



BUSHMANS KLOOF

WILDERNESS RESERVE & WELLNESS RETREAT

KORO LODGE SPA MENU



You are invited to make use of the Spa at Bushmans Kloof, which is located at the main lodge. Harnessing the powers of the wilderness and the wonders of this unique nature reserve, a range of spa experiences has been created that will restore your equilibrium - body, mind and soul.

The philosophy of The Spa at Bushmans Kloof is based on restoration and rejuvenation. The Spa has two treatment rooms and an outdoor rest, relaxation and dual massage area, a Fitness Centre and a heated outdoor jet pool set against a spectacular rocky backdrop. Our unique riverside Gazebo offers the ideal tranquil setting for any of our 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.

Select treatments are however also available on site at Koro Lodge – please see list of treatments below or 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. Our treatments have been designed to restore total wellness and harmony.

BUSHMANS KLOOF SIGNATURE MASSAGE

Body 60 minutes - R 700

This Signature Treatment combines various traditional body-touch techniques (Swedish massage, shiatsu, reflexology and deep tissue manipulation) to transform the body into a state of total renewal and relaxation. A traditional healing experience to relax and restore the body.

CEDERBERG "SOUL"UTION

Body 90 minutes - R 950

Get close to nature 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.

SWEDISH MASSAGE

Body 60 minutes - R 700

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

CHAKRA BALANCING CANDLE MASSAGE

Body 60 minutes - R 700

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

Body 90 minutes - R 950

Back 45 minutes - R 650

Using Mother Nature's volcanic basalt rock that retains heat and enables its sun charged properties to penetrate deep into stressed muscles. This comforting massage allows the therapist to select the appropriate aromatherapeutic oils most suited to be in harmony with you and to nourish, protect and hydrate the skin.

ELEMIS DEEP TISSUE MUSCLE MASSAGE

Back 45 minutes - R 650

Focused on relieving specific stress and muscle tension, this powerful, customised massage, uses dynamic blends of essential oils to suit individual needs:

- Stress-a-Way: Wind down and release the tension of the day
 - Spirit Reviver: A powerful surge to invigorate and recharge
 - Muscle Melt: Relax and re-energise a tired aching body
 - Chakra Balancing: Rebalance your mind, body and soul
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AFRICOLOGY SHEA AROMATHERAPEUTICS™

Body 60 minutes - R 700

Easy melting Shea Butter from Ghana blended with healing African Potato, Rooibos and natural essential oils creates the most beautiful body experience. Shea Butter, hard as rock, once applied to the skin, melts deeply into the upper layers of the epidermis to hydrate, soothe and condition. Customize this relaxing massage by choosing from our wide selection of aromatic shea butters.

BUSHMANS KLOOF BACK, NECK & SHOULDER MASSAGE

45 minutes - R 600

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

AFRICOLOGY BALANCING SCALP AND FOOT MASSAGE

30 minutes - R 450

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.

HANDS AND FEET

CLASSIC MANICURE
60 minutes - R 340

CLASSIC PEDICURE
60 minutes - R 370

FRENCH MANICURE
70 minutes - R 400

FRENCH PEDICURE
70 minutes - R 450

VARNISH
20 minutes - R 100



PERFECT FINISH

Eye lash tint R 75

Eye brow tint R 75

Brow shape R 75

Eye lash and brow tint R 120



KIDDIES SPA MENU (Specially for children and teens under the age of 17 years)



RELAX TO THE MAX 20 minutes - R 180

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

SOLE MATE 30 minutes - R 130

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

NAIL IT 20 minutes - R 150

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

BACK SCRUB A DUB 30 minutes - R 180

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:

- Koro Lodge Spa services are available to adults and children of all ages.
 - The Kiddies Spa Menu is available to family members aged 4 – 17 years.
 - Children 10 years and younger must be accompanied by a parent when having a treatment.
 - 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.
 - 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; you may wish to come to the spa already wearing the robe provided in your room.
 - Guests who cancel their spa appointment with less than four hours notice, or do not arrive for their appointment, may be charged for the treatment.
 - Gentlemen who are having a facial are advised to shave at least 3 hours before their treatment.
 - Guests with High Blood Pressure, a heart condition, or other medical complications should consult their doctor before making an appointment for spa treatments.
 - Certain treatments are contra-indicated for pregnancy; please consult your therapist prior to treatment.
 - We recommend that you drink lots of water after your spa treatment to help accelerate the elimination of toxins.
 - The Spa at the Main Lodge welcomes all adults and children who are 10 years and older.
 - Please note that the spa and gazebo are non-smoking areas.
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Valid from 1 November 2009 – 31 October 2010

All prices quoted are in South African Rand (ZAR)

CONTACT US

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