

THE SPA

at

BUSHMANS KLOOF

a natural wilderness journey

The surroundings are therapy in themselves, but the Spa is the focus of the abundant natural healing energy one experiences at Bushmans Kloof. It's a peaceful sanctuary where one can surrender to the ancient mystical powers of the African landscape, rejuvenate all your senses, replenish your spirit and achieve deep inner peace and harmony.

We are dedicated to restoring beauty and balance through individual treatments and Spa journeys, personalised for each of our guests by exceptionally skilled therapists. Our commitment to wellbeing focuses on holistic principles, combining ancient wisdom with modern expertise.

Our Spa menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, purified, pampered and relaxed.



SPA FACILITIES AND SERVICES

- **4 Treatment Rooms** for dual and single treatments.
- **The Crystal Steam Room** with Rock Quartz Crystal, known for its healing properties, is maintained at a temperature of 42 - 45 °C with moist aromatic heat, heated floors, walls and seats.
- **The Tranquillity Lounge** to relax in between and after all spa treatments with lounge chairs, music, books or to meditate.
- **The Riverside Gazebo** is a unique dual treatment room with exceptional panoramic views and tranquil waters. An outdoor spa experience where you can be truly at one with the natural environment.
- **Health Bar** with homemade healthy snacks and fresh hand-picked Rooibos Tea to enjoy between treatments.
- **Rain Showers**, private changing areas, secure lockers, fresh towels, slippers, gowns.
- **Heated Outdoor Jet Pool** surrounded by spectacular views.
- **Fitness Centre** with a full range of cardio and resistance equipment.
- **Wellbeing Activities** include audio meditation in the reserve and yoga mats in all rooms, mountain biking, canoeing, hiking and walking trails in the reserve.

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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 revitalising 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.

THE CRYSTAL STEAM ROOM

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

The Crystal Steam Room featuring a central block of pure Rock Quartz Crystal, renowned as a "master healer" and deep soul cleanser - as 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.

Crystal Steam Room Session (30 min)

The Crystal Steam Rasul Experience (45 min) - Recommended for enjoyment with a partner

Based on the one-of-a-kind Moroccan experience designed as an ancient healing ritual. Natural mud masks are 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 cleanse the body at the end of the treatment.



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. Helping to 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 aroma therapeutic 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 Bellabaci Massage (60 min)

A modified and simplified version of the wonderful ancient cupping therapy. The cups help the body to detoxify itself, eliminate external pathogen and improve circulation. The Massage sequence will energise the body, while promoting a state of deep pleasure and profound relaxation.



SKIN CARE

Your skincare therapists are highly qualified and trained to provide the utmost in professionalism – with treatments focused 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 revitalising treatment begins with deep cleansing, followed by a gentle exfoliation. A Face, Neck and Shoulder Massage releases and eases tension whilst a revitalising 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.

SPA BODY

Rescue your body with a body exfoliation and wrap treatment designed to work on your specific needs.

Aroma Spa Ocean Wrap – Muscle Ease or Cellulite Detox Wrap (75 min)

A combination of seaweed and essential oils and a choice of a Detoxifying Wrap eliminating toxins and reducing fluid retention or a complete muscle relaxation seaweed based wrap. Both re-mineralise the skin and improve blood circulation.

Intense Anti-Ageing Recovery (75 min)

The ideal treatment for dry, prematurely ageing skin conditions or as a precautionary anti-ageing treatment.

Skin Nourishing Wrap (75 min)

A nourishing treatment for all skin conditions

All Wraps include a Full Body Exfoliation and pressure point Scalp and Face Massage and can be enjoyed in combination with a Crystal Steam session to further enhance the treatment benefits.

Herbal Salt or Sugar Body Exfoliation (30 min)

Invigorate your skin with a full body exfoliation, eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb nutrients.

Holistic Sun Repair (30 min)

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 skin damage and discomfort.

PERFECT FINISH

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's 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 ensures benefits to ageing skin.

Classic Manicure (60 min)

Classic Pedicure (60 min)

Varnish (20 min)

Blissful Basics

These basic beauty treatments can be booked with any other spa treatment:

Tinting • Brow Shaping • Upper Lip • Waxing – all essential waxing services are available for face and body with a choice of warm or cold wax.





SPA ETIQUETTE

Spa Arrival

Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least fifteen minutes before the scheduled time to check in and prepare to enjoy your treatment.

Should you wish to make use of the Crystal Steam Room, please bring a swimsuit to enjoy our hydrotherapy area and arrive forty five minutes prior to your appointment time.

Spa Environment

Your spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult.

Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you may have when making your appointment.

We do not recommend the consumption of alcohol before or directly after spa treatments.

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 for Mom's to be.

For Mom's to be, we have specifically designed treatments to care for both of you. Please allow our therapists 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.

Spa Attire

We will provide you with spa attire including a choice of spa underwear or you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Valuables

We provide a secure place to store your personal items inside the spa locker rooms. However, we do not assume any liability for personal items.

Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 24 hours from the scheduled appointment time.

Refunds and Returns

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments. For hygiene reasons products purchased may not be returned or exchanged.

Hours of Service

Spa: 08h00 to 20h00 only

Fitness: 24 hour access

Outdoor Pools: Sunrise to Sunset

Dial Extension Number 9 for reservations and enquiries

B | AFRICA



A unique range of exclusive body care products and professional spa treatments, prepared by blending native African plant extracts, the natural goodness of the sea and eco-friendly production technologies.

The **B | Africa** product line has been created in honour of Bea Tollman, founder and president of The Red Carnation Hotel Collection, who says: “The unique natural locations of each of the Red Carnation properties are encapsulated in our **B | Africa** products and treatments, which harness the essential, life-giving properties of Mother Nature’s rich bounty to calm, detoxify, nourish and energise body, mind and spirit.

B | Africa will now be the signature product range in the ultra-luxurious Spas at The Twelve Apostles Hotel and Spa in Cape Town, The Oyster Box in Durban and Bushmans Kloof Wilderness Reserve & Wellness Retreat in the Cederberg Mountains. Journey to our properties to enjoy the particular and unique combinations of the natural and indigenous elements in each habitat, the inspiration for **B | Africa**.

In addition to the three Spas, **B | Africa** will be used for in-room amenities such as shampoo, conditioner and bath salts, allowing hotel guests to experience these refreshing and restorative spa products in the comfort of their rooms.

B | AFRICA SIGNATURE TREATMENTS

B | Together (90 min)

R 890

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance. **B | Together** will nourish your body, heart and soul. With the assistance of rose quartz crystals and **B | Africa** Massage Oil infused with rose quartz, our therapists perfectly craft a massage for you to **B | Together** with your mind and soul. This treatment can be enjoyed by yourself or with a loved one.

B | Purified (120 min)

R 1450

Using the healing properties of water, this treatment incorporates touches from the individual locations of our Spas. This journey begins with a relaxing and stimulating full body skin renewal exfoliation using Honeybush and Kigelia Atlantic Salt Scrub, adding steam to enhance your treatment with either a session in The Hammam at The Oyster Box, The Rasul at The Twelve Apostles or The Crystal Steam Room at Bushmans Kloof. Follow this exfoliation with a moisture-infusing Full Body Massage using one of our Aromatherapy Shea Balms.

B | Harmonised (60 min)

R 760

From the heart of the ocean to the soul of the mountains, surrender yourself in a treatment designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony. This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress and works to release and relax not only the body but also the mind.



SPA PACKAGES

Over and above our standard treatments we specialise in designing personalised packages to rejuvenate the body. We design packages that relieve stress, detoxify, cleanse and purify or simply refresh and rejuvenate, with finishing touches added to return you to the outside world feeling and looking your best.

Should any of our current packages not suit your needs, please do not hesitate to discuss your requirements and a personalised package will be created to your requirements.

The Bushmans Kloof Togetherness Experience (Izithandani Experience) (210 min)

R 2750

- Spa garden picnic health lunch with sparkling wine
- Dual Crystal Rasul Experience
- Cederberg 'Soul'ution
- 60 Minute Facial

per person

Babymooner (180 min)

R 1600

A honeymoon of relaxation to spoil expectant mothers

- Mother to-be Massage
- Spa Manicure or Spa Pedicure
- Classic Essential Facial

Bridal Beauty Essentials (270 min)

R 1850

All of the relaxation and finishing touches required before the big day

- 60 Minute Massage from our Traditional Massage Journeys (excl. Hot Stone Massage)
- Classic Essential Facial
- Deluxe Manicure and Deluxe Pedicure

Spa Ultimate Wellness Day

R 2100

- Morning reserve walk
- Crystal Steam Room Session
- Foot Ritual and Body Exfoliation
- Chakra Balancing Candle Massage
- Specialised Facial

Corporate Wellbeing

R 550

- Morning reserve walk or bicycle ride daily
- A choice of one of the following 45 minute treatments:
- Head Neck Shoulder Massage • Deep Tissue Massage • Reflexology
- Crystal Steam Room Session and garden relaxation
- We can accommodate a maximum of 9 guests over a 3 hour period

SParties – have a Spa Party (90 min of treatments)

R 950

Choose one of the 45 minute treatments from the list below and enjoy with a Crystal Rasul Experience and use of the spa garden and relaxation areas for a picnic or private tea.

- Hot Stone Massage • Chakra Balancing Candle Massage • Hydrating Facial • Herbal Body Exfoliation

Party packages are available for groups of 3 – 6. Treatment plans will be tailor made to your group and can include nourishing catering, cocktails or any of the dining options offered at Bushmans Kloof.



SPA WELLBEING PACKAGES

Our Spa Wellbeing programs are as unique as each individual we treat. In order to maximise your wellbeing experience we recommend the following daily treatments.

De-Stress

- Day 1 Steam and Massage – loosen the muscles prior to manipulation with a Crystal Steam session and follow with a 45 minute Deep Tissue Muscle Massage concentrating on the back, neck and shoulders.
- Day 2 Meditation in the reserve – audio meditation guides available from The Spa
 Full Body 90 minute Herbal Heated Stone Massage
 Total Youth Regenerating Facial
- Day 3 Balancing Scalp and Foot Massage
 Manicure and Pedicure - hands and feet are quick to show signs of stress and strain

Detox

- Day 1 Bellabacci Massage
 Bath amenities to enjoy in your room to aid in detoxification
- Day 2 Morning walk to loosen the muscles
 Herbal Body Exfoliation
 Aroma Spa Ocean Wrap enhanced by a Crystal Steam Room Session
 Lymph Drainage Massage
- Day 3 Radiance Booster Facial

Revitalising

- Day 1 Reflexology – this ancient technique still provides the desired results
- Day 2 Herbal Body Exfoliation
 A Crystal Rasul Experience
 Chakra Balancing Massage
- Day 3 A Classic Facial
 Sole of the Earth Pedicure

** Reiki treatments are dependent on therapist availability; please enquire at the time of reservation.



TREATMENT PRICE LIST - Valid 1 October 2011 - 30 September 2012 • All prices quoted are in South African Rand (ZAR)

SIGNATURE EXPERIENCES

Cederberg 'Soul'ution (90 min)	R 1100
Celebration of Life (95 min)	R 1050
Bushmans Kloof Signature Massage (60 min)	R 685
Surcharge for Gazebo usage	R 180

THE CRYSTAL STEAM ROOM

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

TOUCH THERAPIES

Bushmans Kloof Time Experience (90 min)	R 950
Swedish Massage (60 min)	R 650
Chakra Balancing Candle Massage (60 min)	R 685
Heated Herbal Stone Massage (90 min)	R 950
Heated Herbal Stone Massage (45 min)	R 600
Balancing Scalp and Foot Massage (30 min)	R 400
Deep Tissue Muscle Massage (45 min)	R 600
BK Back, Neck and Shoulder Massage (45 min)	R 580
Bellabaci Massage (60 min)	R 685
Reflexology, Reiki or Lymph Drainage Massage (60 min) (when available)	R 685
Riverside Gazebo Surcharge (per person)	R 180

SKIN CARE

The Classic Essential Facial (60 min)	R 690
Radiance Booster Facial (75 min)	R 720
Total Youth / Regenerating Facial (90 min)	R 850

SPA BODY

Muscle Ease or Cellulite Detox Wrap (75 min)	R 720
Intense Anti-ageing Recovery (75 min)	R 720
Skin Nourishing Wrap (75 min)	R 720
Herbal Salt or Sugar Body Exfoliation (30 min)	R 450
Holistic Sun Repair (30 min)	R 450

PERFECT FINISH

Sole of the Earth (75 min)	R 440		
San's Hand Ritual (75 min)	R 420		
Classic Manicure (60 min)	R 320		
Classic Pedicure (60 min)	R 350		
Varnish (20 min)	R 100		
Full leg and Bikini wax	R 250	Eye lash tint	R 80
Half leg wax	R 140	Eye brow tint	R 60
Full leg wax	R 180	Brow shape	R 80
Bikini wax	R 110	Eye lash and brow tint	R 110
Under arm wax	R 70	Facial wax (Lip or Chin)	R 70



KORO LODGE SPA - Valid 01 October 2011 - 30 September 2012 • All prices quoted are in South African Rand (ZAR)

Should you wish to enjoy a private treatment in the comfort of Koro Lodge, a selection of treatments from our Spa Menu are available on request.

SIGNATURE EXPERIENCES

Cederberg 'Soul'ution (90 min)	R 1200
Bushmans Kloof Signature Massage (60 min)	R 785

TOUCH THERAPIES

Swedish Massage (60 min)	R 750
Chakra Balancing Candle Massage (60 min)	R 785
Balancing Scalp and Foot Massage (30 min)	R 500
Deep Tissue Muscle Massage (45 min)	R 700
Bushmans Kloof Back, Neck and Shoulder Massage (45 min)	R 680
Bellabaci Massage (60 min)	R 785
Reflexology, Reiki or Lymph Drainage Massage (60 min) (when available)	R 785

PERFECT FINISH

Sole of the Earth (75 min)	R 540
San's Hand Ritual (75 min)	R 520
Classic Manicure (60 min)	R 420
Classic Pedicure (60 min)	R 450
Varnish (20 min)	R 100
Eye lash tint	R 95
Eye brow tint	R 75
Brow shape	R 95
Eye lash and brow tint	R 120

KORO LODGE FAMILY SPA MENU

For children and young adults under the age of 17 years

Relax to the Max (20 min) R 200
A relaxing Back Massage for younger spa goers to relax tight muscles and improve general wellbeing.

Sole Mate (30 min) R 180
A Pedicure designed to pamper little feet and tender toes and includes a Foot Massage and nail polish application.

Nail It (20 min) R 160
A Manicure treatment for magic fingertips - includes a Hand Massage and application of nail polish.

Back Scrub a Dub (30 min) R 220
Like a facial for the back. Pamper this hard-to-reach area with a deep cleansing Scrub, Purifying Mask and a relaxing Mini-Massage.

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