

# Package Specials

The specials are available all year, offering wonderful value spa packages

## Time for Him

		Standard	Member
THERMAL SUITE	60 MIN	1250	950
EXPRESS FACIAL			
DEEP TISSUE MASSAGE			

## Pick and Mix

		Standard	Member
<b>2 TREATMENTS</b>		695	575
<b>3 TREATMENTS</b>		995	795
<b>4 TREATMENTS</b>		1250	995
FOOT REGENERATION	30 MIN		
BNS	30 MIN		
FACIAL	30 MIN		
EXP PEDI	30 MIN		
EXP MANI	30 MIN		
JACUZZI RELAX	30 MIN		
BODY SCRUB	30 MIN		

## Pick and Mix

		Standard	Member
<b>2 TREATMENTS</b>		850	750
<b>3 TREATMENTS</b>		1095	995
<b>4 TREATMENTS</b>		1350	1250
60 MIN FULL BODY MASSAGE			
60 MIN HEALING EARTH FACIAL			
60 MIN SIGNATURE MANICURE			
60 MIN SIGNATURE PEDICURE			
60 MIN THERMAL RELAX			

## Couples Treat

		Standard	Member
ROMANTIC RASUL FOR 2 WITH BOTTLE OF MCC	2 HRS	2400	1750
SACRED TREE SENSORY COUPLES EXPERIENCE			

## Mom to be Package

		Standard	Member
BODY EXFOLIATION	3 HRS	1800	1290
FULL PREGNANCY MASSAGE			
EXPRESS FACIAL			
SIGNATURE PEDICURE			

## Natural Heaven

		Standard	Member
THERMAL SUITE RELAXATION	5.5 HRS	2300	1700
PINOTAGE AROMATHERAPY	90 MIN		
CRUSH MASSAGE			
SIGNATURE MANICURE	60 MIN		
SIGNATURE PEDICURE	60 MIN		
HEALING EARTH FACIAL	60 MIN		

## Togetherness Journey for Couple to Share

		Standard	Member
FULL BODY EXFOLIATION	4 HRS	4250	2900
SIGNATURE MASSAGE	30 MIN		
HEALING EARTH FACIAL	90 MIN		
PLATTER TO SHARE	60 MIN		
THERMAL SUITE RELAXATION WITH GLASS OF MCC	60 MIN		

## Hot Stone Heaven

		Standard	Member
ALL TREATMENTS WITH HOT STONE MASSAGE	3.5 HRS	1500	1190
SIGNATURE MANICURE	60 MIN		
SIGNATURE PEDICURE	60 MIN		

## On the Go

		Standard	Member
EXPRESS MANI	1.5 HRS	890	650
EXPRESS PEDI			
BNS OR EXPRESS FACIAL			

## Tweens Party

AVAILABLE MON - THUR  
MINIMUM OF 8 TWEENS (7yrs to 12 yrs)

		Standard	Member
<b>2 TREATMENTS</b>		580	450
<b>3 TREATMENTS</b>		690	550
CHOCOLATE MASSAGE	20 MIN		
EXPRESS MANI	20 MIN		
EXPRESS PEDI	20 MIN		
JACUZZI RELAX WITH NON-ALCOHOLIC FIZZ	20 MIN		
CHOCOLATE BODY SCRUB	20 MIN		
CHOCOLATE WRAP	20 MIN		

# Menu

## Massage Therapies

		Standard	Member
SWEDISH MASSAGE	30 MIN	400	300
SWEDISH MASSAGE	45 MIN	500	350
SWEDISH MASSAGE	60 MIN	650	450
SWEDISH MASSAGE	90 MIN	850	600
INDIAN HEAD MASSAGE	30 MIN	400	280
PREGNANCY MASSAGE	60 MIN	750	500
LYMPHATIC DRAINAGE	60 MIN	600	500
HOT STONE MASSAGE	60 MIN	730	550
	90 MIN	950	700
DEEP TISSUE / SPORT MASSAGE	60 MIN	730	550
	90 MIN	950	700
AROMATHERAPY MASSAGE	60 MIN	750	570
	90 MIN	975	775
SIGNATURE MASSAGE	60 MIN	800	575
BACK NECK AND SHOULDERS	30 MIN	400	300
	45 MIN	500	350
REFLEXOLOGY	30 MIN	400	300
	45 MIN	500	400

## Body Treatments

		Standard	Member
BODY EXFOLIATION	30 MIN	350	250
QMS ANTI CELLULITE CONTOURING TREATMENT	60 MIN	850	770
UPPER BODY TONE AND HYDRATE	60 MIN	850	770
PROLIFT UPPER ARM TREATMENT	60 MIN	850	770
ACTIVE BACK TREATMENT OPTIPHI	45 MIN	600	450
<b>CHOCOLATE HEAVEN</b>			
FULL BODY (Scrub and Massage)	45 MIN	450	350
CHOCOLATE BACK TREATMENT	30 MIN	400	300
CHOCOLATE FULL BODY TREATMENT (Scrub, Mask Massage)	90 MIN	700	550
CHOCOLATE FULL BODY MASSAGE	60 MIN	600	420

## Thermal Suite

		Standard	Member
STEAM ROOM OR SAUNA	60 MIN	250	150
ROMANTIC RASUL FOR TWO	40 MIN	1000	850
RASUL FOR TWO	40 MIN	800	600
THERMAL SUITE (ALONE)	60 MIN	400	280
THERMAL SUITE (ALONE)	120 MIN	700	450
THERMAL (ADD ON)	60 MIN	300	200
JACUZZI RELAX	30 MIN	200	150

## Tinting

	Standard	Member
BROW	100	80
LASH	100	80
LASH AND BROW	150	130

## Hand and Feet Treatments

		Standard	Member
CLASSIC MANICURE	45 MIN	290	230
CLASSIC PEDICURE	45 MIN	330	270
SIGNATURE MANICURE	60 MIN	450	350
SIGNATURE PEDICURE	60 MIN	480	380
GELISH CLASSIC MANICURE	60 MIN	425	350
GELISH CLASSIC PEDICURE	60 MIN	450	380
GELISH SPA MANICURE	75 MIN	485	420
GELISH SPA PEDICURE	75 MIN	525	450
GELISH FRENCH MANI	90 MIN	445	350
GELISH FRENCH PEDI	90 MIN	490	390
MINI MANI	30 MIN	250	200
MINI PEDI	30 MIN	290	220
GELISH APPLICATION ONLY	30 MIN	300	250
SOAK OFF	15 MIN	120	80
FOOT REGENERATION SOAK			
SCRUB FILE MASSAGE MASK	30 MIN	295	230
MEDI PEEL ADD ON		150	100
MEDI PEDICURE INC PAINT	60 MIN	520	450
MEDI PEDICURE GELISH	75 MIN	590	490
MEDI PEDICURE POLYGEL		620	530
POLYGEL OVERLAY NO PAINT		440	390
POLYGEL OVERLAY PAINT		470	390
POLYGEL OVERLAY GELISH		490	450
POLYGEL FRENCH / OMBRE		490	450
POLYGEL WITH TIP EXTENSION NO PAINT		500	450
POLYGEL WITH TIP EXTENSION PAINT		510	460
POLYGEL WITH TIP EXTENSION GELISH	60 MIN	540	490
CHOCOLATE LUXURY MANICURE	60 MIN	420	350
CHOCOLATE LUXURY PEDICURE	60 MIN	375	300
MANICURE FOR MENS HANDS	60 MIN	400	300
SOLE THERAPY FOR MENS FEET		450	370

## Wax Treatments

	Standard	Member
FULL LEG	290	200
3/4 LEG	270	200
HALF LEG	190	150
UNDERARM	150	100
BIKINI	160	120
G STRING BRAZILIAN	240	200
HOLLYWOOD	320	280
FULL BACK	220	180
HALF BACK	190	150
FULL ARM	170	150
HALF ARM	150	120
LIP	85	60
CHIN	85	60
CHEEKS	85	60
BROW	85	60
CHEST	220	150
ABDOMEN	130	100
FULL FACE	240	200
BROW LIP CHIN	220	180

# Menu

## Luxurious Healing Earth Experiences

		Standard	Member
<b>AFRICAN FOREST JOURNEY</b>	135 MIN	950	750
An energising, detoxing body polish followed by a full body wrap in a coffee, cinnamon and orange gel to eliminate toxins, firm and energise skin. enjoy a mini facial whilst the wrap is working relax further with a full body massage			
<b>SACRED TREE SENSORY EXPERIENCE</b>	90 MIN	850	600
A Marula and Neroli body polish followed by a full body massage.			
<b>WINE CRUSH JOURNEY</b>	135 MIN	950	650
Warm Pinotage body polish followed by a pinotage clay wrap allowing open pores to absorb powerful antioxidants, vitamins and minerals deep into the skin. Relaxes tired muscles and joints, invigorates circulation and repairs skin damage and glow. End with an aromatherapy massage tailored to your needs. Hydra'vine - Hydrate   Detox'vine - Detoxing   Relax'vine - Relaxing   De-stress'vine Destress and Energise.			
<b>AFRICAN POTATO MIRACLE</b>	90 MIN	800	590
Luxurious treatment to repair and heal skin on a cellular level. A miracle healing anti aging treatment our African potato balm is used to treat all skin ailments from eczema, rough skin, painful skin, dry and damaged skin. Start with a gentle body polish followed by a luxurious full body massage using our miracle balm.			
<b>MUSCLE MELT JOURNEY</b>	90 MIN	850	600
Deep Tissue work with a therapeutic Forest body butter Hot stones are incorporated on the most tense and troublesome muscles by melting away stress and tightness. A finishing application of a cooling detox gel to flush out toxins and inflammation.			
<b>UPLIFTING AND ENERGISING</b>	90 MIN	800	570
Organic Rosemary and Rose oil in the Joy body butter to create a pleasant ambience and awaken your senses. The energising massage is where movements of our therapist hands encourage circulation, toning muscles and refreshing your body			
<b>DETOX JOURNEY</b>	90 MIN	950	650
A Mongongo Nut Full Body Polish followed by a powerful lymph drainage massage using our Mongongo nut oil finished off with a detox gel applied to tight muscles			
<b>PINOTAGE AROMATHERAPY CRUSH MASSAGE</b>	90 MIN	800	590
Rich in reserol and grape stem cells our Pinotage Grapeseed Oil is blended with essential oils chosen for their efficiency to create the maximum benefits and an enhanced sense of wellbeing. Hydra'vine - Hydrate   Detox'vine - Detoxing   Relax'vine - Relaxing   De-stress'vine - Destress and Energise			

## Skin Care Therapy

		Standard	Member
<b>HEALING EARTH EXPRESS FACIAL</b>	30 MIN	400	350
<b>HEALING EARTH JASMINE AND BAOBAB SKIN PROTECTOR</b>	60 MIN	600	450
Powerful synergy of antioxidant and protective actives leaves skin soft and renewed giving youthful radiance and a plumping effect.			
<b>HEALING EARTH MARULA AND ROSE HYDRATOR SKIN PROTECTOR</b>	60 MIN	600	450
Tone and Renew, excellent for tired and dehydrated skin			
<b>HEALING EARTH NEROLI AND ROSE SKIN BALANCE</b>	60 MIN	600	450
Pollution and Decongesting, replenishes and decongests skin leaving it cleansed, hydrated and flawless.			
<b>QMS Medicosmetics is the ultimate in anti-aging and skin regeneration with each product developed from a medical Understanding of skin functioning</b>			
<b>QMS DEEP CLEANSE</b>	60 MIN	700	620
This is a deep pore cleansing treatment with an algae mask, leaving a healthy, balanced, hydrated skin.			
<b>QMS SENSITIVE SKIN REBALANCE</b>	60 MIN	850	720
Clears impurities calms inflammation and regenerates the skin, designed for problematic and acne skin..			
<b>QMS SENSITIVE ACTIVATOR REBALANCE</b>	60 MIN	900	750
Hydrates, refuels and energises the skin, perfect for tired skin and Brides to be			
<b>QMS COLLAGEN REJUVENATION</b>	60 MIN	950	770
Skin is left firmer with more volume, fine lines are reduced and texture improved.			
<b>QMS SK ALPHA TREATMENT</b>	60 MIN	900	690
Combats damaged, exhausted and tired skin through microcirculation, skin left visibly smoother.			
<b>QMS NEO TISSUE DERMIE TREATMENT</b>	90 MIN	1100	890
Combats signs of aging, perfect for mature skin.			
<b>QMS PIGMENT CORRECTOR TREATMENT</b>	90 MIN	1400	1190
Target excessive and irregular pigmentation			
<b>OPTIPHI SKIN REJUVENATION PEEL</b>	60 MIN	700	570
This anti-aging, radiance boosting skin peel will rejuvenate the skin; improve elasticity and smooth skin texture. The strength of this chemical peel is tailored according to your skin condition with 25% - 35% pure glycolic acid. Advanced AHA peel also available once your skin has adapted to the 25% and 35% peel (Cleanse, peel, extractions, serum, mask, massage, moisturise & sunscreen).			

# Membership

Silver Forest Spa Membership, Bundles Packages and Silver Forest Point

## CORPORATE MEMBERSHIP

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Silver Forest encourages Corporate Wellness and offers local businesses the opportunity to sign up their employees to our Member programme. Please enquire for more information on what we can offer at your place of work and at Silver Forest email [spa@silverforest.co.za](mailto:spa@silverforest.co.za).

## LOCAL RESIDENT MEMBERSHIP

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Silver Forest offers local residents (within approximately a 50 km radius) an all year round Membership with a once off joining fee of R100. To apply send you Full Name, Email Address, Home Address, South African ID OR Proof of Residency. Silver Forest Will issue you with a Membership Number that you simply quote every time you BOOK.

## BUNDLED PACKAGES

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Buy 5 and Get One FREE AVAILABLE TO MEMBERS AND NON MEMBERS. SIMPLY buy 5 of the same treatment and you will receive a 6th one FREE. Treatments can be used by more than one person.

## SPA SILVER POINTS

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WHEN YOU BUY SPA SILVER POINTS IN ADVANCE you receive the following discount on any treatments you book available to MEMBERS AND NON MEMBERS. Giving you discount on your spa booking when you purchase Spa Points in Advance.

R 5 000 – 7.5%

R 10 000 – 10%

R 15 000 – 12.5%

R 20 000 – 15%

SPA SILVER POINTS can be redeemed throughout the year and gifted to friends or family