



THE SPA

Menu



MASSAGES

Rolling Sands Full Body Massage

60 MINUTES R895 90 MINUTES R1295

Experience a deeply relaxing massage with rolling, arm movement over your complete body. The invigorating massage will leave your body refreshed while the fragrant massage oil will calm your senses and leave your body nourished, hydrated, and deeply relaxed. Enjoy our luxurious scented oils.

Choose between the following blends:

Khoi San Aromatic Blend – Escape
Aromatic Dune Blend – Relax
Tsamma Blend – Refresh
Wild honey Blend – Comfort
Mint and Eucalyptus - Breath

Khoi-Khoi Escape Back, Neck and Shoulders

45 MINUTES R695

Escape to the dunes of the Kalahari Desert and let the stress and worries flow away as we massage your tense back, neck and shoulder. The warm river stones and botanical Grape seed oil will release muscle stiffness and leave you relaxed and refreshed.

Harmonizing Soul

45 MINUTES R695

A balancing massage treatment helping to relax and relieve strain in the back, legs and feet. Working on detoxifying and relaxing pressure points will help restore your energy balance. Perfect for stiff muscles with lactic buildup and swollen feet due to water retention. (Back, leg and foot massage – adjusted to individual client's needs and include reflex pressure points)

Pregnancy Specialised Massage

75 MINUTES R995

After your First Trimester it is safe to relax and enjoy a professional pregnancy massage using products safe for Pregnancy and with our expert therapists guidance relax and ease the tension and aching muscles during this special time

Muscle Relax

60 MINUTES R1095 90 MINUTES R1495

Designed to relieve stiff muscles and joints, using specific techniques and detoxifying oils helps eliminate toxins, creates a feeling of regeneration when the deeper layers of the muscles and connective tissues have been released., Choose your own pressure from medium to deep tissue

Additional Treatments

Upgrade your time at The Spa by adding on any of the below when booking any of our massage treatments not available to book independently.

- | | |
|--|------|
| • 30 minutes Honeybush Facial | R550 |
| • 30 minutes Full Body Scrub | R350 |
| • 30 minutes Foot regeneration (scrub and Massage) | R350 |
| • 30 minutes Relaxing Head Massage | R375 |
| • Hot Stones | R150 |

Specialised Massages

- | | |
|---|---|
| • Reflexology | 30 MIN R450 45 MIN 595 |
| • Swedish Full Body Massage | 30 MIN R450 45 MIN R595 60 MIN R895 |
| • 30 minutes Swedish Back of Body Massage | R495 |





BODY | EXFOLIATIONS AND WRAPS

Desert Glow Body Exfoliation

45 MINUTES R450

A stimulating and refreshing full body exfoliation that will stimulate blood circulation while unwanted rough skin will be buffed away with salt crystals from the plains of the Kalahari. Your skin will feel smooth and deeply nourished.

African Clay and Grape Seed Oil Body Wrap

45 MINUTES R495

After gently exfoliating the whole body, you will be wrapped in nourishing Grape seed oil and botanical clay that improves lymphatic flow, removes toxins from skin and refreshes your whole body. When unveiled after the treatment, your skin will be silky smooth, invigorated, and moisturized.

AS PART OF OUR ECO – FRIENDLY INITIATIVES AT SILVER FOREST ALL BODY AND
FACE TREATMENT INCLUDE LOCKER, TOWEL AND ROBE IN THE CHANGING
ROOMS

IF YOU PREFER TO HELP US TO HELP OUR PLANET AND CHOOSE TO CHANGE IN
YOUR TREATMENT ROOM YOU WILL RECEIVE A R75 VOUCHER FOR YOUR NEXT
VISIT TO THE SPA

PLEASE BRING YOUR OWN SLIP SLOPS TO WEAR AS WE DO NOT PROVIDE ONE
TIME USE DISPOSABLE SPA SLIPPERS

IF YOU WOULD LIKE A LOCKER FOR STORING PERSONAL BELONGINGS AND
SECURITY PLEASE REQUEST AT THE SPA RECEPTION



BODY | JOURNEYS

Botanical Forest Journey

2.5 HOURS R1795

Create your own unique body experience by combining lingering fragrances from Africa with organic plant extracts, botanical oils and unrefined earth mediums. Choose your ingredient favourites and fragrances to combine a personal treatment preparation that buffs away all the dull skin, detoxes the body and leaves your skin soft and nourished. A treatment shaped by you-for you. *(Scrub, Wrap, Deep Scalp Treatment, Shower and Massage)*

Couples Connect Experience

90 MINUTES R1890 PER COUPLE

In one of our couples treatment room start with a warm shower and help each other to scrub off dead skin cells using one of our signature body scrubs leaving your skin smooth. Enjoy a deeply relaxing couples massage after your couples Ritual.

Couples Massage

60 MINUTES R1595 PER COUPLE

In one of our couples treatment rooms enjoy a rolling sands massage together, each choose the scent to suit your personal mood and let the therapists work their magic, completed with a hand connection and romantic phrase to end your experience in style

African Sunset Journey

2.5 HOURS R2150

This invigorating experience starts with gentle back cleanse, exfoliation and massage before your Vitamin C skin treatment. The lifting massage is nature's solution to reactivate your being and bring it into harmony. While you absorb your restorative masks enjoy the scalp, foot and hand massage. *(Back facial, Back neck and shoulder massage, Vit C Facial, Scalp, Hand and Foot massage)*

African Miracle Journey

2 HOURS R1895

An energising body polish followed by a full body wrap and coffee scrub to eliminate toxins, firm and energise the skin. Enjoy a mini Honeybush Facial whilst the wrap is working. Then relax further with a full body massage.





KALAHARI FACIALS

Hydrating Honeybush Skin Treatment

Kalahari Honeybush Facial Treatment is a combination of effective African plant extracts and oils that will nourish a dull and dehydrated skin. The skin will appear rejuvenated and ultra-hydrated. The treatment includes a face and neck massage and is suitable for all skin conditions, including young skins.

Benefits: Hydrating, Moisturizing and Nourishing

- 60 minutes Basic Honeybush Facial with massage R795
- 30 minutes Express Honeybush Facial with no massage R550

(Express skin treatment that includes a cleanse, exfoliation, mask, and moisture)

Lipid Rich Skin Treatment

The Lipid Rich Skin Treatment is a botanical oil mask rich in essential fatty acids that hydrate even the most dry and dehydrated skin. With gentle movements the mask is massaged into the skin to leave it ultra-hydrated and deeply moisturized. Enriched with natural lipids from African Shea butter, Jojoba oil and Rosemary oil, all repairing the natural skin barrier, the Lipid Rich Skin Treatment brings life back to dry skin. Suitable for all skin conditions, excluding oily and acne prone skin.

Benefits: Ultra Hydrating, Moisturizing, Restoration of natural skin barrier

- 60 minutes Lipid Rich Treatment with massage R795

Vitamin C Skin Treatment

This is an ultra-firming, de- ageing treatment rich in natural organic Vitamin C and essential antioxidants. Extracted directly from the African Baobab fruit, our Vitamin C boosts and improve the collagen and elastin regeneration, making your skin appear visibly firmed, brightened, and tightened. Suitable for all skin conditions

Benefits: Visible Firming, Rejuvenating, Brightening, Smoother skin texture, more even skin color.

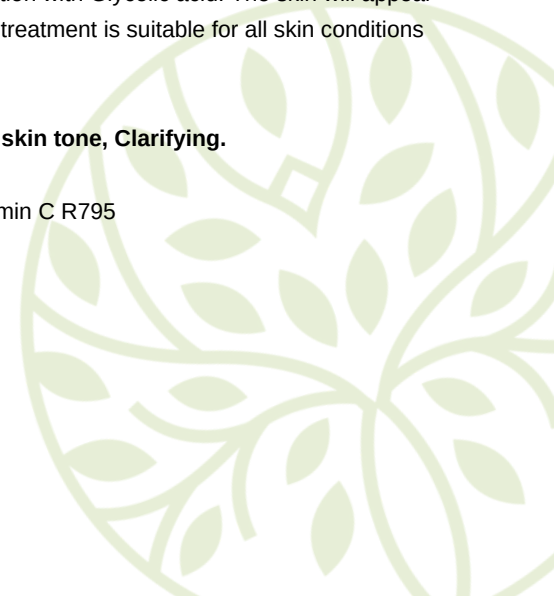
- 45 minutes Phyto Acid Treatment with Vial R750
- 60 minutes Phyto Acid with Revitalizing Booster Gel + Massage R850

Phyto Enzyme Skin Treatment (PEC)

The PEC Treatment is a highly effective, deep cleanse exfoliation treatment with de-ageing benefits and enzymes such as Pumpkin in combination with Glycolic acid. The skin will appear visibly rejuvenated, clear and brightened. The PEC treatment is suitable for all skin conditions excluding sensitive skin.

Benefits: De-ageing, Deep Exfoliation, Even out skin tone, Clarifying.

- 30 minutes Phyto Enzyme Compound R595
- 45 minutes Phyto Enzyme Compound with Vitamin C R795





kalahari™
ancient desert secrets
by *Carina Franck*

**GENTLE
CLEANSING
MILK**

WITH JOJOBA
SEED OIL

all skin
types

160 ml (5.4 fl. oz.)

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**TONING
LOTION**

WITH ALLANTOIN &
LACTIC ACID

all skin
types

160 ml (5.4 fl. oz.)

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**ENZYME
FACE BUFF**

WITH PUMPKIN
FRUIT ENZYME

all skin
types

1.7 fl.oz. (50 ml)

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**HYDRALITE
MOISTURISER**

WITH ABYSSINIAN
SEED OIL

all skin
types

1.7 fl.oz. (50 ml)

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**REVITALISING
BOOSTER GEL**

WITH KALAHARI
MELON SEED OIL

anti-ageing

35 ml (1.18 fl. oz.)

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by *Carina Franck*

**ANTI-PUFFINESS
EYE SERUM**

WITH OAT KERNEL EXTRACT
all skin types

15 ml (0.5 fl. oz.)



QMS MEDICOSMETICS

QMS Medicosmetics is the ultimate in anti-aging and skin regeneration with each product developed from a medical understanding of skin functioning

QMS Deep Cleanse

60 MINUTES R975

This is a deep pore cleansing treatment with an algae mask, leaving a healthy, balanced, hydrated skin.

QMS Sensitive Activator Rebalance

60 MINUTES R1095

Hydrates, refuels and energises the skin, perfect for tired skin and Brides to be

QMS Collagen Rejuvenation

60 MINUTES R1195

Skin is left firmer with more volume, fine lines are reduced and texture improved.

QMS SK Alpha Treatment

60 MINUTES R1195

Combats damaged, exhausted and tired skin through microcirculation, skin left visibly smoother.

QMS Neo Tissue Dermie Treatment

90 MINUTES R1395

Combats signs of aging, perfect for mature skin.



ADVANCED AESTHETIC SKIN TREATMENTS

(Chemical peel systems)

TCA Skin Treatment 8% / 12% 45 MINUTES R520

TCA, Trichloroacetic acid, is a superficial chemical coagulant that revitalizes the skin by lifting dead surface cells and stimulates skin mitosis. TCA Treatments will effectively refine the appearance of fine lines and wrinkles, enlarged pores and even out skin discoloration. The skin will appear visibly smoother, detexturised and radiant. A course of 4 treatments is recommended for optimal results.

D-AGE Skin Treatment 45 MINUTES R520

D-age treatment is an advance combination of highly effective ingredients including AHA's such as Mandelic acid with enzymes. This treatment will enhance skin regeneration, leaving it well exfoliated and ultra-rejuvenation.

AHA Skin Rejuvenation 45 MINUTES R520

AHA + is an effective chemical peel complex compounded with concentrated Beta-hydroxy, Alpha Hydroxy acids. This treatment will boost dermal rejuvenation and accelerate superficial exfoliation by stimulating cell mitosis. The skin will visibly appear radiant, refined, and ultra-rejuvenated.

Book A Course of 4 Treatments as
recommended for R1650

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de-age™
skincare
SOLUTIONS



GROOMING MENU

Tinting

BROW	R125
LASH	R110
LASH AND BROW	R185

Wax Treatments

FULL LEG	R325
3/4 LEG	R295
HALF LEG	R225
UNDERARM	R175
BIKINI	R195
G STRING BRAZILIAN	R275
HOLLYWOOD	R395
FULL BACK	R325
HALF BACK	R250
FULL ARM	R225
HALF ARM	R195
LIP	R95
CHIN	R95
CHEEKS	R125
BROW	R125
CHEST	R295
ABDOMEN	R225
FULL FACE	R295
BROW LIP CHIN	R325





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SILVER FOREST HAND AND FEET SPA TREATMENTS

Calabash Forest Spa Pedicure

75 MINUTES R650

Sink into deep relaxation with an unforgettable foot massage. This experience combined with Sun-baked Kalahari Calabashes and Aromatic Fragrant oils that soothes tired, aching feet, includes exfoliation, cuticle care, foot filing and paint

Tsamma Forest Spa Manicure

60 MINUTES R550

Refresh and unwind with the delicate aroma of Tsamma (indigenous Kalahari watermelon) and the infused fragrance of fresh, wild grasses. Relax and welcome the feeling of richly-nourished and moisturised hands and nails. Kalahari Tsamma Hand Treatment is ideal for dry, thirsty skin, includes cuticle care and paint

The Forest Indulgence

135 MINUTES R1095

Combine both the Forest Spa Manicure and Spa Pedicure

Upgrades

- | | |
|---|------|
| • Upgrade to Gel Application | R200 |
| • Upgrade to French Paint | R175 |
| • Upgrade to French Gel | R250 |
| • Upgrade to Medi Heel | R175 |
| • Soak Off Alone | R150 |
| • Soak Off when added to a Manicure or Pedicure | R95 |
| • Nail Art | R20 |

Classic Manicure

45 MINUTES R450

EXPRESS MANICURE 30 MINUTES R325

Relaxing manicure includes a hand soak, gentle exfoliation, nail and cuticle care, and polish

Classic Pedicure

60 MINUTES R495

EXPRESS PEDICURE 30 MINUTES R350

Relaxing Pedicure includes foot soak, exfoliation, nail and cuticle care and polish

Gel Overlay

45 MINUTES R375

A gel overlay on own natural nails (file cuticle tidy, gel application)

Manicure

45 MINUTES R375

Includes a soak, exfoliation, cuticle work and buff

Sole Therapy

60 MINUTES R425

Includes soak, exfoliation, cuticle work and buff

JUST FOR MEN





SPA FACILITIES

Thermal Treatment Room

Can be booked prior to your treatments subject to availability. Please note the Thermal room is not guaranteed as private use it has a maximum capacity of 6 persons.

- 30 minutes – R 250 per person as an add on before your treatments
- 60 minutes – R 350 per person as an add on before your treatments

Thermal Room For Private Hire

Hire the thermal room privately with Sauna, Rasul experience and cool hydro pool. Enjoy the ancient mud ritual including full body exfoliation and mud rasul. Reenergise with alternating hot and cold treatment experiences. Includes a bottle of Bubbly (alcoholic or non alcoholic) and Chocolate truffle treats to enjoy.

R1500 for 2 people. Extra R250 per person up to a maximum of 6 persons sharing at any one time.

Outdoor Pool Pass

We have our outdoor swimming pool as well as our solar warmed outdoor bubble jet pool. These pools are complimentary for all spa clients spending over R650 per person. You will receive a voucher for pool access. (subject to availability on the day).



Spa and Dine

At Silver Forest we are privileged to have a fabulous Eatery and Wine Bar next door and it makes for the perfect combination of Spa and Dine, spending time out with friends or a special loved one. Start in the Spa and finish in the Eatery with yummy food and delicious wines or cocktails.

[CLICK HERE FOR LATEST MENU](#)

