

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.

LYMPHATIC DRAINAGE

60MIN | DV - R1095 | CG - R876 | CS - R766.50
90MIN | DV - R1495 | CG - R1196 | CS - R1046.50

This specialised massage uses gentle, rhythmic techniques to encourage lymphatic drainage, support circulation and assist the body in moving excess fluid. It can help reduce puffiness, bloating and feelings of heaviness, while supporting the body's natural detoxification and fluid balance. The treatment may also help relieve congestion, promote relaxation and leave the body feeling lighter, less swollen and refreshed. It is particularly beneficial after travel, periods of inactivity or when experiencing fluid retention.

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 make use of the bellabaci cups to increase blood flow, release muscle tension, and reduce pain

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
GUA SHA

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
DV - R180 | CG - R153 | CS - R144



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.

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





SKINCARE

**REVITALISING
BOOSTER
GEL**

WITH HYALURONIC
ACID AND PEPTIDES

ALL SKIN
TYPES

50 ml 1.76 fl. oz.

SKINCARE

**ENZYME
FACE BUFF**

WITH PUMPKIN
FRUIT ENZYME

75 ml 2.64 fl. oz.

SKINCARE

**INTENSIVE
SERUM**

WITH KALAMANS
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.

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.

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.





PROFESSIONAL

[HYDRATE
LITE]

lamelle
Research Laboratories

PROFESSIONAL

[AGE
PREVENTION
MASK]

lamelle
Research Laboratories

[MASSAGE
CREAM]

PROFESSIONAL

lamelle
Research Laboratories

LAMELLE FACIALS & PEELS

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.

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.

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.



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

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

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



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

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.



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

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
60MIN SAUNA ONLY
30MIN STEAM ONLY
60MIN STEAM ONLY
60MIN THERMAL

Includes use of sauna, steam & cold hydro pool

45MIN RASUL RITUAL

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.

DV - R250 | CG - R212.50 | CS - R200
DV - R400 | CG - R340 | CS - R320
DV - R250 | CG - R212.50 | CS - R200
DV - R400 | CG - R340 | CS - R320
DV - R600 | CG - R510 | CS - R480

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

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