



# SPA & FITNESS

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## Tariff

TREATMENTS	DURATION	USD
<b>ONLY HERE</b>		
Forest Coffee and Coconut	90 mins	330
Essence of Rose	150 mins	450
Post-Trek & Travel	90 mins	330
Pinda Signature Massage	90 mins	330
Sleep Nest Ritual	90 mins	330
<b>ONLY FACE</b>		
Afrique Arising	60 mins	270
Afrique Restored	60 mins	270
Afrique Mystique	90 mins	340
Men's Organic Facial	60 mins	270
<b>ONLY BODY</b>		
Energy Healing Therapy	90 mins	320
Afrique Deep Tissue Massage	60/90 mins	260/320
Afrique Aroma Massage	60/90 mins	260/320
Rediscover Reflex	45 mins	210
Forest Back, Neck & Shoulder Massage	45 mins	210
<b>FOREST ADD-ONS</b>		
Facial   Back Massage   Body Exfoliation	30 mins	150
<b>HANDS &amp; FEET</b>		
Manicure	60 mins	90
Pedicure	60 mins	90
Nail Polish	20 mins	30
<b>WELLBEING IN NATURE</b>		
Bespoke Yoga Experience	60 mins	150
Mindfulness Meditation	30 mins	120
Forest Bathing & Sound Healing	45 mins	120
Progressive Core Training	60 mins	150
Personal Training	60 mins	150

*Minimum age for gym use is 16 years.*

*Gym attire and proper footwear are required. All prices are 18% government tax inclusive.*

*If you need to cancel, reschedule, or shorten your appointment, please give us at least 24 hours' notice.*