

# Spa

Pre Book  
for Summer

Cascade Full Body Massage	50 min	R 550
	90 min	R 750
Back, Neck and Shoulder Massage	30 min	R 400
A Royal Treatment For Your Legs	30 min	R 400
Duchess Deluxe Warming Body Treatment	120 min	R 900
Couples Delight	80 min	R 1500 per couple
Riverside Couples Massage & Picnic*	120 min	R 2 500 per couple
<i>60 minutes massage &amp; 60 minutes picnic</i>		
<i>*From 1 Sep 2020 - weather permitting</i>		
Manicure or Pedicure	60 min	R 350

## Before arrival



Complete and submit the electronic questionnaire before coming for your spa treatment.



[Click here to complete questionnaire](#)

## Upon arrival



Wear a mask



Keep physical distance of minimum 1.5 meter (when not in treatment)



Report for temperature check on arrival (when required)



Respect the privacy and safety of all residents at Cascade Country Manor

Open Mon - Sat: 9 am - 5 pm | Bookings required | Subject to availability

