice of Half day or Full day | Half day R1900 per person

- Self heating Body Buff • Romantic Jacuzzi with bottle of MCC
- Couples African Marula Full Body Massage • Deep Cleanse Facial

Full Day R2500 per person

All of the above PLUS lunch with choice of drink

- Classic Manicure • Classic Pedicure

DAY AND NIGHT SPA PACKAGES

When you want to share time with friends, family and loved ones.... These packages are the perfect solution; great value, great fun, great relaxation and rejuvenation.

Candlelight Night Spa

R1295 per person

Treatments include: 20 Minute Rasul Treatment, 45 minute Thermal Suite with glass of Sparkling Wine, 30 minute Back, Neck and Shoulder Massage, 15 minute hand massage, 15 minute foot and lower leg massage and a 3 course dinner with wine pairing served in Acorns Bar Lounge

Forest Rejuvenation Day Spa | Full Day | R2600 per person

Thermal Suite Relaxation • Six Spa facial with Rain Stick Back massage • African body Journey • Full Body Hot Stone massage • Hands and Feet Treatment • Two Course Lunch with wine pairing

QMSMEDICOSMETICS

Deep Cleansing Intense Treatment	60 mins R895
Sensitive Skin Rebalance Treatment	60 mins R895
Activator Treatment	60 mins R990
Collagen Rejuvenation Treatment	90 mins R1325
Pigment Corrector Treatment	90 mins R1400
SK-Alpha treatment	60 mins R990
Neo-Tissuedermie Treatment	90 mins R1200

SIX SENSATIONAL SKINCARE

SIX Velocity Facial	30 mins R540
SIX Timeless Facial	60 mins R850
SIX Sensational Facial	90 mins R995
SIX Reveal Spa Facial Peel	60 mins R1150
SIX Reveal Peel	30 mins R700

ADD ON TO ANY SIX FACIAL

- Peel Off Mask | R180
- Self Heating Mask | R100
- Eyes Like Diamonds | R180

ENVIRON

Hands- On Vitamin Therapy	60 mins R670
Deep Cleansing Vitamin Therapy	60 mins R670

OPTIPHI

Skin Rejuvenation Peel	60 mins R985
Course of 6 treatments	R3200 (valid for 6 months only)

Active Back Treatment	45 mins R985
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SPALICIOUS

BODY EXFOLIATIONS

Self-heating Body Buff	30 mins R400
Salt & Sweet Almond Oil Scrub	30 mins R400

BODY JOURNEYS & BODY ENVELOPMENTS

75 mins - R795 | 135 mins - R1250

Anti-Stress Peppermint Body Blitz	
Firming Fit Milk Chocolate Body Envelopment	
Mandarin & Sandalwood Detox Cocooning Retreat	
Mandarin & Sandalwood Lifesaving Back Treatment	
60 mins R665	
Deluxe Self Heating Experience	
60 mins R670	

SPECIALIZED MESSAGES 60 mins - R845 | 90 mins R1090

Rejuvenated tissue repair massage	
Mood & Muscle Ease Jasmine Flower Massage	
Arnica & Mint Deep Tissue Massage	
African Marula Body Balm Massage	
Mongongo Nut Body Balm Massage	
Workout wonder massage	30 mins - R750 60 mins - R950

ADD ON SPECIALITIES TO ANY OF OUR MESSAGES

• Warm Soy Candle Massage (back only)	R110
• Self-Heating Mask	R150
• Hot stones	R125
• Scrub & mud (back exfoliation, mud application)	R200
• Bellabacci cups	R170

STANDARD MESSAGES

Choose one of the following techniques then choose your massage from the list below

Swedish Massage | Deep Tissue Massage
Aromatherapy Massage

Back Neck & Shoulders	30 mins R450
Back Of Body	45 mins R600
Full Body	60 mins R795
Delux Full Body	90 mins R995

Includes scalp – Abdomen optional

EXTRAS

Reflexology	30 mins R450
Indian Head Massage	30 mins R450

BODY THERAPIES

Cupping For Cellulite	45 mins R800
Course of 3 R1995	Course of 6 R3800
Spalicious Cellulite Treatment	60 mins R675
Course of 3 R1650	Course of 6 R2900

MIO

MIO HIGH INTENSITY BODY TREATMENTS

Shrink to Fit Cellulite Smoothing Treatment	60 mins R1100
Course of 6 Treatments R5500	
Get Waisted Tummy Sculpting Treatment	60 mins R995
Course of 6 Treatments R4250	

MIO ADD-ON TREATMENTS

Mio Liquid Yoga Bath	30 mins R250
Mio Lower Leg Treatment	30 mins R350

MAMA MIO

Lucky Legs Lighten Up	30 mins R495
Mama Mio Pregnancy Massage	75 mins R925
Mama Mio Pregnancy Back Massage	45 mins R550

FINISHING TOUCHES

WAXING

Brow wax & shape	R110
Lip	R110
Chin	R110
Cheeks	R110
Full face incl. brows	R275

Underarm	R150
½ Arm	R165
Full arm	R185

½ Leg	R250
¾ Leg	R295
Full leg	R325
Back OR Chest	R350

Bikini (bikini line only)	R200
G-string (deeper bikini)	R225
Brazilian (landing strip)	R295
Hollywood (all off)	R350

THREADING

Brows	30 mins R125
Lip	15 mins R125
Chin	15 mins R125
Sides of face	20 mins R150
Full face incl brows	60 mins R300

TINTING

Brow tint	15 mins R100
Lash tint	30 mins R100
Lash & Brow tint	45 mins R150

SILVER FOREST PHILOSOPHY

Our philosophy at Silver Forest is to provide you with a luxurious and relaxing environment where you are encouraged to escape from the stress of everyday life and take time to rejuvenate your mind as well as your body.

Our Facilities include: 4 Treatment rooms – 2 single treatment rooms and 2 couples treatment rooms, our beautiful rooms cocoon your senses and are designed for total relaxation from the outside world.

THERMAL SUITE

The use of the thermal suite includes: Sauna, Steam room, Hydro jet pool, 2 Jacuzzi's, Experience showers, Tranquillity room and Outdoor pool.

120 mins - R350 | Half day - R450 | Full day - R650

THERMAL SUITE MONTHLY MEMBERSHIPS

For just R1500 get access twice a week to our thermal suite.

RASUL CHAMBER

This self applied treatment starts with full body exfoliation, followed by an application of specialist mud. Relax in the Steam for 20 minutes followed by a tropical rain shower to rinse off the mud. Finish this treatment with a light body Spritz to leave your skin nourished and hydrated.

PRIVATE RASUL CHAMBER FOR 45 MINUTES

Rasul Experience for 1	R650
Rasul Experience for 2	R1200
Rasul Experience for 3	R1400
Rasul Experience for 4	R1600

Romantic Rasul for 2 R1250

Includes bottle of MCC, Private Rasul Chamber for 45 Minutes

MEN'S GROOMING MENU

QMS men's purifying facial	60 mins R950
SIX MAN on the move FACIAL	45 mins R650
SIX MAN Energising FACIAL	60 mins R650
MEDI-HEEL Sole therapy	60 mins R580
MEDI-HAND Manicure	60 mins R580
Cut, File, Cuticle Work (Hands)	30 mins R300
Cut, File, Cuticle Work (Feet)	30 mins R335

YOUNG TEEN MENU

- no under 13yrs -

SIX Deep cleansing teen facial	60 mins R550
SIX Hydrating teen facial	60 mins R550
Introduction Facial	45 mins R450
Cleanse, Steam, Exfoliate, Moisturise	

HANDS AND FEET MENU

ELIM – THE MEDICAL APPROACH

Silver Forest Anti-Aging Manicure	60 mins R350
Includes ULTRAMUD mask	
Silver Forest Medi-Heel Pedicure	75 mins R370
Includes ULTRAMUD mask	
Medi Heel foot Peel ONLY	45 mins R250

Silver Forest Classic Manicure	R375
Silver Forest Gelish Classic Manicure	R450
Silver Forest French Manicure	R390
Silver Forest Gelish French Manicure	R475
Silver Forest Deluxe Spa Manicure	R450

Includes scrub, mask and hand massage

Silver Forest Classic Pedicure	R395
Silver Forest Gelish Classic Pedicure	R450
Silver Forest French Pedicure	R440
Silver Forest Gelish French Pedicure	R495
Silver Forest Deluxe Spa Pedicure	R475

Includes scrub, mask and massage

Biosculpture menu also available

Cut, File & Paint (hands or feet)	30 mins R195
Gelish Application	60 mins R225
Nail prep & Application only	

ADD ON TO ANY MANICURE OR PEDICURE:

Gelish	R70
Gelish French	R90
Soak Off	R90

NATURAL NAIL TREATMENT

IBX Nail repair (Single Treatment)	30 mins R85
IBX Nail repair (6 Treatments)	R450

VIP MEMBERSHIP

We invite you to become a member of our Silver Forest Select VIP Club with limited memberships annually at each level.

VIP MEMBER BENEFITS ANNUALLY

(ALL LEVELS RECEIVE THESE BENEFITS)

- VIP Spa treatment prices all year
- Access to Acorns Bar Lounge reserved for members, spa guests and lodge residents only
- 10 guest passes per annum
- VIP events and Specials Exclusive for members

THREE MEMBERSHIP LEVELS:

BRONZE R500 | All Member Benefits PLUS

- Classic Pedicure Voucher
(Voucher value R395)

SILVER R1500 | All Member Benefits PLUS

- 2 x 60 Min Massage vouchers
- 2 x Deluxe Pedicure vouchers
(Voucher value R2 540)

GOLD R5000 | All Member Benefits PLUS

- 2 x 60 min Massage Vouchers
- Rasul Experience for 2 Voucher
- 2 x Deluxe Manicure Vouchers
- 2 x Deluxe Pedicure Vouchers
- 1 x Winter Break Voucher May to September overnight in luxury Forest Suite with Candlelit Spa Dinner
(Voucher value R11 680)



AUTUMN

LUXURY NAIL
LOUNGE



- OPENING HOURS -

Mon - Sat, 8am - 8 pm | Sun, 9am - 3pm

Breakfast served from 8am - 11am

Lunch available from 12pm - 4pm

For more detailed Information and Spa Etiquette please
refer to our online Spa-Treatment menu

www.silverforest.co.za

Find us on Facebook / silverforestlodge



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