

## REBUILT WELLNESS SPA AT FOREST LODGE

Tucked within the ancient Milkwood trees at Forest Lodge, the spa was rebuilt in 2024 into a sanctuary of absolute relaxation and tranquillity.

The new spa has an inviting reception area and three luxury treatment rooms. Each space has been designed to immerse guests in the serenity of nature. The treatment room has large windows that open towards the Milkwoods, letting in the fresh breeze and sounds of the forest. At night, the forest comes alive with twinkling lights giving way to a magical atmosphere for evening treatments.

Highly qualified therapists are dedicated to providing an exceptional experience. Their expertise and attention to detail ensure the highest standard of care that will leave you feeling refreshed.

The spa also features a modern gym with new equipment where guests can enjoy an energising workout while admiring the views of the forest.

**LINKS** [Grootbos Spa Experience Webpage](#) [Our spa treatment menu](#) [Grootbos Immersive Wellbeing](#)

