SUNDAYS AT SILVER FOREST



SUNDAY SPA ESCAPES

SELF-CARE SUNDAY

90MIN | R995

60 MIN SWEDISH FULL BODY MASSAGE
30 MIN HONEYBUSH FACIAL

WIND DOWN SUNDAY

75MIN | R995

30 MIN SAUNA
45 MIN BACK, NECK & SHOULDER MASSAGE
R150 3 KITCH3NS VOUCHER

BLISSFUL SUNDAY

2.5HR | R1685

60 MIN FULL BODY SCRUB & WRAP
60 MIN SPECIALIZED MASSAGE (YOUR CHOICE: DEEP TISSUE, LYMPHATIC DRAINAGE, PREGNANCY OR BELLABACI AROMATHERAPY)
30 MIN HEAD MASSAGE

SUNDAY SLOW DOWN

2.5HR | R1195

45 MIN BACK, NECK & SHOULDER MASSAGE
90 MIN LUXURY PEDICURE WITH POLISH OR GEL
R150 3 KITCH3NS VOUCHER

SUNDAYS AT 3 KITCH3NS

LIVE MUSIC

FROM 1PM TO 4PM

