

THE SPA

at

BUSHMANS KLOOF



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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 treatment 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 and seats.
- **The Tranquillity Lounge** – to relax in between and after all spa treatments with lounge chairs, music, books or to meditate.
- **Health Bar** - with homemade healthy snacks and freshly brewed Rooibos tea to enjoy between treatments.
- **The Riverside Gazebo** – a unique dual treatment room with exceptional panoramic views beside tranquil waters.
An outdoor spa experience where you can be truly at one with the natural environment.
- **Rain showers** – private changing areas, secure lockers, fresh towels, slippers, gowns.
- **Fitness Centre** – with a full range of cardio and resistance equipment.
- **Heated Outdoor Pool** – surrounded by spectacular views.
- **Wellbeing Activities** – include Yoga mats in all rooms, mountain biking, canoeing, hiking and walking trails in the reserve.

Signature Experiences

Cederberg “Soul”ution (90 min)

R 1 680

Recommended for enjoyment with a partner

Get close to nature in the secluded Riverside Gazebo and indulge in a unique combination of soothing therapeutic treatments based on ancient African traditions, and the aromatic power of 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 (90 min)

R 1 680

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 which ends with a scalp massage.

Bushmans Kloof Signature Massage (60 min)

R 1 100

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 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)

R 200

The Crystal Steam Rasul Experience 45 min)

R 630

Recommended for enjoyment with a partner

This ancient healing ritual and one-of-a-kind Moroccan experience incorporates natural mud masks which are self-applied to all parts of the body and face. Aromatic steam is released, allowing the skin to be moisturised and 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 wellness and harmony.

Bushmans Kloof Time Experience (90 min)

On Request

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)

R 1 100

A classic, medium pressure massage technique of manipulating muscles with the use of massage oils. Helping to ease aching muscles, improve circulation and relaxation.

Chakra Balancing Candle Massage (60 min)

R 1 100

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)

R 1 650 / R 975

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)

R 630

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 in a state of wellbeing. Working with the body's energy channels, this treatment places you in total harmony with nature.

Bushmans Kloof Back, Neck and Shoulder Massage (45 min)

R 865

Relieve aching, stressed muscles of the back, neck and shoulder with your stress-relieving back massage, concentrating on the areas of concern.

The Bellabaci Massage (60 min)

R 1 100

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

Optional extra: Get close to nature and book the Riverside Gazebo with any of the Signature Experiences or Touch Therapies at an additional surcharge of R 200.

Perfect Finish

HANDS AND FEET

Sole of the Earth (75 min)

R 900

A luxurious African foot ritual using an energy balancing copper bath to soak and exfoliate the feet, hot stones are used to massage the soles of the feet and calf muscles to reduce water retention and improve circulation. Followed by a foot mask 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 or jet lag.

San's Hand Ritual (75 min)

R 900

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)

R 575

Classic Pedicure (60 min)

R 575

Re Varnish (20 min)

R 165

FACE AND EYES

Facial Wax (lip or chin)

R 100

Eyebrow Shape

R 100

Eyebrow Tint

R 100

Eyelash Tint

R 125

Eyelash and Eyebrow Tint

R 215

WAXING

Full Leg Wax

R 405

Half Leg Wax

R 300

Full Leg and Bikini Wax

R 650

Bikini Wax

R 300

Under Arm Wax

R 145

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.

Nature’s Active Ingredients Include

- Baobab Tree Oil
- Ximenia Kernal Oil
- Shea Butter
- Marula Oil
- Mafura Butter
- Avocado Butter
- African Sausage Tree – Kigelia Africana
- Mongongo Nut
- Honey
- Cape Aloe (Aloe Ferox)
- Cape Chamomile
- Cedarwood
- Rooibos (Redbush)
- Honeybush
- West Coast Atlantic Sea Salts

Product Integrity

- We use renewable indigenous species
- No use of synthetic pesticides, fertilizers and mono-cultural plantation agriculture
- Sustainable harvesting practices
- No solvents or irradiation used in the organic certified process of extraction
- Not tested on animals
- Our credible suppliers, specialist South African plant extract manufacturers, provide the best selection and quality of African plant extracts
- Our suppliers support organic certification (where applicable), sustainability and Fair Trade.

B | Africa Body

B | Africa Hydrating Milk Bath Wrap (60 min)

R 1 155

Herbal exfoliation is followed by a penetrating wrap featuring a blend of essential oils and moisture retaining ingredients, providing total hydration and nutrients to re-mineralise your skin.

B | Africa Herbal Salt or Sugar Body Exfoliation (30 min)

R 600

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

B | Africa Signature Experiences

B | Together (90 min)

R 1 800

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 2 475

Using the healing properties of water, this treatment incorporates touches from the individual locations of our Spas. The journey begins with a relaxing 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 1 150

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.

ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

All Elemis facial treatments are designed to support great skin health; to respect that skin is alive. No two skins are the same. And no two bodies are the same. Every spa therapy is shaped and moulded around you. Customized for a results-driven, personalised experience.

ELEMIS Advanced Facials

ELEMIS Pro-Collagen Age Defy (75 min) **R 1 260**

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. *Independent Clinical Trials

ELEMIS Pro-Definition Lift and Contour (75 min) **R 1 260**

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

ELEMIS Dynamic Resurfacing Precision Peel (75 min) **R 1 260**

Clinically proven* to target the signs of ageing and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. *Independent Clinical Trials

ELEMIS White Brightening Pigment Perfector (75 min) **R 1 260**

Restores even skin tone, targeting unwanted areas of pigmentation. Encapsulated Vitamin C acts as a potent brightener, inhibiting future pigmentation. The result is a more even, colour-corrected and illuminated complexion.

ELEMIS Superfood Pro-Radiance (75 min) **R 1260**

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health. *Independent Clinical Trials

ELEMIS Sensitive Skin Soother (75 min) **R 1 260**

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS Anti-Blemish Mattify and Calm (75 min) **R 1 260**

A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

ELEMIS Men

Men's skin behaves differently to women's. Shaving, sports and lifestyle all make their own demands. ELEMIS responds with high performance facial therapies designed to restore energy, dynamism and lustre to male skin.

MEN: TOUCH

ELEMIS High Performance Skin Energiser (75 min)

R 1 260

The hard-working facial for ageing, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

ELEMIS Body

ELEMIS Thousand Flower Detox Wrap (60 min)

R 1 250

This nutrient-rich detox wrap uses the deeply nourishing Green Tea Balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

ELEMIS Body Nectar Nourishing Wrap - Sweet Orchid or Frangipani (60 min)

R 1 250

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Hot Mineral Body Boost (60 min)

R 1 250

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

ELEMIS Freestyle Deep Tissue Massage (30min/60 min/90min)

R 750 / R 1 200 / R 1 700

This is a vigorous workout for the body, perfect to alleviate high stress levels. Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief or pure relaxation. This flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

BODY: PREGNANCY

ELEMIS Peaceful Pregnancy Massage (75 min)

R 1 450

Mothers to be are restored to optimum wellness. This massage is intuitive and relaxing while hydrating skin that is expanding to accommodate a growing baby.

(Please note: Mothers to be must be past the first trimester of pregnancy to experience this massage)

Decleor is inspired by the healing powers of Aromatherapy Essential Oils. Inspired by this strong belief in the power of nature, Decleor has harnessed the best of the botanical world to create a brand steeped in harmony and responsibility. Inspired by manual techniques, the passionate therapist takes you on an unforgettable aromatherapy, sensorial journey.

Vitamin Glow (60 / 90 mins)

R 1 155/R 1 420

Aromaplasty - Breakfast cereal for your skin. Nourishes the epidermis due to all the vitamins, it provides a sensation of relaxation and gives radiance and comfort to the skin.

Hydrafloral (60 / 90 mins)

R 1 155/R 1 420

Quenches the most dehydrated skins. A very fresh and sweet apple mash for a deep hydration. Intensely moisturizes, illuminates and softens the skin and helps to maintain the perfect moisture balance.

Intense Nutrition (60 / 90 mins)

R 1 155/R 1 420

For extremely dry skins. A layering mask combining extreme pleasure and performance. This Facial comprises of two phases of hydration. The skin recovers its suppleness while being intensely moisturized.

Lift Experience (60 / 90 mins)

R 1 155/R 1 420

Firming and Lifting. With this facial we use a Thermal Mask, the Lift Cream Patch effect combined with the Thermo Modelling Lift Powder offers double action. The Hot effect promotes the penetration of the Lift Cream and the Cold effect helps to reshape the facial contours. The skin is nourished and protected and the fine lines and wrinkles are reduced. The contours are visibly reshaped.

Orexcellence (60 / 90 mins)

R 1 155/R 1 420

Treats "Global Anti-Ageing" The facial has a cream mask with deeper pressure points. It offers an amazing texture and professional playtime to create a new massage to boost mask efficacy and reshape the face. The skin looks plumper and firmer with a fresh and luminous glow. It has a dense texture that perfectly melt into the skin.

Harmonie Calm Intense (60 / 90 mins)

R 1 155/R 1 420

This facial will soothe aggressive, reactive and sensitised skins while decongesting and softening the sensitive epidermis.

Decleor Signature Treatment (90 min)

R 1 590

The Decleor "Awakening": this treatment combines both face and body to reveal a "fresh" and relaxed mind, body and soul. Using the *new* Aurabsolu Hydrogel mask, your therapist will deliver a 30 minute facial awakening and revitalising your skin. Using the Decleor Body Balm, you will also receive a 60 minute full Body Massage to fully complete this experience.

Spa Packages

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 for you.

The Bushmans Kloof Togetherness Experience (Izithandani Experience) (210 min) **R 3 975**

- Spa garden picnic health lunch with sparkling wine
- Crystal Steam Rasul Experience
- Cederberg 'Soul'ution
- Facial (60 min)

Babymooner (195 min) **R 3 300**

A honeymoon of relaxation to spoil expectant mothers

- Pregnancy Massage
- Manicure or Pedicure
- Facial (60 min)

Bridal Beauty Essentials (270 min) **R 3 830**

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

- Touch Therapy Massage (60min)
- Facial (60 min)
- Deluxe Manicure and Deluxe Pedicure

Spa Ultimate Wellness Day (210 min) **R 3 305**

- Crystal Steam Room Session
- Body Exfoliation
- Chakra Balancing Candle Massage
- Specialised Facial

Corporate Wellbeing (75 min) **R 1 075**

- A choice of one of the following 45 minute treatments:
 - Back, Neck and Shoulder Massage
 - Deep Tissue Massage
 - Reflexology
 - Crystal Steam Room Session
 - Relaxation in the Spa gardens
- We can accommodate a maximum of 9 guests over a 3 hour period

'SPA'rties – Have a Spa Party! (90 min of treatments) **R 1 500**

Choose one of the treatments from the list below and enjoy with a Crystal Steam Rasul Experience and use of the Spa garden and relaxation areas.

- Hot Stone Back, Neck and Shoulder Massage (45 min)
- Chakra Balancing Candle Massage (45 min)
- Hydrating Facial (45 min)
- Bushmans Kloof Back, Neck and shoulder Massage (45min)

The 'SPA'rties' package is available for groups of 3-6 guests. Treatment plans will be tailor-made to your group and can include cocktails or any of the dining options offered at Bushmans Kloof.

Spa Wellbeing Programmes

Our spa wellbeing programmes are as unique as each individual we treat. In order to maximise your wellbeing experience we recommend the following daily treatments during your stay.

DE-STRESS

- Day 1: • Crystal Steam Room Session followed by a Deep Tissue Muscle Massage (75 min)
- Day 2: • Herbal Heated Stone Massage (90 min Body)
• Facial (60 min)
- Day 3: • Sole of the Earth Pedicure (75 min)

DETOX

- Day 1: • The Bellabaci Massage (60 min)
- Day 2: • Thousand Flower Detox Wrap enhanced by a Crystal Steam Room session (105 min)
followed by a Hot Mineral Boost Massage (60 min)
- Day 3: • Facial (75 min)

REVITALISING

- Day 1: • Revitalizing Facial (60 min)
- Day 2: • B | Purified (120 min)
- Day 3: • Sole of the Earth Foot Treatment (75 min)

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 15 minutes before the scheduled time to check in and prepare to enjoy your treatment.

Spa Environment

Your spa environment is one of tranquility 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 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. For moms-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 time. We recommend that you drink lots of water after your spa treatments 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 do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

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
Fitness:	24 hour access
Outdoor Pools:	Sunrise to sunset
Reservations & Enquiries:	Dial extension #9 (resident guests)

Koro Lodge Spa Treatment Menu

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 1 785
Bushmans Kloof Signature Massage (60 min)	R 1 205

Touch Therapies

Swedish Massage (60 min)	R 1 205
Chakra Balancing Candle Massage (60 min)	R 1 205
Balancing Scalp and Foot Massage (30 min)	R 755
Deep Tissue Muscle Massage (45 min)	R 1 100
Bushmans Kloof Back, Neck and Shoulder Massage (45 min)	R 970
The Bellabaci Massage (60 min)	R 1 205
Reflexology (45 min)	R 1 100

Perfect Finish

Sole of the Earth (75 min)	R 1 000
San's Hand Ritual (75 min)	R 1 000
Classic Manicure (60 min)	R 695
Classic Pedicure (60 min)	R 695
Varnish (20 min)	R 200
Eyelash Tint	R 150
Eyebrow Tint	R 150
Eyebrow Shape	R 150
Eyelash and Eyebrow Tint	R 300

- The spa treatment menu is valid from 01 April 2018 – 31 March 2019 • All prices are quoted in South African Rand (ZAR)
- All prices are quoted per person, per treatment unless specified otherwise.

Koro Lodge Family Spa Treatment Menu

For children and young adults with ages between 8 - 12 years

Relax to the Max (20 min)

R 485

A relaxing back massage for younger Spa goers to relax tight muscles and improve general wellbeing.

Sole Mate (30 min)

R 305

A pedicure designed to pamper little feet and tender toes and include a foot massage and nail polish application.

Nail It (30 min)

R 265

A manicure treatment for magic fingertips – includes a hand massage and application of nail polish.

Back Scrub a Dub (20 min)

R 300

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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