

THE SPA

at

BUSHMANS KLOOF

A NATURAL JOURNEY TO WELLNESS

Renew your health and let nature heal you. Your therapists will guide and advise which treatments are best for you, and these can be enjoyed in the newly transformed Spa or the magnificent riverside Spa Gazebo with panoramic views across the never-ending landscape. Soothing, pampering treatments are complemented by an exceptional range and choice from Elemis and Dermalogica, as well as local products sourced to enhance our natural flora and fauna (containing ingredients from indigenous rooibos, flowers and plants), specially designed to restore and deeply replenish the body, mind and soul. The new Crystal Steam Room features a central block of pure Rock Quartz Crystal, renowned as a 'master healer' and 'deep soul cleanser'. It absorbs, stores, releases and regulates energy and draws off negative energy of all kinds, harmonising the chakras, amplifying energy, balance and revitalising physical, mental, emotional and spiritual planes. It helps cleanse and enhance the organs, connecting the physical dimension with the mind, aids concentration, and unlocks memory.

The recuperative and healing properties of hydrotherapy are instrumental in stimulating the immune system. It influences the production of stress hormones, invigorating the circulation and digestion, encouraging blood flow and lessening pain sensitivity. Bushmans Kloof has many sources with which to enjoy the pleasure and benefits of the Cederberg's invigoratingly clean, natural water.

Swim in the still waters of the dam, our crystal clear rock pools, or in natural waterfalls, and rejuvenate your body by the millions of ions in the water. Water, in motion stimulates touch receptors on the skin, boosting blood circulation and releasing tight muscles.

Unwind at one of the lodge's 4 tranquil swimming pools or have a body wrap and Mud Rasul treatment in the Crystal Steam room, with a hot (steam) and cold (water) experience, which helps increase circulation and bring oxygen and nutrients in, while forcing toxins and pathogens out.

FACILITIES AND SERVICES

5 Superbly equipped treatment rooms located to embrace the natural beauty of the reserve.

- The Spa facilities include 2 dual treatment rooms and 2 single treatment rooms with rain showers.
- Crystal Steam Room, maintained at a temperature of 42 - 45 °C, moist aromatic heat with heated floors, walls and seats are provided. The main feature, a Rock Quartz Crystal, is known for its healing properties. The body is warmed slowly and continuously, reaching the inner body and organs.
- Tranquility Lounge, a tranquil environment with relaxing lounge chairs to soothe the body and mind in between and after all spa treatments. Listen to music, read a magazine or book, meditate or enjoy a seasonal beverage.
- Health Bar, to enjoy healthy snacks and Rooibos Tea whilst you relax in the Tranquility Lounge or Spa Garden.
- Separate male and female changing rooms. Rain showers, private changing areas, secure lockers, fresh towels, slippers, gowns and all the small grooming items you have at home.
- Fitness Centre, with full range of cardio and resistance equipment.
- Heated outdoor jet pool set against a spectacular rocky backdrop.
- The Riverside Gazebo, a unique dual treatment room with exceptional panoramic views and tranquil waters, the ideal tranquil setting for any of the Touch Therapy treatments to be enjoyed with your partner. An additional surcharge of **R 150** per person is applicable for the reservation of the gazebo.

The following select treatments are available Koro Lodge; however should you wish to enjoy your spa experience at The Spa at Bushmans Kloof, kindly contact the Spa Manager for further details.

TOUCH THERAPIES

The science of touch has been proven to stimulate the sensitive points on the body that govern the flow of energy. When it comes to healing, touch is considered to be the most powerful of the body's five senses as it helps energy flow freely, which stimulates and improves the physical body as well as the emotional. Your treatments have been designed to restore total wellness and harmony.

Cederberg "SOUL"ution (90 min) (recommended for enjoyment with a partner)
Get close to nature in a breathtaking, secluded Gazebo, and indulge in a unique combination of soothing therapeutic treatments based on ancient African traditions, and the aromatic power of traditional South African blends of indigenous Rooibos and Fynbos vegetation, combined with healing plant oils. This Signature Experience includes a relaxing massage utilising Hot Stones to prepare the muscles, a Rooibos Milk Bath Foot Treatment and a Face and Scalp massage.

Bushmans Kloof Signature Massage (60 min)
This Signature Treatment combines various traditional body-touch techniques (Swedish massage, Reflexology and deep tissue manipulation to transform your body into a state of total renewal and relaxation. A traditional, healing experience to relax and restore the body.

Swedish Massage (60 min)
A classic, medium pressure massage technique of manipulating muscles with the use of massage oils. It helps ease aching muscles, improve circulation and help relaxation.

Chakra Balancing Candle Massage (60 min)
An aromatic full body massage incorporating colour therapy. Soy based candles are used to light your treatment room releasing aromatherapeutic scents, followed by a soothing massage with the soy oil from your candle of choice.

Heated Herbal Stone Massage (90 min Body) (45 min Back)
Using Mother Nature's volcanic basalt rock that retains heat and enables its sun charged properties to penetrate deep into stressed muscles. Stones are placed on pressure points to soothe nerve endings and balance energy by releasing any emotional blockages. This comforting massage allows the therapist to select the appropriate oils most suited to be in harmony with you and to nourish, protect and hydrate the skin.

Balancing Scalp and Foot Massage (30 min)
A traditionally relaxing and healing massage working on reflexology points of the feet to restore balance to the body, with pressure on the scalp to send you into a state of relaxation. Working with the body's energy channels, this treatment places you in total harmony with nature.

Deep Tissue Muscle Massage (45 min)
Focused on relieving specific stress and muscle tension, this powerful, customised massage, uses dynamic blends of essential oils to suit individual needs.

Bushmans Kloof Back, Neck and Shoulder Massage (45 min)
Relieve aching, stressed muscles of the back, neck and shoulders with your stress-relieving back massage, concentrating on the areas of concern.

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HANDS AND FEET

Classic Manicure (60 min)
Classic Pedicure (60 min)
French Manicure (70 min)
French Pedicure (70 min)
Varnish (20 min)

SPA ETIQUETTE & POLICIES

To ensure your spa experience is a relaxing journey, we recommend the following:

- Your spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity.
- Reserve your preferred treatment times in advance of your stay to avoid disappointment.
- Consult our therapists who will be pleased to advise you on treatments that suit your individual needs.
- Rescheduling your Experience: 24 hours advance notice is required for cancellations of individual bookings after which 100% of the treatment will be charged.
- We suggest the relaxing effects of a shower before your treatment.
- For your convenience, we suggest that you make your way to the spa reception 15 minutes prior to your treatment.
- Gentlemen who are having a facial are advised to shave at least 3 hours before their treatment.
- Please note that the spa and gazebo are non-smoking areas.
- Management and staff are not liable for loss or damage of personal property. We provide individual lockers for the safe keeping of clothing and personal belongings.
- Crystal Steam Area: Please bring a swimsuit to enjoy our hydrotherapy area.
- All prices are quoted in South African Rand and are subject to change without prior notice.
- Health Conditions: Please advise us of any health conditions, allergies, or injuries which could affect your service when making your spa reservation. Please consult your doctor before using the spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication. Heat and water facilities are not recommended during pregnancy.
- Pregnancy: We have specially designed treatments for expectant mothers. Please allow the Therapist to guide you in selecting which treatments are most suitable for you during this special time.
- We recommend that you drink lots of water after your spa treatment to help accelerate the elimination of toxins.

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TOUCH THERAPIES

Cederberg 'SOUL'ution (90 min)	R 950
Bushmans Kloof Signature Massage (60 min)	R 700
Swedish Massage (60 min)	R 700
Chakra Balancing Candle Massage (60 min)	R 700
Heated Herbal Stone Massage (90 min)	R 950
Heated Herbal Stone Massage (45 min)	R 650
Balancing Scalp and Foot Massage (30 min)	R 450
Deep Tissue Muscle Massage (45 min)	R 650
Bushmans Kloof Back, Neck and Shoulder Massage (45 min)	R 600

HANDS AND FEET

Classic Manicure (60 min)	R 340
Classic Pedicure (60 min)	R 370
French Manicure (70 min)	R 400
French Pedicure (70 min)	R 450
Varnish (20 min)	R 100

PERFECT FINISH

These basic beauty treatments can be booked in conjunction with any other spa treatment.

Eye lash tint	R 75
Eye brow tint	R 75
Brow shape	R 75
Eye lash and brow tint	R 120

Valid to 30 September 2010

All prices quoted are in South African Rand (ZAR)

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KORO LODGE KIDDIES SPA MENU

For children and teens under the age of 17 years

Relax to the Max (20 min)

A relaxing back massage for younger spa goers to relax tight muscles and to improve general well-being.

Sole Mate (30 min)

A pedicure designed to pamper little feet. It includes a foot massage and nail polish of own choice.

Nail It (20 min)

A manicure treatment which includes a hand massage and application of nail polish of own choice.

Back Scrub a Dub (30 min)

Like a facial, but only for the back. Pamper this hard-to-reach area with a deep cleansing scrub, purifying mask and a relaxing massage.

SPA ETIQUETTE & POLICIES

To ensure your spa experience is a relaxing journey, we recommend the following:

- The Kiddies Spa Menu is available to family members aged 4 to 17 years.
- Children younger than 10 years must be accompanied by an adult when having a treatment.
- Your spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity.
- Reserve your preferred treatment times in advance of your stay to avoid disappointment.
- Consult our therapists who will be pleased to advise you on treatments that suit your individual needs.
- Rescheduling your Experience: 24 hours advance notice is required for cancellations of individual bookings after which 100% of the treatment will be charged.
- We suggest the relaxing effects of a shower before your treatment.
- For your convenience, we suggest that you make your way to the spa reception 15 minutes prior to your treatment.
- Management and staff are not liable for loss or damage of personal property. We provide individual lockers for the safe keeping of clothing and personal belongings.
- Crystal Steam Area: Please bring a swimsuit to enjoy our hydrotherapy area.
- All prices are quoted in South African Rand and are subject to change without prior notice.
- Health Conditions: Please advise us of any health conditions, allergies, or injuries which could affect your service when making your spa reservation. Please consult your doctor before using the spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication.
- We recommend that you drink lots of water after your spa treatment to help accelerate the elimination of toxins.

KIDDIES SPA MENU

Relax to the Max (20 min)	R 180
Sole Mate (30 min)	R 130
Nail It (20 min)	R 150
Back Scrub a Dub (30 min)	R 180

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