



ADDITIONAL Treatments AND Consultations

GUEST DETAILS	NAME		DATE OF ARRIVAL	DATE OF DEPARTURE
	SURNAME			

BODY THERAPY

Ozone Therapy in Mosaic Steam Room	20min	Single R140	
		Shared R120pp	
Gentle Heat Therapy in Mosaic Steam Room – choose one Includes OZONE THERAPY	Must Have	Single R740	
<input type="checkbox"/> Nourishing & Luxurious - Organic Range	45min	Shared R650pp	
<input type="checkbox"/> Re-mineralizing - Ahava Dead Sea Range	45min		
BODY MASK			
Dead Sea Mud Experience - Intense detox, relaxing and re-mineralizing	55min	R780	
Seaweed Body Mask - Lymph drainage and slimming	55min	R760	
HYDROTHERAPY BATHS			
Ahava Dead Sea Bath Experience - Detox & Re-mineralize	25min	R490	
Esse Bath Experience - Nourishing & Organic	25min	R440	
Clarins - Relaxing & Pampering	25min	R360	
Thalassotherapy - Facilitates cellulite reduction	25min	R360	
Magnesium - Eases muscle pain	25min	R360	
BROOKDALE EXPERIENCE Must Have – Indulgent Body Pampering			
Clarins Face & Body Pamper - Pampering hydrotherapy bath followed by a luxurious body exfoliation	55min	R840	
Esse Spa Experience - <i>The Ultimate Full Body Treat</i> - Luxurious hydrotherapy bath followed by an exfoliation and body wrap	85min	R1090	
Lilian Terry Muscle Ease - Full body exfoliation followed by targeted muscle tension relief focusing on the back of the body	55min	R860	
BODY EXFOLIATION			
Guinot - Tropical & Refreshing	25min	R440	
Clarins - Toning & Shaping	25min	R440	
Esse - Organic	25min	R450	
Body Bronzing Package Body exfoliation followed by an application of self-tan using French Bronze Express range.	55min	R870	
ANTI-CELLULITE			
Lilian Terry cellulite treatment - Advanced treatment targeting cellulite areas	55min	R860	
Cellulite Treatment - Customised cellulite treatment	40min	R470	
Cellulite Add-On (recommended daily) <input type="checkbox"/> LT oil & cups <input type="checkbox"/> Clarins Body Fit & cups	15min	R110	

MASSAGE

Brookdale Bliss - Back massage with LT oil & cups, Scalp massage with Moroccan oil mask & Reflexology	Must Have	85min	R990
Pampering Swedish Massage - A firm deep tissue massage using Clarins product		55min	R790
<input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention			
Brookdale's Heavenly Twin Massage - A synchronised massage by two consultants	Must Have	40min	R950
Aromatherapy - A gentle massage utilizing therapeutic benefits from essential oils		55min	R760
Fusion Massage - Back, scalp & foot massage		55min	R740
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	R95
Brookdale's Heavenly Twin Massage		ADD	R195
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	R95
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	70min		R980
<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			
Brookdale Stone Massage - <i>WINTER BLISS!</i> - Luxurious deep massage using marble and slate stone		70min	R870
<input type="checkbox"/> Clarins Toning <input type="checkbox"/> Clarins Relaxing			
Scalp Massage - Including neck and shoulders		25min	R320
Scalp Massage Add-Ons			
Wild Ginger - A must for colour treated or damaged hair <i>Paul Mitchell</i>		R195	
Invigorating Tea Tree <i>Paul Mitchell</i>		R110	
Intense Hydrating Mask <i>Moroccanoil</i>		R110	
Reflexology - Pressure point massage performed on the feet		25min	R330
		55min	R650
Ahava Back Mud Treatment with LT oil & cups - Deep relief to tense back muscles		55min	R690
Esse Back Cleanse - Deep cleanse for the back		25min	R430
Treatment Add-Ons Using LT oil & cups / pressure points Must Have			
Sino - Relieves sinus congestion		15min	R110
Abdocalm - Relieves bloatedness and constipation (This Abdocalm treatment is for women only)		15min	R110
Aches & Pain - Relieves muscle tension		15min	R110

Must Have

FACIAL THERAPY FOR MEN & WOMEN

Guinot Hydradermie Lift Deluxe - The high tech lifting facial treatment	85min	R1650
Guinot Detoxigene Hydradermie Facial - Detoxifying reoxygenating advanced facial treatment	85min	R1750
Guinot Hydradermie - Exclusive Guinot treatment tailored for you	55min	R1100
Guinot Age Summum NEW & IMPROVED - Innovative hands-on anti-aging treatment	55min	R1450
Guinot Lift Summum - Targets loss of firmness in face, neck and décolleté	55min	R1450
Guinot Hydra Peeling - Skin Renewal Treatment <input type="checkbox"/> Hydra PH <input type="checkbox"/> Hydrabrasion	55min	R1300

Guinot Hydra Clean - Specific for congested areas	25min	R550
Guinot Eye Lift - Treats wrinkles, puffiness & darks circles <i>Must Have</i>	40min	R890
Guinot Bust Care (added to any advanced or intro facial)	15min	R360
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	R1250
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	R1450
Introductory Facial <input type="checkbox"/> Esse <input type="checkbox"/> Clarins <input type="checkbox"/> Guinot	55min	R750

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	R400
Pedicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R440
Infinite Shine Manicure with OPI – Nudes	55min	R480
Infinite Shine Pedicure with OPI – Nudes	55min	R500
Gelcolour Manicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R500
Gelcolour Pedicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R550
Gel Soak Off <input type="checkbox"/> Fingers <input type="checkbox"/> Toes	20min	R120 each
Please Note: OPI, Gelish or Shellac only, we cannot remove biosculpture or building gel.		
OPI Callus Therapy - Extra Hard Skin Treatment	Add-on	R75
OPI Deluxe Add-On - Soak, Scrub, Callus Therapy & Mask added to a Mani or Pedi <input type="checkbox"/> Hands <input type="checkbox"/> Feet	15min	R180 each
Eye Brow Shape <input type="checkbox"/> Tweeze <input type="checkbox"/> Wax		R100
Tinting <input type="checkbox"/> Brow <input type="checkbox"/> Lash		R90 each
Make-up Application (on day of departure)		R390

WAXING

Half Leg Wax		R220
¾ Leg Wax		R270
Full Leg Wax		R320
<input type="checkbox"/> Lip Wax <input type="checkbox"/> Chin Wax	each	R90
Under Arm Wax		R120
Bikini Wax		R180
COOKING DEMONSTRATION Min 3 guests <i>A Must</i>	60min	R325
		11AM TUES
		11AM THURS
INVERSION THERAPY 2 Sessions		R150

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 - Learn basic tips & techniques	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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