



THE SPA

Men's Menu

Refresh. Restore. Rejuvenate.



IT'S A MANS WORLD

Men need to escape from work fatigue, burnout, exercise stress, and take time out too, Regular visits to The Spa complement your daily exercise routines and complete your wellness. Benefitting both mental and Physical health The Spa at Silver Forest has developed a special menu just for men.

THALGO MENS FACIALS

Fortifying Treatment for Men

60 MINUTES R995

Whether your concern is dehydration, dryness, sensitivity or oiliness, this treatment provides a tailored solution for male skin. Enriches with extract of Algae Bleue Vitale, a cell-energising complex, and strengthened by a relaxing massage, leaving the skin revitalized and perfectly balanced.

Express Anti-fatigue Men

30 MINUTES R450

Wake up and energise tired skin in just 30 mins, a full cleanse, scrub with marine crystals, signature energizing acupressure massage and anti fatigue mask follow one another to reveal cleaner clearer skin.

Facial Consultation

30 MINUTES FREE

Book a consultation with one of our Skin Specialists who will advise you on the best treatment for your skin. Every Man has a different skin requirement whether it be dehydration or over exposure to the elements, aging concerns, or breakouts we can prescribe the perfect solution from our range of professional products

Men's Waxing

"We believe a well groomed man is a POWERFUL MAN". Let our wax specialists work their magic.

- **Men's Full Arm Wax** R280
- **Men's Stomach Wax** R350
- **Men's Chest Wax** R325
- **Men's Back Wax** R410
- **Men's Back, Chest + Stomach Wax** R900
- **Men's Half Leg Wax** R250
- **Men's Full Leg Wax** R370
- **Men's Underarm Wax** R250

Body Massage

Release the tension, relax overworked muscles, rejuvenate

- **Back, Neck and Shoulder Swedish** 30 MINUTES R450
- **Full Body Swedish** 60 MINUTES R795
- **Full Body Sports** 60 MINUTES R895
- **Specialist Muscle Relax and Tension release** 60 MINUTES R1095 | 30 MINUTES R1495

Hands & Feet

- **Quick Manicure: Clip, File + Buff Only** 20-30 MINUTES R275
- **Power Manicure: Soak, Exfoliate, Clip, Buff + Massage** 45 MINUTES R395
- **Quick Pedicure: Clip, File + Buff Only** 30 MINUTES R285
- **Power Pedicure: Soak, Exfoliate, Clip, Buff + Massage** 60 MINUTES R425
- **Sole Therapy , MediPEEL, soak, exfoliate, clip, buff, massage** 75 MINUTES R595



THALGO
MEN



FORCE
MARINE

GEL NETTOYANT
CLEANSING GEL

VISAGE
FACE

e 150 ml 5.07 fl.oz.

THALGO
MEN



FORCE
MARINE

DOUCHE RÉVEIL
WAKE-UP SHOWER

CORPS & CHEVEUX
BODY & HAIR

e 200 ml 6.76 fl.oz.



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](#)

