
SILVER FOREST
SPA

SPECIALIZED MASSAGES

PRESSURE GUIDE
Find the perfect massage pressure for your comfort and needs.
Soft
Medium
Hard

DEEP TISSUE RECOVERY

60MIN | R1095
90MIN | R1495

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 | R1095
90MIN | R1495

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 | R1095
90MIN | R1495

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 | R1095
90MIN | R1495

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 | R1050
90MIN | R1395

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

R795

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 | R895
90MIN | R1250

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 | R1795
90MIN | R2495

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	**R150**
HEAD MASSAGE 30MIN	**R375**
BELLABACI CUPS	**R180**
REFLEXOLOGY 30MIN	**R450**
GUA SHA	**R180**



SPA EXPERIENCES

THE SILVER INDULGENCE | 4 HOURS | R2340

60 MIN FULL BODY SCRUB & WRAP
60 MIN SWEDISH FULL BODY MASSAGE
60 MIN VITAMIN C FACIAL
60 MIN CLASSIC MANICURE **OR** PEDICURE WITH POLISH **OR** GEL
R200 3 KITCH3NS VOUCHER

THE SIGNATURE COLLECTION | 5.5+ HOURS | R3490

60 MIN THERMAL (SAUNA, STEAM & COLD HYDRO POOL)
60 MIN FULL BODY SCRUB & WRAP
90 MIN SPECIALIZED MASSAGE - **CHOOSE BETWEEN:**

- DEEP TISSUE
- LYMPHATIC DRAINAGE
- PREGNANCY
- BELLABACI AROMATHERAPY

60 MIN VITAMIN C FACIAL
PEDICURE - **CHOOSE BETWEEN:**

- 90 MIN LUXURY PEDICURE WITH POLISH **OR** GEL
- 60MIN SOLE THERAPY + MEDI-HEEL PEDICURE

R350 3 KITCH3NS VOUCHER

THE ULTIMATE LOVER'S RETREAT| 3.5 HOURS | R4540

45 MIN THERMAL (SAUNA, STEAM, COLD HYDRO POOL)
90 MIN COUPLES MASSAGE
30 MIN HONEYBUSH FACIAL
30 MIN FOOT REGENERATION
R500 3 KITCH3NS VOUCHER

- *PACKAGE PRICE IS FOR 2 PEOPLE*

THE BIRTHDAY EDIT | 3.5 HOURS | R1995

30 MIN THERMAL (SAUNA, STEAM, COLD HYDRO POOL)
GLASS OF BUBBLY
60 MIN SWEDISH FULL BODY MASSAGE
60 MIN CLASSIC MANICURE WITH POLISH OR GEL
60 MIN CLASSIC PEDICURE WITH POLISH OR GEL
R200 3 KITCH3NS VOUCHER

FOR THE MEN

THE DEEP RELAX | 2 HOURS | R1660

30min sauna | 90min Deep Tissue Massage
Designed to warm up the muscles & ease deep-seated tension.

THE GENTLEMAN'S RESERVE | 3.5 HOURS | R2065

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 | R2730

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 | R1210

45min Back, Neck & Shoulder Massage | Express Mani | Express Pedi
Efficient, targeted, and perfect for maintenance.

THE CLEAN RESET | 2.5 HOURS | R1795

30min sauna | 60min Deep Tissue | 30min honeybush facial
Designed to warm the body, release muscle tension, and refresh the skin.

MAN-LICURE | 45MIN | R375

Soak, exfoliation, cuticle work & buff
Perfectly groomed hands and nails for a clean, refined finish.

SOLE THERAPY + MEDI-HEEL PEDICURE | 60MIN | R425

Soak, exfoliation, cuticle work, buff & mediheel foot treatment
Designed for men's feet, this treatment removes dry, dead skin and restores softness,



BODY THERAPY

Nourish your skin, nurture your soul.

FULL BODY SCRUB | 45MIN | R595

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 | R750

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

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 | R550

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 | R795

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 | R850

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
PROFESSIONAL
AGE PREVENTION MASK
lamelle
MASSAGE CREAM
PROFESSIONAL
lamelle

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 | R995

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 | R1195

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 | R1195

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 | R850

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 | R950

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 | R1195

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	**R995**
FACE & NECK	**R1300**
FACE, NECK & DECOLLETE	**R1595**

FACIAL ADDITIONS

CANNOT BE BOOKED AS STANDALONE TREATMENTS.

NANO NEEDLING | 15MIN | R175

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 | R250

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 | R550
GEL | R620

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 | R575
GEL | R645

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 | R450
GEL | R520

Includes Foot soak, scrub, buff, nail/cuticle care & paint or gel application.
Does NOT include massage

CLASSIC MANICURE | 60MIN

PAINT | R425
GEL | R495

Includes Hand soak, scrub, nail/cuticle care & paint or gel application.
Does NOT include massage

BIO-SCULPTURE GEL OVERLAY | 45MIN | R360

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

FOOT REGENERATION | 30MIN | R350

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

UPGRADES

FRENCH UPGRADE	**R50**
MEDI-HEEL	**R175**
SOAK OFF ADDED TO TREATMENT	**R95**

GROOMING

WAXING

FULL LEG	**R325**
¾ LEG	**R295**
HALF LEG	**R225**
UNDERARM	**R175**
FULL ARM	**R225**
HALF ARM	**R195**
FULL BACK	**R325**
HALF BACK	**R250**
CHEST	**R295**
ABDOMEN	**R225**
BIKINI	**R195**
G STRING BRAZILIAN	**R275**
HOLLYWOOD	**R395**
LIP	**R95**
CHIN	**R95**
CHEEKS	**R125**
BROW	**R125**
FULL FACE	**R295**
BROW, LIP & CHIN	**R325**

TINTING

BROW	**R125**
LASH	**R110**
LASH & BROW	**R185**


SAUNA

PRIVATE SPA FACILITIES

At Silver Forest, our Thermal Room is available by advance booking only and is reserved exclusively for private use. The space features a traditional sauna, steam room, cold hydro pool and showers.
Inspired by the principles of Kneipp Therapy, the experience incorporates alternating hot and cold temperatures to encourage circulation and promote overall well-being.

Your Thermal Room experience includes:

- Private use of your chosen spa facilities
- Access to the cold hydro pool and showers
- A towel, robe and locker
- Complimentary iced water

What to bring:
Please bring your own comfortable, non-slip footwear for your visit, as we do not provide disposable spa slippers.

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	**R250**
60MIN SAUNA	**R400**
30MIN STEAM	**R250**
60MIN STEAM	**R400**
60MIN THERMAL	**R600**

- **The Thermal Includes Access To Sauna, Steam & Cold Hydro-Pool**

SPA GARDEN

Guests spending R900 or more per person 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.

Please Note: We do not have any heated pools at the spa.


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