



BUSHMANS KLOOF

WILDERNESS RESERVE & WELLNESS RETREAT

SPA MENU



With today's pace of life becoming increasingly demanding and stressful, more and more of us are seeking a sanctuary into which we can escape. Although touch therapies and massages have been around for centuries, never before has the quest for wellness been so great. We make use of a choice of essential oils, body balms and natural ingredients from the Africology range of products and from our own Nature's Pharmacy @ Bushmans Kloof. Deeply hydrating and nourishing to the skin, our aromatic application conditions and repairs while our essential oil blends start by re-connecting you with nature and helping you to re-connect with yourself.

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 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.

Please see our treatment list below or contact the Spa Manager for further details.

SIGNATURE EXPERIENCES

CEDERBERG "SOUL"UTION

Body 90 minutes - R 900 per person, 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 plants, 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 Face and Scalp massage.

CELEBRATION OF LIFE

Body 95 minutes - R 900 per person, 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

Body 60 minutes - R 600 per person, recommended for enjoyment with a partner

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.

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.

SWEDISH MASSAGE **Body 60 minutes - R 600**

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 **Body 60 minutes - R 600**

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 850** **Back 45 minutes - R 550**

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.

AFRICOLOGY SHEA AROMATHERAPEUTICS™ **Body 60 minutes - R 600**

Easy Melting Shea Butter from Ghana blended with healing African potato and 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 dermis to hydrate, soothe and condition. Customize this relaxing massage by choosing from our wide selection of aromatic shea butters.

AFRICOLOGY BALANCING SCALP AND FOOT MASSAGE **30 minutes - R 380**

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.

ELEMIS DEEP TISSUE MUSCLE MASSAGE **45 minutes - R 550**

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

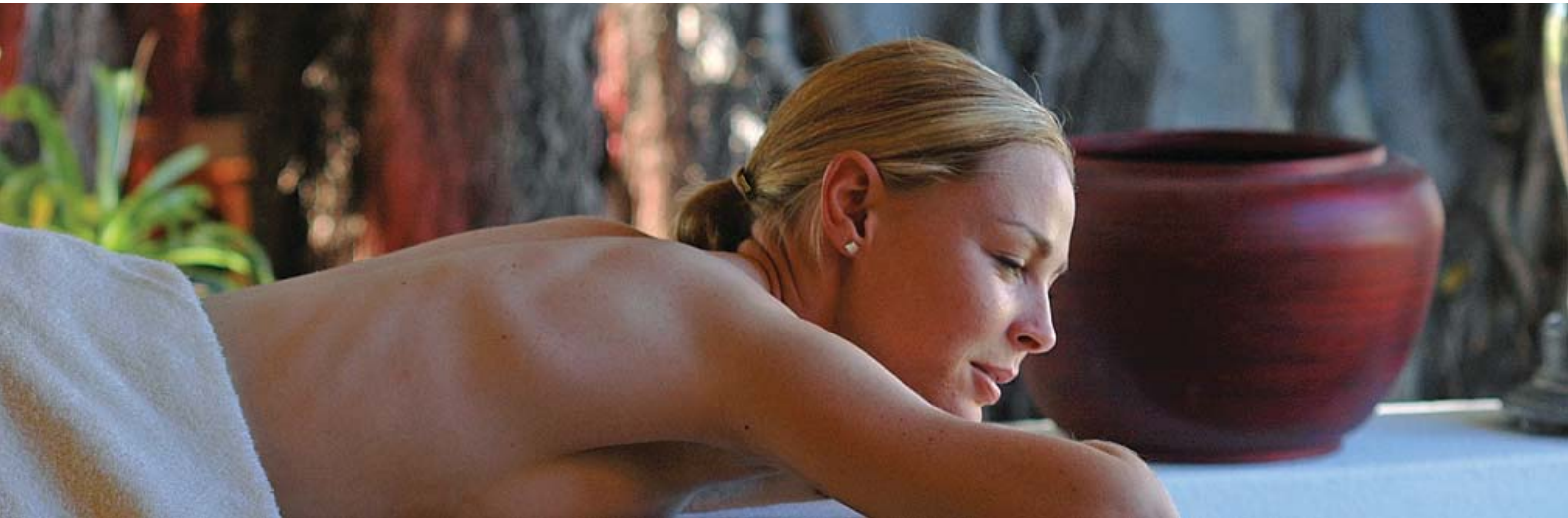
Spirit Reviver: A powerful surge to invigorate and recharge

Muscle Melt: Relax and re-energise a tired aching body

Chakra Balancing: Rebalance your mind, body and soul

BUSHMANS KLOOF BACK, NECK AND SHOULDER MASSAGE **45 minutes - R 500**

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



For centuries, Spa Body treatments have been embraced for their revitalising and therapeutic effects. From ancient mineral hot springs to modern seaweed wraps, these treatments detoxify the body, de-stress the mind and revitalise the skin.

AFRICOLOGY AFRICAN POTATO SLOUGHING

30 minutes - R 450

The Inkomfi Sloughing process reveals a bright new you underneath, and is traditionally a preparatory process before any ceremony takes place. Our Sloughing process gently exfoliates lifeless skin cells while nourishing the skin.

BODY WRAPS

To enhance your body wrap experience we recommend extending the treatment with a 45 minute circulation stimulating massage.

AFRICOLOGY HYPOXIS BODY EXPERIENCE

60 minutes - R 600

An Anti-Ageing Body Wrap

AFRICOLOGY ROOIBOS AND LAVENDER CLAY WRAP

60 minutes - R 600

For Dry & Sensitive Skin

AFRICOLOGY SLIMMING DETOX WRAP

60 minutes - R 600

Excellent for water retention & cellulite

IMMUNE BOOSTING BODY WRAP

60 minutes - R 600

Stimulates the body's immune system

SALUTE TO THE SUN

60 minutes - R 550

Let us rescue your skin with a soothing Honey & Lavender mask for the body, and an Aloe Ferox Mask to hydrate & rejuvenate the skin. We also make use of Rooibos Tea compresses to help soothe your sunburned skin.

SKIN CARE



Our 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!

AFRICOLOGY BALANCING FACIAL

75 minutes - R 650

Africology Facials are customised to meet the requirements of your skin. Facials begin with a personalised skin consultation. Africology is an anti-ageing skin care system with 100% natural plant extracts that capture the healing essences of Africa.

ELEMIS FACIALS

Elemis Facials provide the perfect skin maintenance, using dynamic ingredients, medical grade formulas and the experience of dedicated research to deeply cleanse the face, whilst renewing radiance and stimulating the skin for long-lasting, proven results. Each superior treatment is further enhanced by a luxurious hand & arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

ELEMIS ADVANCED FACIALS

VISIBLE BRILLIANCE FACIAL

75 minutes - R 720

PRO-COLLAGEN QUARTZ LIFT FACIAL

75 minutes - R 720

TRI-ENZYME RESURFACING FACIAL

60 minutes - R 650

OXYGEN SKIN CALM FACIAL

75 minutes - R 650

S.O.S. PURIFYING FACIAL

75 minutes - R 650

SKIN INTELLIGENCE FOR MEN

SKIN IQ FACIAL

75 minutes - R 650

URBAN CLEANSE FACIAL

75 minutes - R 650

DERMALOGICA SKINCARE TREATMENTS

Dermalogica believes that true skin health comes from a customized product regime designed specifically for your skin and this is achieved through face mapping skin analysis and the subsequent prescription of your product regime. Dermalogica products are formulated with the purest, finest ingredients available, all of which helps improve and sustain skin health and integrity.

THE CORE TREATMENT

60 minutes - R 500

AGE SMART™

75 minutes - R 620

ENVIRONMENTAL DESENSITISING TREATMENT

75 minutes - R 620

MEDIBAC CLEARING™ TREATMENT

75 minutes - R 620

CHROMAWHITE TRX™ TREATMENT

75 minutes - R 620

CONTOUR MASK

R 150

MEN'S SKIN TREATMENT

45 minutes - R 480

If you are in doubt to which facial you should choose, our experienced spa therapists will gladly assist by doing a skin analysis.

HANDS AND FEET



SOLE OF THE EARTH 75 minutes - R 400

A luxurious African foot ritual using Africology products to soak the feet in an energy balancing copper bath 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 an African Potato mask, applied to the feet to soften rough areas and lock moisture into the skin. This treatment is ideal for weary travellers suffering from the strains of a long journey and/or jet lag.

AFRICAN POTATO MANICURE 45 minutes - R 400

This relaxing manicure is about treating the skin and nails naturally to keep them hydrated and therefore flexible and strong. An intense hydrating African potato mask, blended with Rooibos, Aloe and Marula anti-oxidants also ensure it benefits ageing skin.

CLASSIC MANICURE 60 minutes - R 280

CLASSIC PEDICURE 60 minutes - R 320

VARNISH 20 minutes - 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

HIP SPA MENU (Specially for Teens 10-17 years old)



RELAX TO THE MAX

20 minutes - R 95

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

SOLE MATE

30 minutes - R 100

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

NAIL IT

20 minutes - R 90

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

TEEN DREAM

45 minutes - R 280

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

GIRLIE GIRL FACIAL

30 minutes - R 115

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

BACK SCRUB A DUB

30 minutes - R 95

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 for family members aged 10 – 17 years.
 - Children between 10 and 14 years will be accommodated in the spa only when accompanied by an adult.
 - 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.
 - Please note 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

SALES AND RESERVATIONS

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