



FOREST FERN

WELLNESS SPA

Especially for you

The Spa at Fernery Lodge offers a "back to nature" escape within luxurious surroundings. Built into the valley side and overlooking the natural waterfall, our spa is the perfect retreat to rest and recharge.

We believe that the closer you are to nature, the closer you are to yourself. Therefore, our spa is designed so that you can enjoy all the benefits that the surrounding environment has to offer.

Treatments can be scheduled in the privacy of your suite, outdoor deck or in the spa.





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SIGNATURE RETREATS

Signature Back, Scalp and Feet Retreat

90 minutes | R1650.00

Help restore balance with this targeted treatment, focusing on three key areas of physical and mental tension. Beginning with a back exfoliation and massage that combines our Muscle Ease Body Oil blend with heated stones and warm steam towels, the treatment continues with a scalp massage and warm hair wrap, and ends with a restorative foot and leg massage.

Signature Trio

90 minutes | R1650.00

Create your own signature treatment with a selection of any 3 of the following:

- 30min Back Scrub & Massage
- 30min Back, Neck & Scalp Massage
- 30min Foot Scrub & Massage
- 30min Esse Express Facial Treatment
- 30min Hand & Arm Scrub and Massage/Cuticle Care, File, Buff & Paint
- 30min Leg & Foot Scrub and Massage/Cuticle Care, File, Buff & Paint

MASSAGE THERAPIES

Enhance your massage experience by sharing it in our Couples Suite, where treatments are enjoyed side-by-side, or in the tranquil embrace of our open-air deck, with breathtaking views of the waterfalls and forest. Outdoor massages are weather permitting and should be requested when making your booking.

Hot Oil Back, Neck & Scalp Massage

45 minutes | R950

A reviving back, neck, shoulder & scalp massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.



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Leg & Foot Reviver

45 minutes | R950

Release aches and pressure in the feet with this signature treatment using massage techniques on the meridian lines of the legs and zones of the feet. This treatment starts with a leg & foot scrub using pure Kalahari Salts and ends with a highly potent Leg Gel to increase circulation and relieve fluid build-up.

Scalp & Facial Release Treatment

60 minutes R1500

Focusing on releasing tension and stress in the tissues and muscles of the scalp, face & neck. Through Myofascial release techniques. Renewing energy levels and stimulating collagen. Ideal for migraines, insomnia and anxiety. Your treatment is completed with a deeply hydrating hair & scalp treatment.

Balancing Massage

75 minutes | R1500

This balancing massage restores the flow of energy in the entire body. The heated Muscle Ease Oil stimulates the lymphatic system and increases circulation.

Deep Tissue Therapy

75 minutes | R1500

Targeting the areas of concern and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques.

Hot Stone Fusion Massage

75 minutes | R1500

A full body massage using heated river stones to release stress and tension, and increase blood flow to the affected area.

BODY THERAPIES

Body Exfoliation

30 minutes | R550

This skin softening body exfoliation combines Kalahari Salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for a massage.



Body Cocoon

75 minutes | R1500

A full body exfoliation in preparation of your chosen wrap that envelopes the body with the nourishing essences of powerful botanicals. A deeply relaxing scalp massage and final moisturise application complete the experience. Choose between a detoxifying or deeply hydrating body cocoon.

SKIN CARE

Our skin care therapies incorporate extensive massage, hot herbal towels and a selection of local awardwinning skincare brand, Esse. Drawing from the best of both science and nature.

Esse Express

30 minutes | R550

This express treatment option serves as a great introductory treatment for those unfamiliar with our products and treatments or those unsure of what they would like to achieve with their skincare goals. Product selection will be tailored to your unique skin needs after thorough skin analysis. This treatment is ideal for those who are looking for optimal results with limited time.

Esse Experience

60 minutes | R950

This bespoke facial harnesses the power of advanced pre and probiotics which improves the microbial mix on the skin. It is tailored to address your specific skin concerns following a detailed skin analysis, soothing and healing stressed or aggravated skin, boosting collagen production, calming inflammation, and building barrier function.

The inclusion of an acupressure facial massage relieves stress and tension from the facial area and unblocks energy blockages, promoting relaxation, skin health and homeostasis. This treatment can be customised to touch and temperature. You can also choose carefully crafted add-ons that further elevate the experience.



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Esse Live Probiotic Experience

75 minutes | R1250

This world-class standard live probiotic experience includes the application of 5 billion colony forming units per ml of LIVE lactobacillus probiotics to the skin, followed by the Esse Exclusion Mask. This provides the perfect anaerobic environment for the bacteria to start to colonise.

The treatment is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin, ensuring long term skin health.

In addition to the application of live microbes to the skin, the Live Probiotic Experience also includes the application of either the Esse Anti-inflammatory or Esse Lifting massage, which will further enhance treatment outcomes and promote complete relaxation.

HAND & FOOT RITUALS

Signature Manicure

60 minutes | R550

Nails are filed and buffed and cuticles cared for. A scrub and mask with a relaxing massage and application of varnish (if desired) finishes this deeply moisturising treatment.

Signature Pedicure

60 minutes | R650

A rich and nourishing therapy with relaxing hot herbal towels for your tired feet and calves. Your therapist will cleanse and exfoliate with your chosen scrub then massage and moisturize your feet. Concludes with an expert application of polish or buffing.

Gel Removal

30min R160

Gel Application

30min R400

File, Buff & Paint

30min R400

Added Nail art (per nail)

15min R125

Medical Heel Peel

15min R150 (add on to pedicure)



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WAXING & TINTING

Full Leg Waxing 45 min	R475
Full Arm Waxing 30 min	R375
¾ Leg Waxing 30 min	R375
½ Arm Waxing 15 min	R160
½ Leg Waxing 30 min	R375
Under Arm Waxing 15 min	R160
Bikini Wax Standard 15 min	R160
Bikini G-String Wax 30 min	R375
Bikini Brazilian Wax 35 min	R375
Hollywood Wax 45 min	R485
Lip/Chin/Brow Wax 15 min	R160
Eyelash 25 min	R180
Eyebrow 25 min	R180
Eyelash and Brow Combo 30 min	R300

KIDS MENU

(for ages between 8-15)

Esse Facial 30 min	R350
Back Massage 30 min	R375
Signature Manicure 30 min	R250
Signature Pedicure 30 min	R250