



# FOREST SPA PODS

at Camps Bay Retreat

Designed to awaken all five senses, blending relaxation, grounding, and luxury to leave you refreshed and renewed.

## Arrival and Welcome

Begin your journey with a refreshing welcome drink.

## Guided Journey

Your therapist will lead you along a peaceful wooden pathway to your private Forest Spa Pod.

## Therapeutic Massage

Enjoy a 60-minute Healing Earth aromatherapy massage to release tension.

## Relaxation Menu

Delight in a seasonal fruit platter and wellness-inspired beverages.

## Hot Tub Experience

Relax in a wood-fired hot tub with a bottle of chilled MCC, surrounded by tranquil forest views.

## Explore the Gardens

Conclude your experience with a stroll through scenic gardens, paths, and a serene waterfall.



**R1 800 SINGLE | R3 400 DOUBLE**

A 2-hour experience, with the possibility of extending if you wish.  
Subject to availability.

**YOUR FOREST SPA POD AWAITS**

Call: 082 303 6719 or 021 430 4060 | Email: [bookings@mintwellness.com](mailto:bookings@mintwellness.com)