



**SILVER FOREST  
SPA**

# PRICING GUIDE

The Spa at Silver Forest is open to all guests. Our menu reflects three different pricing categories:

- **Day Visitors**
- **Caracal Green Members**
- **Caracal Silver Members**

Caracal rates are exclusively available to Caracal Club members at Silver Forest. If you live locally and are interested in becoming a member, you are welcome to apply by completing the application form on our website.

Below is a summary of some of the spa benefits available to Caracal members (please note there are many additional benefits as well):

## CARACAL GREEN MEMBER BENEFITS:

- 20% off Massages
- 15% off All other spa services
- 10% off Spa Packages
- 5% off Retail products

## CARACAL SILVER MEMBER BENEFITS:

- 30% off Massages
- 20% off All other spa services
- 15% off Spa Packages
- 5% off Retail products

**DV - DAY VISITOR**

**CG - CARACAL GREEN**




**CS - CARACAL SILVER**



# SPECIALIZED MESSAGES

## PRESSURE GUIDE

Find the perfect massage pressure for your comfort and needs.

Soft   
Medium   
Hard 

## DEEP TISSUE RECOVERY

**60MIN | DV - R1095 | CG - R876 | CS - R766.50**

**90MIN | DV - R1495 | CG - R1196 | CS - R1046.50**

A powerful, targeted massage designed to relieve chronic tension, release tight muscles, and support recovery. Using firm pressure and focused techniques, it enhances mobility, reduces discomfort, and restores the body to peak performance.

## PREGNANCY

**60MIN | DV - R1095 | CG - R876 | CS - R766.50**

**90MIN | DV - R1495 | CG - R1196 | CS - R1046.50**

A gentle, nurturing massage thoughtfully designed for expectant mothers to ease tension, reduce swelling, and promote deep relaxation. Safe, soothing techniques provide comfort while restoring balance and wellbeing throughout pregnancy.

## GUA SHA & LYMPHATIC DRAINAGE

**60MIN | DV - R1095 | CG - R876 | CS - R766.50**

**90MIN | DV - R1495 | CG - R1196 | CS - R1046.50**

This ancient healing ritual uses a Gua Sha tool to stimulate circulation, release tension, and encourage deep relaxation. Designed to support lymphatic drainage, reduce the appearance of cellulite, and enhance natural body contouring, it also improves muscle flexibility and joint mobility for a lighter, more revitalised feeling.

## BELLABACI AROMATHERAPY

**60MIN | DV - R1095 | CG - R876 | CS - R766.50**

**90MIN | DV - R1495 | CG - R1196 | CS - R1046.50**

Your journey begins with the Chroma & Aroma Selection Ritual, where you choose your Bellabaci Genie by colour and scent to uncover what your body and mind need most, before melting into a soothing full body massage that concludes with a relaxing scalp massage.

*For enhanced therapeutic benefits, we recommend adding Bellabaci Cupping to your treatment.*

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# MASSAGES

## ROLLING SANDS

60MIN | DV - R1050 | CG - R840 | CS - R735

90MIN | DV - R1395 | CG - R1116 | CS - R976.50

A signature full body massage featuring rhythmic, flowing movements inspired by the gentle motion of rolling dunes. Designed to melt away tension while nourishing the skin, this deeply relaxing experience leaves your body feeling restored, hydrated, and luxuriously soft.

*Choose your aromatic journey:*

Khoi San Aromatic Blend - Escape

Aromatic Dune Blend - Relax

Tsamma Blend - Refresh

Wild Honey Blend - Comfort

Mint & Eucalyptus - Breathe

## KHOI-KHOI BACK, NECK & SHOULDER | 45MIN

DV - R795 | CG - R636 | CS - R556.50

Escape to the tranquil dunes of the Kalahari with this deeply relaxing back, neck, and shoulder massage. Warm, nourishing coconut oil and expert techniques melt away tension, ease muscle stiffness, and leave you feeling calm, restored, and beautifully renewed.

## SWEDISH

60MIN | DV - R895 | CG - R716 | CS - R626.50

90MIN | DV - R1250 | CG - R1000 | CS - R875

A timeless full body massage using long, flowing strokes and gentle kneading techniques to ease tension, improve circulation, and promote complete relaxation. The perfect choice for restoring balance, calming the mind, and leaving the body feeling refreshed and renewed.

## COUPLES

60MIN | DV - R1795 | CG - R1436 | CS - R1256.50

90MIN | DV - R2495 | CG - R1996 | CS - R1746.50

Share a moment of pure relaxation in one of our private couples' treatment rooms as you enjoy side-by-side massages tailored with your choice of aromatic oil to suit your mood. Your experience concludes with a gentle hand connection and a romantic blessing, leaving you both feeling deeply relaxed, reconnected, and cherished.

## MASSAGE ENHANCEMENTS

*Elevate your experience even further with one of our luxurious additions.*

HOT STONES

HEAD MASSAGE 30MIN

BELLABACI CUPS

REFLEXOLOGY 30MIN

DV - R150 | CG - R127.50 | CS - R120

DV - R375 | CG - R293.25 | CS - R300

DV - R180 | CG - R153 | CS - R144

DV - R450 | CG - R382.50 | CS - R360



# FOR THE MEN



## THE DEEP RELAX | 2 HOURS

DV - R1660 | CG - R1494 | CS - R1411

*30min sauna | 90min Deep Tissue Massage*

Designed to warm up the muscles & ease deep-seated tension.

## THE GENTLEMAN'S RESERVE | 3.5 HOURS

DV - R2065 | CG - R1858.50 | CS - R1755.25

*90min Deep Tissue Massage | Man-licure | Sole Therapy + Medi-Heel Pedicure*

Built for total polish—deep recovery plus clean, sharp grooming.

## THE FULL WORKS | 4 HOURS

DV - R2730 | CG - R2457 | CS - R2320.50

*45min Full Body Scrub | 60min Deep Tissue Massage | 30min Honeybush Facial |*

*Man-licure | Sole Therapy + Medi-Heel Pedicure*

Top-to-toe overhaul. Everything handled in one session.

## THE QUICK FIX | 2 HOURS

DV - R1210 | CG - R1089 | CS - R1028.50

*45min Back, Neck & Shoulder Massage | Express Mani | Express Pedi*

Efficient, targeted, and perfect for maintenance.

## THE CLEAN RESET | 2.5 HOURS

DV - R1795 | CG - R1615.50 | CS - R1525.75

*30min sauna | 60min Deep Tissue | 30min honeybush facial*

Designed to warm the body, release muscle tension, and refresh the skin.

## MAN-LICURE | 45MIN

DV - 375 | CG - R318.75 | CS - R300

Perfectly groomed hands and nails for a clean, refined finish.

Includes Soak, exfoliation, cuticle work & buff

## SOLE THERAPY + MEDI-HEEL PEDICURE | 60MIN

DV - R425 | CG - R361.25 | CS - R340

Designed for men's feet, this treatment removes dry, dead skin and restores softness,

Includes Soak, exfoliation, cuticle work, buff & mediheel



# BODY THERAPY

*Nourish your skin, nurture your soul.*

## **FULL BODY SCRUB | 45MIN**

**DV - R595 | CG - R505.75 | CS - R476**

Indulge in a revitalizing full-body exfoliation that awakens the senses and stimulates circulation. Rough, tired skin is gently buffed away, leaving your body silky, deeply nourished, and radiant.

## **FULL BODY SCRUB & WRAP | 60MIN**

**DV - R750 | CG - R637.50 | CS - R600**

After a gentle full-body exfoliation and refreshing shower, your body is enveloped in a rich, nourishing wrap designed to hydrate and revitalise the skin. As the wrap works its magic, you'll enjoy a soothing scalp massage before the product is worked into the skin, leaving you deeply hydrated, smooth, and refreshed from head to toe.

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*Elevate your treatment by pairing your massage with one of our luxury massages for a more complete, restorative experience.*



**K**SKINCARE  
**REVITALISING  
BOOSTER  
GEL**  
WITH HYALURONIC  
ACID AND PEPTIDES  
ALL SKIN  
TYPES  
50 ml 1.76 fl. oz.

**K**SKINCARE  
**ENZYME  
FACE BUFF**  
WITH PUMPKIN  
FRUIT ENZYME  
75 ml 2.64 fl. oz.

**K**SKINCARE  
**INTENSIVE  
SERUM**  
WITH KALENJI  
MELON EXTRACT



# KALAHARI FACIALS

*Harnessing the natural richness of the Kalahari Desert, this premium skincare brand blends botanical ingredients with advanced science to nourish, restore, and rejuvenate your skin.*

## **HYDRATING HONEYBUSH FACIAL | 30MIN**

**DV - R550 | CG - R467.50 | CS - R440**

Revitalize dull, dehydrated skin with a blend of African plant extracts and nourishing oils. A quick, effective treatment including cleanse, exfoliation, mask, and moisturizer.

### **COURSES:**

3 for R1400 | 6 for R2760 - *Includes Homecare Package*

### **HEMOCARE PACKAGE | R265**

160ml Gel Cleanser

## **LIPID RICH SKIN TREATMENT | 60MIN**

**DV - R795 | CG - R675.75 | CS - R636**

Revive and nourish dry, dehydrated skin with a botanical oil mask rich in essential fatty acids, leaving your complexion ultra-hydrated, and moisturized. This treatment restores the skin's natural barrier and brings life back to dry skin. Not suitable for oily and acne-prone skin.

### **COURSES:**

3 for R2030 | 6 for R4550 - *Includes Homecare Package*

### **HEMOCARE PACKAGE | R996**

160ml Gel Cleanser, 50ml Enzyme Face Buff & 50ml Essential Daily Moisturizer

## **VITAMIN C FACIAL | 60MIN**

**DV - R850 | CARACAL GREEN - R722.50 | CARACAL SILVER - R680**

This ultra-firming, anti-ageing treatment is rich in natural organic Vitamin C and essential antioxidants. It helps boost collagen and elastin regeneration, leaving the skin visibly firm, brightened, and tightened. Includes Phyto Acid with Revitalizing Booster Gel and a relaxing massage.

### **COURSES:**

3 for R2170 | 6 for R5325 - *Includes Homecare Package*

### **HEMOCARE PACKAGE | R1574**

160ml Gel Cleanser, 160ml Toning Lotion, 50ml Vitamin C Mask & 50ml Moisturizer



PROFESSIONAL

[HYDRATE  
LITE]

lamelle  
PROFESSIONAL LABORATOIRES

PROFESSIONAL

[AGE  
PREVENTION  
MASK]

lamelle  
PROFESSIONAL LABORATOIRES

[MASSAGE  
CREAM]

PROFESSIONAL

lamelle  
PROFESSIONAL LABORATOIRES

# LAMELLE FACIALS

*Lamelle combines clinical expertise, ethical practice, and deep understanding of client needs to deliver innovative, first-to-market products in the medical aesthetics industry.*

## **DEEP CLEANSE FACIAL | 60MIN**

**DV - R995 | CG - R845.75 | CS - R796**

Designed for acne-prone and congested skin, this treatment targets pimples, breakouts, and blackheads. Perfect for teens and adults experiencing problematic skin, it helps clarify, balance, and purify the complexion, improving confidence and revealing healthier, clearer skin.

### **COURSES:**

3 for R2550 | 6 for R5750 - *Includes Homecare Package*

### **HOME CARE PACKAGE | R760**

125ml Clarity Active Cleanser & 70ml Clarity Clear Mask

## **PIGMENTATION FACIAL | 75MIN**

**DV - R1195 | CG - R1015.75 | CS - R956**

Target dark spots, marks, and uneven skin tone with this specialized treatment designed to brighten, even, and clarify the complexion. Suitable for all skin types and tones, it addresses hyperpigmentation effectively while promoting a radiant, balanced, and healthy-looking skin.

### **COURSES:**

3 for R3050 | 6 for R6650 - *Includes Homecare Package*

### **HOME CARE PACKAGE | R1315**

125ml Brightening Cleanser & 30ml Retinol 3.0 Serum

## **AGE PREVENTION FACIAL | 75MIN**

**DV - R1195 | CG - R1015.75 | CS - R956**

Target early signs of aging with this rejuvenating treatment designed to smooth fine lines, refine skin texture, and even out pigmentation. Perfect for anyone looking to prevent premature aging and maintain a youthful, radiant complexion.

### **COURSES:**

3 for R3050 | 6 for R7700 - *Includes Homecare Package*

### **HOME CARE PACKAGE | R2460**

125ml Dermaheal Foaming Cleanser, 50ml Cellular Repair Cream & 20ml Eye Cream

# LAMELLE PEELS

*Peels are great for clearing, brightening, and rejuvenating your skin. We know they're not always the most enjoyable, which is why we finish each treatment with your choice of a relaxing scalp or foot massage to end on a high note.*

## **ACNE PEEL | 60MIN**

**DV - R850 | CG - R722.50 | CS R680**

A highly effective anti-inflammatory peel designed to clear congested, acne-prone skin.

Sensation: Mild tingling during treatment

Downtime: Slight tightness or dryness the following day

Results: Reduced breakouts and clearer skin with a series of 4-6 treatments

### **COURSES:**

4 for R2890 | 6 for R4080

## **AGE PREVENTION PEEL | 60MIN**

**DV - R950 | CG - R807.50 | CS - R760**

A gentle yet effective peel designed to boost hydration, glow, and overall radiance, improving skin texture and moisture without downtime.

Sensation: Mild tingling as the peel absorbs

Downtime: Minimal tightness or dryness may appear the next morning

Results: Skin feels refreshed, plump, and hydrated for 10-14 days.

A series of 4-6 treatments helps maintain long-term results

### **COURSES:**

4 for R3230 | 6 for R4560

## **PIGMENTATION PEEL | 60MIN**

**DV - R1195 | CG - R1015.75 | CS - R956**

A powerful peel designed to remove hyperpigmented cells and reduce melanin production.

Sensation: Intense heat during application, which quickly subsides

Downtime: Moderate peeling for 4-5 days

Results: Significant reduction in pigmentation with a series of 6 treatments

### **COURSES:**

4 for R4065 | 6 for R5735



# SKIN ENHANCEMENTS

## MICRONEEDLING

**1 HOUR 30 MINUTES**

This cutting-edge treatment is clinically proven to stimulate collagen and elastin production while boosting skin cell turnover. Designed to improve acne scars, signs of aging, and uneven texture, microneedling delivers noticeable, long-lasting results for a smoother, revitalized complexion.

FULL FACE  
FACE & NECK  
FACE, NECK & DECOLLETE

**DV - R995 | CG - R847.50 | CS - R796**  
**DV - R1300 | CG - R1105 | CS - R1040**  
**DV - R1595 | CG - R1355.75 | CS - R1276**

### COURSES:

Full Face - 3 for R2535 | 6 for R4560  
Face & Neck - 3 for R3315 | 6 for R5965  
Face, Neck & Décolleté - 3 for R4065 | 6 for R7315

### RECOMMENDED HOMECARE:

Lamelle Restorative Balm 50ml | R340

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## FACIAL ADDITIONS

*CANNOT BE BOOKED AS STANDALONE TREATMENTS.*

### NANO NEEDLING | 15MIN

**DV - R175 | CG - R148.75 | CS - R140**

This gentle treatment creates micro-channels on the skin's surface, enhancing the absorption of serums and active ingredients without discomfort or downtime. With no need for numbing cream, nano-needling smooths and revitalises the skin, leaving a radiant, glowing complexion.

### DERMAPLANING | 15MIN

**DV - R250 | CG - R212.50 | CS - R200**

A gentle mechanical exfoliation that removes dead skin cells and fine facial hair, leaving your skin instantly smooth, radiant, and glowing.

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# HAND & FOOT TREATMENTS

## LUXURY FOREST MANICURE | 75MIN

PAINT | DV - R550 | CG - R467.50 | CS - R440

GEL | DV - R620 | CG - R527 | CS - R496

A luxurious hand ritual designed to nourish and restore. Enjoy expert nail shaping and cuticle care, followed by an exfoliating scrub, heated soy wrap, and relaxing hand and arm massage. While your hands are cocooned in warmth, unwind with a soothing foot and calf massage and a complimentary mimosa, coffee, or tea. Finished with a flawless Bio Sculpture application for beautifully polished nails.

## LUXURY FOREST PEDICURE | 90MIN

PAINT | DV - R575 | CG - R488.75 | CS - R460

GEL | DV - R645 | CG - R548.25 | CS - R516

A deeply restorative foot ritual designed to nourish, soften, and revitalize. Enjoy expert foot care, an exfoliating treatment, refreshing foot crème, and a heated soy wrap for beautifully smooth skin. While your feet are cocooned in warmth, relax with a soothing hand and arm massage and a complimentary mimosa, coffee, or tea. Finished with a flawless Bio Sculpture application for perfectly polished toes.

## CLASSIC PEDICURE | 60MIN

PAINT | DV - R450 | CG - R382.50 | CS - R360

GEL | DV - R520 | CG - R442 | CS - R416

Includes Foot soak, scrub, buff, nail/cuticle care & paint or gel application.

*Does NOT include massage*

## CLASSIC MANICURE | 60MIN

PAINT | DV - R425 | CG - R361.25 | CS - R340

GEL | DV - R495 | CG - R420.75 | CS - R396

Includes Hand soak, scrub, nail/cuticle care & paint or gel application.

*Does NOT include massage*

## BIO-SCULPTURE GEL OVERLAY | 45MIN

DV - R360 | CG - R306 | CS - R288

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

## FOOT REGENERATION | 30MIN

DV - R350 | CG - R297.50 | CS - R280

A soothing foot massage combined with a gentle scrub to exfoliate and soften the skin.

## UPGRADES

FRENCH UPGRADE

MEDI-HEEL

SOAK OFF ADDED TO TREATMENT

DV - R50 | CG - R42.50 | CS - R40

DV - R175 | CG - R148.75 | CS - R140

DV - R95 | CG - R80.75 | CS - R76

# GROOMING

## WAXING

FULL LEG  
¾ LEG  
HALF LEG  
UNDERARM  
FULL ARM  
HALF ARM  
FULL BACK  
HALF BACK  
CHEST  
ABDOMEN  
BIKINI  
G STRING BRAZILIAN  
HOLLYWOOD  
LIP  
CHIN  
CHEEKS  
BROW  
FULL FACE  
BROW, LIP & CHIN

|           |              |           |
|-----------|--------------|-----------|
| DV - R325 | CG - R310    | CS - R260 |
| DV - R295 | CG - R250.75 | CS - R236 |
| DV - R225 | CG - R191.25 | CS - R180 |
| DV - R175 | CG - R148.75 | CS - R140 |
| DV - R225 | CG - R191.25 | CS - R180 |
| DV - R195 | CG - R165.75 | CS - R156 |
| DV - R325 | CG - R310    | CS - R260 |
| DV - R250 | CG - R212.50 | CS - R200 |
| DV - R295 | CG - R250.75 | CS - R236 |
| DV - R225 | CG - R191.25 | CS - R180 |
| DV - R195 | CG - R165.75 | CS - R156 |
| DV - R275 | CG - R233.75 | CS - R220 |
| DV - R395 | CG - R335.75 | CS - R316 |
| DV - R95  | CG - R80.75  | CS - R76  |
| DV - R95  | CG - R80.75  | CS - R76  |
| DV - 125  | CG - R106.25 | CS - R100 |
| DV - 125  | CG - R106.25 | CS - R100 |
| DV - 295  | CG - R250.75 | CS - R236 |
| DV - 325  | CG - R310    | CS - R260 |

## TINTING

BROW  
LASH  
LASH & BROW

|           |              |           |
|-----------|--------------|-----------|
| DV - R125 | CG - R106.25 | CS - R100 |
| DV - R110 | CG - R93.50  | CS - R88  |
| DV - R185 | CG - R157.25 | CS - R148 |



SAUNA

A wooden sauna with red LED lighting. The word "SAUNA" is written in white on the wall. A person is sitting on a wooden bench on the right side. The sauna has a wooden door with a metal hinge and handle. The walls and ceiling are made of vertical wooden planks. A string of red LED lights is visible along the top edge of the sauna.

# SPA FACILITIES

At Silver Forest, our Thermal Room is available by advance booking only. It features a traditional sauna, steam room, cold hydro pool, and showers. Inspired by Kneipp Therapy, this holistic water-based treatment uses alternating hot and cold temperatures to boost circulation, support the immune system, and enhance overall well-being.

All sessions include use of cold plunge hydro jet pool and showers.  
You will be provided with a Towel and iced water

## THERMAL SUITE GUIDELINES

- **Swimwear must be worn at all times.**
- **Please do not use oils, scrubs, or any other products in the sauna. Any residue left behind requires specialist cleaning, and a cleaning fee will be charged if evidence of product use is found.**
- **The thermal suite is not recommended for guests who are pregnant or those with heart conditions, high or low blood pressure, epilepsy, or other medical conditions without prior medical advice.**

## PRICES ARE PER PERSON

**30MIN SAUNA ONLY**

**DV - R250 | CG - R212.50 | CS - R200**

**60MIN SAUNA ONLY**

**DV - R400 | CG - R340 | CS - R320**

**30MIN STEAM ONLY**

**DV - R250 | CG - R212.50 | CS - R200**

**60MIN STEAM ONLY**

**DV - R400 | CG - R340 | CS - R320**

**60MIN THERMAL**

**DV - R600 | CG - R510 | CS - R480**

Includes use of sauna, steam & cold hydro pool

**45MIN RASUL RITUAL**

**DV - R650 | CG - R552.50 | CS - R520**

Experience a traditional Arabian cleansing ritual using gentle steam and mineral-rich scrubs to detoxify, soften, and nourish the skin. Enjoy complete relaxation before finishing with a refreshing tropical rain shower.

## ROMANTIC RASUL FOR 2 | 45 MIN (PRICED PER COUPLE)

**DV - R1595 | CG - R1355.75 | CS - R1276**

This includes exclusive use of our Rasul, and cold hydro pool, as well as a bottle of bubbly.

## SPA GARDEN

Guests spending over R850 on treatments are welcome to relax in the spa garden, featuring a tepid/warm bubble jet pool (weather dependent) and a saltwater swimming pool (unheated), Subject to availability on the day - cannot be booked in advance.



# THE SPA



# SPA ETIQUETTE

## **ARRIVAL**

Please arrive 15 minutes prior to your scheduled treatment to allow time for check-in and relaxation. Late arrivals will result in a shortened treatment time as a courtesy to the next guest. The full treatment price will still apply.

## **SPA FACILITIES**

Our sauna, steam room, and cold hydro pool can be booked as separate treatments and are charged extra. They are available during spa operating hours only. Swimsuits are required. Towels and robes are provided.

## **SPA ATTIRE**

We offer male and female locker rooms for guests to store personal items and valuables - we do not accept responsibility for lost items. Robes are available on request (sizes S-XXL). Please note, we do not provide disposable slippers for environmental reasons—guests are encouraged to bring their own comfortable footwear. Reusable spa slippers are available for purchase at reception.

## **SPA VOICES**

To maintain a peaceful and relaxing environment, Please refrain from loud conversations or shouting within the spa to ensure a tranquil experience for all guests.

## **MOBILE PHONES**

We kindly ask that all phones be kept on silent mode at all times. Please bring earphones if you need to listen to anything on a phone or device during your visit.

## **GRATUITY**

Gratuities are not included in your treatment price and may be given at your discretion as a gesture of appreciation to your therapist. As a guide, especially for our international visitors, gratuities are between 10% and 25% on treatments not retail purchases.

# TERMS & CONDITIONS

## **CANCELLATION POLICY**

Any cancellations AFTER 9 a.m. the DAY BEFORE the booking; the full deposit will be forfeited.

If a voucher is being used to make payment, the voucher amount will be redeemed.

Cancellation Terms for all Vouchers:

- On the day of the booking: 100% of voucher value
- 24 hours before the booking: 50% of voucher value

## **PAYMENTS**

Voucher codes must be provided when making the booking. Vouchers are not redeemable against promotions — some are only valid for the specific experience purchased. Please read voucher terms carefully or ask if unsure. Vouchers linked to packages expire with the package but will retain their monetary value thereafter.

The spa is cashless — no cash is accepted for services or retail purchases.

## **RESERVATIONS**

Advance bookings are strongly recommended. A 50% deposit is required to secure your appointment. Please note that if the deposit is not received, your time slot may be released to other clients.

## **HEALTH & SAFETY**

Please inform your therapist of any medical conditions, allergies, or pregnancy before your treatment. Certain treatments may not be suitable during pregnancy or for specific medical conditions. The spa reserves the right to refuse treatments if deemed unsafe or inappropriate.

## **CHILDREN**

To maintain a tranquil atmosphere, children under 12 are not permitted in the spa.

*TERMS & CONDITIONS ARE SUBJECT TO CHANGE*



**SILVER FOREST SPA**

[www.silverforest.co.za](http://www.silverforest.co.za)