

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 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.

“ Water can carry our emotions, choose the emotion you would like to  
Feel and allow the water to cleanse your feet and flourish within you.  
Your body is made of water, without water we are nothing.  
Water is life giving.  
A stone of the earth – the element of stability and nurturing.  
Let this earth and water inspire and balance you, allowing your  
Journey of relaxation to begin. “

## Brand Philosophy

### **TATA HARPER**

Tata Harper Skincare was founded by Tata Harper on the essential idea that people no longer have to sacrifice their health to look and feel beautiful. Tata Harper manufactures 100% nontoxic, premium, skincare products made with the world's most advanced antiaging technology. All of the research and development, formulations, packaging, marketing and distribution are done in-house in the company's Open Lab in Vermont. Tata Harper Skincare has been proven to advance vitality, foster radiance and inspire an overall sense of well-being. All products are free of GMO, toxins, fillers, artificial colors, artificial fragrances and synthetic chemicals.

### **ELEMIS**

Your skin, your body and your wellness lie at the heart of Elemis. Hands-on, our Elemis therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin.

Personally prescribed. Sublimely sensory. The experience is exceptional, the results are real.

The Elemis Spa philosophy is designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today.

The spa treatment menu is valid from 01 April 2023 – 31 March 2024 • All prices are quoted in South African Rand (ZAR)  
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## Signature Experiences

Each signature experience starts off with our welcome ritual on the feet and ends off with the sound of a Tibetan Tingsha Bell, taking you on a deep sense of tranquility. Sound healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and creating a deep sense of peace, wellbeing and better health.

### **Cederberg “Soul”ution** (90 min)

**R 1 850**

#### **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 1 850**

#### **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 1 320**

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.

### **Tata Harper Bespoke Experience** (170 min)

**R 4 200** per person

Beginning with the gentle placement of a singing bowl on the body, soft vibrations and sounds resonate from the bowl's performance as the therapist begins to play. A full body exfoliation prepares the skin for a traditional body massage designed to energize and revitalize the body's natural rhythm. The experience includes an advanced skincare facial combining Tata Harper's signature face massage techniques into one treatment. Benefits: does everything that a good vacation retreat should offer, the body will be buffed and nourished, face will be treated with different massages and mask treatments for ultimate hydration and health.

### **Rose Quartz Massage** (90 min)

**R 2 050**

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, stress and tension

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## 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.

### **Swedish Massage** (60 min)

**R 1 300**

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 1 450**

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** (45 min / 60 min / 90min)

**R 1 200 / R 1 450 / R 1 950**

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 720**

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 990**

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 1 390**

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, Touch Therapies and Facials at an additional surcharge of R 200.**

**Please Note:** Treatment time includes consultation and welcoming foot ritual.

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## Perfect Finish

### HANDS AND FEET

**Sole of the Earth** (75 min) **R 1 050**

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 1 050**

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 600**

Classic Pedicure (60 min) **R 600**

Cuticle, file & paint (20 min) **R 390**

### FACE AND EYES

Facial Wax (lip or chin) **R 150**

Eyebrow Shape **R 150**

Eyebrow Tint **R 150**

Eyelash Tint **R 150**

Eyelash and Eyebrow Tint **R 285**

### WAXING

Full Leg Wax **R 480**

Half Leg Wax **R 360**

Full Leg and Bikini Wax **R 790**

Bikini Wax **R 360**

Under Arm Wax **R 170**

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## Body Exfoliation Treatments

Body scrubs are a mechanical exfoliant, meaning they physically remove dead skin cells from the outer layer of your skin, this stimulates skin cell turnover, resulting in silky smooth skin.

### **Red Carnation Baobab Salt Scrub**

**R 720**

Invigorate your skin with a Full Body Exfoliation eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb.

### **Elemis Exotic Lime and Ginger Salt Glow**

**R 1 100**

A luxurious blend of sea salt, kukui, camellia and jojoba oils, this scrub is the ultimate skin treat

### **Elemis Frangipani Monoi Salt Glow**

**R 1 100**

A luxurious salt scrub that melts on contact with the skin to leave it beautifully soft and nourished while sealing in moisture leaving skin delicately fragranced.

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**TATA HARPER®**

NEXT GENERATION BEAUTY

All Tata Harper products are formulated with the highest -powered ingredients, designed by green beauty engineers. All ingredients are harvested straight from the Tata Harper farm in Vermont in crafting this unique farm-to-face skincare range.

## Tata Harper Face Rituals

### **Wilderness Hydrating Facial** (60 min)

**R 1 750**

A deeply hydrating Facial using the plumping power of hyaluronic acid to nourish dry, irritated skin. This treatment is effective at restoring the skin's natural hydration while protecting it from environmental factors. An oxygenic face massage and warm honey face mask leaves your skin plumped and nourished.

### **Cederberg Oasis Facial** (60 min)

**R 1 750**

This fully customisable treatment starts with a thorough complexion analysis to determine the specific needs of your skin. The tailored regimen paired with individualised techniques leaves skin balanced and glowing.

### **Supernatural Anti-Aging Facial** (75 min)

**R 1 900**

This facial is focused on activating collagen production to help fight premature signs of aging. The treatment pairs intra-epidermal micro-stimulation with the potent power of Tata Harper's Supernatural collection for age-defying results. Using face mapping therapy and a combination of remodelage and cupping face massage this treatment reinforces the skin's natural defense system, maintains a long-lasting hydration level and improves elasticity. Its spectacular lifting effect acts from within the deeper layers of the skin.

### **Bushman's Skin Solution** (60 min)

**R 1 750**

This treatment addresses the specific needs of men's skin. The treatment focuses on reducing congestion and shaving irritation, leaving your Skin refined and nourished.

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## Tata Harper Body

### **Organic Body Massage** (60 min / 90min)

**R 1 550 / R 1 900**

Experience total relaxation during this soothing massage, reducing body tension from the inside out. Using a customized blend of herbs and botanicals, this massage focuses on problematic areas for ultimate stress relief.

### **Organic Honey Cocoon Ritual** (90 min)

**R 1 800**

This indulgent and uplifting treatment includes a full body exfoliation to soften and revitalize the skin. Cocooning you in a body wrap rich in honey and pomegranate enzymes to nurture the skin. A Redefining Body Balm is massaged into the skin to leave the skin plump and hydrated.

### **Wilderness Voyage Ritual** (60 min)

**R 1 350**

An exfoliating body scrub and nourishing body oil application leaves your skin smooth and refreshed. This treatment is ideal for a dry skin needing a revitalizing boost and more youthful appearance.

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## Facial Treatments by ELEMIS

Our skin care therapists are highly qualified and trained to provide the ultimate skincare treatments. 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 and more! Each 60 minute superior treatment is enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

### **ELEMIS Advanced Facials**

#### **ELEMIS Pro-Glow Smooth** (60 min)

**R 1 650**

##### THE HIIT WORKOUT FOR YOUR SKIN

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect.

After just one treatment, the complexion looks firmer, supremely smooth and rejuvenated.

#### **ELEMIS Pro-Glow Renewal Facial** (60 min)

**R 1 650**

##### FOR GORGEOUS GLOWING SKIN

ELEMIS signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy looking, lit from within glow.

In one treatment, skin looks visibly refreshed and rebalanced.

#### **ELEMIS Pro Glow Resurface Facial** (60 min)

**R 1 650**

##### RESURFACING FOR STUNNINGLY SMOOTH SKIN

Purity and brighten as skins texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimizes the look of uneven tone, texture, fine lines and pigmentation.

Dull, uneven, tired-looking skin will appear instantly brighter, smoother and renewed.

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**ELEMIS Pro-Glow Brilliance Facial** (60 min)

**R 1 650**

**YOUR RECIPE FOR RADIANCE**

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin.

A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor fresh glow, skin is left feeling fresh, radiant and healthy.

**Pro-Glow Genius Facial** (90 min)

**R 2 050**

**YOUR LINE FIGHTING SUPERHERO FACIAL**

Clinically proven intelligent skincare and our triple level approach to skin hydration results in transformative results for your younger looking skin. Powered by our ULTRA-SMART technology, with a spotlight on deep-set wrinkles for maximum, multi-faceted facial rejuvenation and skin hydration, skin will be visibly smoother, resilient and firmer looking.

An unsurpassed, line fighting facial experience, skin will appear immediately firmer and more radiant after just one treatment.

**ELEMIS Skin Booster Facial** (30 min)

**R 1 050**

Maximum results with minimum time. Your skin will be rejuvenated after this hands on treatment. Our therapists will cleanse, tone, exfoliate your skin and leave you feeling relaxed and your skin glowing.

**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.

**ELEMIS High Performance Skin Energiser** (60 min)

**R 1 650**

For ageing, dehydrated, or stressed skin and tired eyes, this energising treatment restores vital moisture and maximises cell regeneration. A steam and extraction cleanses and purifies, while dynamic facial massage boosts circulation and targeted scalp and foot massages deeply relax for a vibrant, revitalised complexion.

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## ELEMIS Body

### **ELEMIS Thousand Flower Detox Wrap** (60 min)

**R 1 500**

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 - Frangipani** (60 min)

**R 1 500**

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 1 500**

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** (30 min / 45 min / 60 min / 90 min)

**R 890 / R 1 200 / R 1 450 / R 2 050**

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 1 690**

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.

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## 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 4 590**

- Spa garden picnic health lunch with sparkling wine
- Full Body Exfoliation
- Cederberg 'Soul'ution
- Facial (75 min)

### **Babymooner** (210 min) **R 3 900**

A honeymoon of relaxation to spoil expectant mothers

- Pregnancy Massage (75 min)
- Manicure or Pedicure
- Facial (75 min)

### **Bridal Beauty Essentials** (210 min) **R 4 200**

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

- Touch Therapy Massage (60min)
- Facial (75 min)
- Deluxe Manicure and Deluxe Pedicure

### **Spa Ultimate Wellness Day** (180 min) **R 3 750**

- Body Exfoliation
- Chakra Balancing Candle Massage
- Specialised Facial

### **Corporate Wellbeing** (75 min) **R 1 500**

- A choice of one of the following 45 minute treatments:
  - Back, Neck and Shoulder Massage
  - Deep Tissue Massage
- Full Body Exfoliation
- Relaxation in the Spa gardens

### **'SPA'rties – Have a Spa Party!** (90 min of treatments) **R 1 900**

Choose one of the treatments from the list below and enjoy with the use of the Spa garden and relaxation areas.

- Hot Stone Back, Neck and Shoulder 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.

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## Spa Wellbeing Programmes

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 during your stay.

### **DE-STRESS**

- Day 1: • Deep Tissue Muscle Massage (60 min)
- Day 2: • Herbal Heated Stone Massage (90 min Body)
  - Facial (75 min)
- Day 3: • Sole of the Earth Pedicure (75 min)

### **DETOX**

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

### **REVITALISING**

- Day 1: • Revitalizing Facial (75 min)
- Day 2: • Tata Harper Organic Massage (90 min)
- Day 3: • Sole of the Earth Foot Treatment (75 min)

**Please Note:** Treatment time includes consultation and welcoming foot ritual.

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## 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 19h00
Fitness:	24 hour access
Outdoor Pools:	Sunrise to sunset
Reservations & Enquiries:	Dial extension #9 (resident guests)

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# 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 1 965
Bushmans Kloof Signature Massage (60 min)	R 1 325

## Touch Therapies

Swedish Massage (60 min)	R 1 325
Chakra Balancing Candle Massage (60 min)	R 1 325
Balancing Scalp and Foot Massage (30 min)	R 830
Deep Tissue Muscle Massage (45 min)	R 1 210
Bushmans Kloof Back, Neck and Shoulder Massage (45 min)	R 1 070
The Bellabaci Massage (60 min)	R 1 325

## Perfect Finish

Sole of the Earth (75 min)	R 1 100
San's Hand Ritual (75 min)	R 1 100
Classic Manicure (60 min)	R 765
Classic Pedicure (60 min)	R 765
Varnish (20 min)	R 220
Eyelash Tint	R 165
Eyebrow Tint	R 165
Eyebrow Shape	R 165
Eyelash and Eyebrow Tint	R 330

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

<b>Relax to the Max</b> (20 min)	R 530
A relaxing back massage for younger Spa goers to relax tight muscles and improve general wellbeing.	
<b>Sole Mate</b> (30 min)	R 340
A pedicure designed to pamper little feet and tender toes and include a foot massage and nail polish application.	
<b>Nail It</b> (20 min)	R 295
A manicure treatment for magic fingertips – includes a hand massage and application of nail polish.	
<b>Back Scrub a Dub</b> (20 min)	R 330
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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