



ADDITIONAL Treatments AND Consultations

GUEST DETAILS	NAME	DATE OF ARRIVAL	DATE OF DEPARTURE
	SURNAME		

BODY THERAPY

Ozone Therapy in Mosaic Steam Room	20min	Single R120	
		Shared R100pp	
Gentle Heat Therapy in Mosaic Steam Room – choose one Includes OZONE THERAPY	Must Have	Single R660	
<input type="checkbox"/> Nourishing & Luxurious - Organic Range	45min	Shared R590pp	
<input type="checkbox"/> Re-mineralizing - Ahava Dead Sea Range	45min		
BODY MASK			
Dead Sea Mud Experience - Intense detox, relaxing and re-mineralizing	55min	R715	
Seaweed Body Mask - Lymph drainage and slimming	55min	R690	
HYDROTHERAPY BATHS			
Ahava Dead Sea Bath Experience - Detox & Re-mineralize	25min	R440	
Esse Bath Experience - Nourishing & Organic	25min	R400	
Clarins - Relaxing & Pampering	25min	R320	
Thalassotherapy - Facilitates cellulite reduction	25min	R320	
Magnesium - Eases muscle pain	25min	R320	
BROOKDALE EXPERIENCE – Indulgent Body Pampering	Must Have		
Clarins Face & Body Pamper - Pampering hydrotherapy bath followed by a luxurious body exfoliation	55min	R760	
Esse Spa Experience - <i>The Ultimate Full Body Treat</i> - Luxurious hydrotherapy bath followed by an exfoliation and body wrap	85min	R960	
Lilian Terry Muscle Ease - Targeted muscle tension relief focusing on the back of the body	55min	R770	
BODY EXFOLIATION			
Guinot - Tropical & Refreshing	25min	R380	
Clarins - Toning & Shaping	25min	R380	
Esse - Organic	25min	R380	
Body Bronzing Package Body exfoliation followed by an application of self-tan using French Bronze Express range.	55min	R790	
ANTI-CELLULITE			
Lilian Terry cellulite treatment - Advanced treatment targeting cellulite areas	55min	R770	
Cellulite Treatment - Customised cellulite treatment	40min	R430	
Cellulite Add-On (recommended daily) <input type="checkbox"/> LT oil & cups <input type="checkbox"/> Clarins Body Fit & cups	15min	R95	

MASSAGE

Brookdale Bliss - Back massage with LT oil & cups, Scalp massage with Moroccan oil mask & Reflexology	Must Have	85min	R920
Pampering Swedish Massage - A firm deep tissue massage using Clarins product <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention		55min	R720
Brookdale's Heavenly Twin Massage - A synchronised massage by two consultants	Must Have	40min	R840
Aromatherapy - A gentle massage utilizing therapeutic benefits from essential oils		55min	R690
Fusion Massage - Back, scalp & foot massage		55min	R670
CHANGE YOUR INCLUDED FULL BODY SWEDISH MASSAGE TO A:			
Pampering Swedish Massage <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention		ADD	R85
Brookdale's Heavenly Twin Massage		ADD	R185
Aromatherapy Massage with LT Blend <input type="checkbox"/> Beta Day <input type="checkbox"/> Beta Sleep <input type="checkbox"/> Osto <input type="checkbox"/> Sunset <input type="checkbox"/> Vasco Flow		ADD	R85
Fusion Massage		NO CHARGE	
Advanced Face & Body Aromatherapy with LT oils & cups / pressure points <input type="checkbox"/> Betta Day - Depression, fear & anxiety <input type="checkbox"/> Betta Sleep - Improve the quality of sleep <input type="checkbox"/> Osto - Relieves pain & stiffness in muscle, joint & bone <input type="checkbox"/> Sunset - Female well-being, PMT, menopause <input type="checkbox"/> Vasco Flow - Improves blood circulation		70min	R890
Brookdale Stone Massage - <i>WINTER BLISS!</i> - Luxurious deep massage using marble and slate stone <input type="checkbox"/> Clarins Toning <input type="checkbox"/> Clarins Relaxing		70min	R790
Scalp Massage - Including neck and shoulders		25min	R300
Scalp Massage Add-Ons			
Wild Ginger - A must for colour treated or damaged hair <i>Paul Mitchell</i>			R180
Invigorating Tea Tree <i>Paul Mitchell</i>			R95
Intense Hydrating Mask <i>Moroccanoil</i>			R95
Reflexology - Pressure point massage performed on the feet		25min	R295
		55min	R590
Ahava Back Mud Treatment with LT oil & cups - Deep relief to tense back muscles		55min	R640
Esse Back Cleanse - Deep cleanse for the back		25min	R390
Treatment Add-Ons Using LT oil & cups / pressure points Must Have			
Sino - Relieves sinus congestion		15min	R95
Abdocalm - Relieves bloatedness and constipation (This Abdocalm treatment is for women only)		15min	R100
Aches & Pain - Relieves muscle tension		15min	R100



Must Have

FACIAL THERAPY FOR MEN & WOMEN

Guinot Hydradermie Lift Deluxe - The high tech lifting facial treatment	85min	R1500
Guinot Detoxigene Hydradermie Facial NEW - Detoxifying reoxygenating advanced facial treatment	85min	R1600
Guinot Hydradermie - Exclusive Guinot treatment tailored for you	55min	R990
Guinot Age Summum - Innovative hands-on anti-aging treatment	55min	R1290
Guinot Lift Summum - Targets loss of firmness in face, neck and décolleté	55min	R1290
Guinot Hydra Peeling - Skin Renewal Treatment <input type="checkbox"/> Hydra PH <input type="checkbox"/> Hydrabrasion	55min	R1190

Guinot Hydra Clean <i>Must Have</i> - Specific for congested areas	25min	R510
Guinot Eye Lift - Treats wrinkles, puffiness & darks circles	40min	R810
Guinot Bust Care (added to any advanced or intro facial)	15min	R320
Esse Organic Facial - Advanced customised treatment <input type="checkbox"/> Clarifying <input type="checkbox"/> Hydroboost <input type="checkbox"/> Bright <input type="checkbox"/> Hyaluronic <input type="checkbox"/> Intensity	55min	R1090
Clarins Bespoke Skin Expert Facial - Advanced customised treatment <input type="checkbox"/> Youth Expert <input type="checkbox"/> Clear Skin Refiner <input type="checkbox"/> Bright Activator <input type="checkbox"/> Power Hydrator	55min	R1300
Introductory Facial <input type="checkbox"/> Esse <input type="checkbox"/> Clarins <input type="checkbox"/> Guinot	55min	R670

FINISHING TOUCHES

Please Note: We are not able to work on artificial / acrylic / gel other than OPI

Manicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R360
Pedicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R400
Infinite Shine Manicure with OPI – Nudes	55min	R440
Infinite Shine Pedicure with OPI – Nudes	55min	R460
Gelcolour Manicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R460
Gelcolour Pedicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R500
Gel Soak Off <input type="checkbox"/> Fingers <input type="checkbox"/> Toes	20min	R110 each
Please Note: OPI, Gelish or Shellac only, we cannot remove biosculpture or building gel.		
OPI Callus Therapy - Extra Hard Skin Treatment	Add-on	R65
OPI Deluxe Add-On - Soak, Scrub, Callus Therapy & Mask added to a Mani or Pedi <input type="checkbox"/> Hands <input type="checkbox"/> Feet	15min	R170 each
Eye Brow Shape <input type="checkbox"/> Tweeze <input type="checkbox"/> Wax		R80
Tinting <input type="checkbox"/> Brow <input type="checkbox"/> Lash		R85 each
Make-up Application - LUMA or Clarins (on day of departure)		R350

WAXING

Half Leg Wax		R200
¾ Leg Wax		R250
Full Leg Wax		R290
<input type="checkbox"/> Lip Wax <input type="checkbox"/> Chin Wax	each	R75
Under Arm Wax		R100
Bikini Wax		R165
COOKING DEMONSTRATION Min 3 guests <i>A Must</i>	60min	R295
		11AM TUES
		11AM THURS
INVERSION THERAPY 2 Sessions		R130

CONSULTS & HEALTH CHECKS

*COVERED BY MEDICAL AID
(excludes Vitality and Momentum fitness assessments) *Must Have*

*Biokinetics Consultation - Incl. take home programme	You will be invoiced directly at medical aid rates for these consultations
*Biokinetics Consultation - Excl. take home programme	
*Nutrition Consultation Incl. take home programme	
Cholesterol Test	R85
Glucose Test	R85

Please tick the activities below that you would like to participate in (no additional charge)

ACTIVITIES

Make-up Demo - Luma (Simple Radiance) followed by Clarins (Complete Look)	TUESDAY	12H00
	THURSDAY	12H00
Aquacise Class - Water aerobics in the indoor pool	DAILY	
Pilates - Focusing on core stability and body alignment	TUESDAY	07H00
	THURSDAY	07H00
Yoga - Strengthening your body mentally and physically	WEDNESDAY	07H00
	FRIDAY	07H00
Guided Relaxation - Using conscious relaxation techniques to help relax and calm the mind & body	MONDAY	PM
	THURSDAY	PM
Nutrition Talk - Eating made easy! A sensible, practical approach towards nutrition	MONDAY	AM
Stress & Coping Talk - What is stress? How it affects our health, and the appropriate coping strategies	TUESDAY	AM
Gut Health DVD	TUESDAY	PM
	THURSDAY	PM
Movement is Medicine - Exercise is essential, get the solutions	THURSDAY	AM
Supplementation & Micronutrients - What you need to know	FRIDAY	AM

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