



FOREST NATURE SPA MENU

Bonding time for family and friends

Please note: A couple refers to 2 people spending time together

A. Deluxe Couples Package R3850,00 per couple

*Four spa treatments * 1hr private bath * bottle of Methode Cap Classique* Lunch Platter*

1. 30mins Foot Massage... Wash, Seed Scrub, Forest Nature Spa Massage Cream
2. 15mins Body Brushing... Your skin will feel rejuvenated and allows for the natural oils applied on afterwards to be absorbed.
3. 45mins Body Massage... We are not interested in tickling your back, we will ease the tension in your back - the pressure is up to you.
4. 30mins Head, Neck & Shoulder Massage... A pure heavenly experience. Increasing circulation by releasing those tight areas in your scalp, neck and shoulders
5. Finish your day of pampering together for a further hour in a private bath. Climb into a steaming hot bath infused with milk and chamomile, while sipping MCC Bubbles and enjoying a lunch platter for two in your own private suite.



B. Half Day Couples Package R3450,00-00 per couple

Four treatments, a 2-course lunch and bottle MCC bubbles

1. 30mins Foot Massage... Wash, Seed Scrub, Forest Nature Spa Massage Cream
2. 15mins Body Brushing... Your skin will feel rejuvenated and allows for the natural oils applied on afterwards to be absorbed.
3. 45mins Body Massage... We are not interested in tickling your back, we will ease the tension in your back - the pressure is up to you.
4. 30mins Head, Neck & Shoulder Massage... A pure heavenly experience. Increasing circulation by releasing those tight areas in your scalp, neck and shoulders
5. Followed by a relaxing afternoon in our lodge with a 2-course lunch and MCC bubbles.



c. Hot Spa Couples Package R2450,00 per couple

1hr Couples massage, 1hr private bath + lunch and champagne



1hr Full Body Couples Massage in the forest spa massage room Sip champagne and nibble on tasty snacks while relaxing for 1hr together in the steaming hot bath infused with milk and chamomile, in your own private suite.

Included: Bottle of Method Cap Classique Sparkling wine or Fruit Juice * Spa lunch platter * 1hr Private bath for Couple * 1hr Couples Massage

d. **Couples Massage and Lunch** R1990,00 per couple

1hour full body couples' massage in our spa room surrounded by nature, followed by a 2-course lunch and bottle MCC bubbles in our beautiful lodge.



'Bubbles and Bliss' Couples Package R1390,00 per couple

Couples Spa Massage, Winelands lunch (for own account) and complementary Wine Tasting

Engage your senses: Arrive in the late morning, at the Forest Nature Spa, for your 1 hour Full Body Couples Massage in the magnificent nature spa room. Take in the beauty of your surroundings before taking a slow drive down the road to Bramon Wine Estate Indulge yourselves further - sitting in the vineyards, overlooking the mountains - sampling their mouth watering tapas lunch - an afternoon enhanced more by their award-winning wines.

Includes complementary wine tasting of one cultivar per person (excludes MCC) at Bramon Tasting Centre. Excludes Tapas Lunch at Bramon Restaurant.



e. Adventure Bonding Day R3710,00 per couple

Start your day with a 4 hour Kloofing adventure in the pristine river gorges of the Craggs. Swim, abseil down waterfalls and marvel at the natural beauty of the area. You will enter a world you never thought existed. Afterwards make your way down the road to the Forest Nature Spa where you will enjoy a 2-course lunch and MCC bubbles, followed by a well deserved 1hr couples massage in our nature room, ending your day still surrounded by the beauty of nature.



Individual massage available

2hr	Massage	R1390-00 per person
1.5hr	Massage	R1040-00 per person
1hr	Massage	R695-00 per person

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