

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.

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SIGNATURE EXPERIENCES

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.

Celebration of Life (95 min) (recommended for enjoyment with a partner)
Surrender yourself with this treatment which includes a back massage, a foot massage concentrating on the pressure points, a pampering hand massage and a revitalizing facial ended off with a 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.

SKIN CARE

Your skincare therapists are highly qualified and trained to provide the utmost in professionalism – with treatments focussed on achieving optimum skin health. All our treatments begin with a thorough consultation to assess your individual concerns so as to give the most appropriate treatment, ensuring that your experience is all you would expect it to be, and more!

The Classic Essential Facial (60 min)
This revitalizing treatment begins with deep cleansing, followed by a gentle exfoliation. A face, neck and shoulder massage releases and eases tension whilst a revitalizing mask and nutritional booster hydrates and restores the skin.

Radiance Booster Facial (75 min)
A skin care treatment tailored to treat individual concerns such as congestion, lack of radiance, sensitivity, premature ageing and loss of elasticity by balancing the skin with the use of skin boosters, serums and ampoules. Soothing eye masks are placed over the delicate eye area to reduce the appearance of puffiness, wrinkles and dark circles.

Total Youth / Regenerating Facial (90 min)
This deep penetrating treatment feeds the deeper layers of the skin with active ingredients to release deep facial tension while naturally lifting and firming matured or stressed skin.

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.

Bushmans Kloof Time Experience (90 min)

We encourage guests to book time rather than specific treatments, so that services can be tailor-made to meet individual needs.

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.

THE CRYSTAL STEAM ROOM

Heat is a therapeutic agent that has long been used for healing in many cultures. Steam eases stress, relieves muscle tension and stiff joints, increases metabolism, boost the immune system, improves detoxification of the lymphatic system, and stimulates the blood circulation.

The 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, and aids concentration and unlocking memory.

Crystal Steam Room Session (30 min)

The Crystal Rasul Experience (45 min) (recommended for enjoyment with a partner)

A one-of-a-kind Moroccan experience designed as an ancient healing ritual. Natural mud is carefully selected and prepared then self applied to all parts of the body and the face. Heat dries the mud and allows the skin to draw out impurities from the body. After 15 to 20 minutes of dry warmth, aromatic steam is released, allowing the mud to be moist again. As the mud softens, its beneficial ingredients and natural minerals are absorbed by the body. Hand showers are available to rinse the body at the end of the treatment.

SPA BODY

Rescue your body with a body exfoliation and wrap treatment designed to work on your specific needs. A choice of Relax, Detox, Energise, and Firming will concentrate on your specific needs wherever it is, for stiff, tight and fatigued muscles, or balancing of the body's energy and chakras or simply relaxation.

African Body Exfoliation (30 min)

Relaxing Body Wrap (75 min)

Detoxifying Body Wrap (75 min)

Energising Body Wrap (75 min)

Anti-ageing Firming Body Wrap (75 min)

All Body wraps can be enjoyed in combination with a Crystal Steam session to further enhance the treatment benefits.

Holistic Sun Repair (30 min)

A Raisin is a grape that didn't have the sense to get out of the sun. And think about it, if the giant orb in the sky can do that to a little piece of fruit, imagine what it's doing to your precious skin.

Unique to our environment we offer you a relieving skin care treatment straight from Nature's Pharmacy @ Bushmans Kloof.

Making use of the Aloe Ferox leaves, known for centuries to alleviate burning and hydrate the skin, followed by soothing honey gel to further hydrate, and completed with a moisturising Arnica oil blend to reduce damage and discomfort.

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HANDS AND FEET

Sole of the Earth (75 min)

A luxurious African foot ritual using an energy balancing copper bath to soak the feet followed, by a warm massage on the legs, reducing water retention and improving circulation. Hot stones are used to massage the soles of the feet and the calf muscles using heat to penetrate and relax. A sedimentary rock sourced from Natures Pharmacy @ Bushmans Kloof is used to assist with exfoliation followed by a foot mask, applied to the feet to soften rough areas and lock the moisture into the skin. This treatment is ideal for weary travellers suffering from the strains of a long journey and or jet lag.

San Hand Ritual (75 min)

This relaxing manicure is about treating the skin and nails naturally to keep them hydrated and therefore flexible and strong. An intense hydrating mask also ensure it benefits ageing skin.

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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SIGNATURE EXPERIENCES

Cederberg "SOUL"ution (90 min)	R 900	
Celebration of Life (95 min)		R 900
Bushmans Kloof Signature Massage (60 min)	R 600	

TOUCH THERAPIES

Bushmans Kloof Time Experience (90 min)	R 950
Swedish Massage (60 min)	R 600
Chakra Balancing Candle Massage (60 min)	R 600
Heated Herbal Stone Massage (90 min)	R 850
Heated Herbal Stone Massage (45 min)	R 550
Balancing Scalp and Foot Massage (30 min)	R 380
Deep Tissue Muscle Massage (45 min)	R 550
Bushmans Kloof Back, Neck and Shoulder Massage (45 min)	R 550

THE CRYSTAL STEAM ROOM

Crystal Steam Room Session (30 min)	R 180
The Crystal Rasul Experience (45 min)	R 500

SPA BODY

African Body Exfoliation (30 min)	R 450
Relaxing Body Wrap (75 min)	R 700
Detoxifying Body Wrap (75 min)	R 700
Energising Body Wrap (75 min)	R 700
Anti-ageing Firming Body Wrap (75 min)	R 700
Holistic Sun Repair (30 min)	R 450

All Body wraps can be enjoyed in combination with a Crystal Steam session to further enhance the treatment benefits.

SKIN CARE

The Classic Essential Facial (60 min)	R650
Radiance Booster Facial (75 min)	R720
Total Youth / Regenerating Facial (90 min)	R850

HANDS AND FEET

Sole of the Earth (75 min)	R 420
San Hand Ritual (75 min)	R 400
Classic Manicure (60 min)	R 280
Classic Pedicure (60 min)	R 320
French Manicure (70 min)	R 310
French Pedicure (70 min)	R 350
Varnish (20 min)	R 90

PERFECT FINISH

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

Full leg and Bikini wax	R 240	Eye lash tint	R 80
Half leg wax	R 120	Eye brow tint	R 60
Full leg wax	R 165	Brow shape	R 70
Bikini wax	R 90	Eye lash and brow tint	R 100
Under arm wax	R 80	Facial wax (Lip or Chin)	R 70

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HIP SPA MENU For Teens (10 to 17 years old)

Relax to the Max (20 min)

A relaxing back massage for younger spa goers to relax tight muscles and 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 treatments which includes a hand massage and application of nail polish of own choice.

Teen Dream (45 min)

A facial treatment to help discover the benefits of skin care. This treatment includes deep pore cleansing, exfoliation and purifying mask. (12 to 16 years).

Girlie Girl Facial (30 min)

This experience includes a gentle cleansing and exfoliation for a healthy, happy-looking skin. (10 to 12 years).

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 relaxing massage.

SPA ETIQUETTE & POLICIES

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

- The Hip Spa Menu is available to family members aged 10 to 17 years.
- Children will be accommodated in The Spa only when accompanied by a parent.
- 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.

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HIP SPA MENU

Relax to the Max (20 min)	R 95
Sole Mate (30 min)	R 100
Nail It (20 min)	R 90
Teen Dream (45 min)	R 280
Girlie Girl Facial (30 min)	R 115
Back Scrub a Dub (30 min)	R 95

Valid to 30 September 2010

all prices quoted are in South African Rand (ZAR)