



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 Shared R650pp | |
| <input type="checkbox"/> Nourishing & Luxurious - Organic Range | 45min | | |
| <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 | |
| Moroccanoil Experience - Scalp massage with hair mask, neck & shoulder massage followed by a full body exfoliation | 55min | R860 | |
| BODY EXFOLIATION | | | |
| Body Exfoliation - Full body exfoliation followed by the application of a luxurious body moisturiser | 25min | R450 | |
| <input type="checkbox"/> Guinot <input type="checkbox"/> Clarins <input type="checkbox"/> Esse | | | |
| Clarins - Toning & Shaping | 25min | R450 | |
| 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 Add-On (recommended daily) | 15min | R110 | |
| <input type="checkbox"/> LT oil & cups <input type="checkbox"/> Clarins Body Fit & cups | | | |

MASSAGE

| | | | |
|---|------------------|-------|-----------|
| Brookdale Bliss - Back massage with LT oil & cups, Scalp massage with Moroccanoil 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 | | ADD | R95 |
| <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention | | | |
| Brookdale's Heavenly Twin Massage | | ADD | R195 |
| Aromatherapy Massage with LT Blend | | ADD | R95 |
| <input type="checkbox"/> Betta Day <input type="checkbox"/> Betta Sleep <input type="checkbox"/> Osto <input type="checkbox"/> Sunset <input type="checkbox"/> Vascu Flow | | | |
| 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"/> Vascu Flow - Improves blood circulation | | | |
| 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 | | R870 |
| 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 <i>(This Abdocalm treatment is for women only)</i> | 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 Detoxygene Hydradermie Facial - Detoxifying reoxygenating advanced facial treatment | 85min | R1750 |
| Guinot Hydradermie - Exclusive Guinot treatment tailored for you | 55min | R1100 |
| Guinot Summum Facials - Hands on facials tailored for you <input type="checkbox"/> Age Summum <input type="checkbox"/> Lift Summum <input type="checkbox"/> Hydra Summum | 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 | 40min | R890 |
| Guinot Bust Care (added to any advanced or intro facial) | 15min | R360 |
| Esse Probiotic Facial Advanced facial using probiotics to feed & rebalance your skin | 85min | R1550 |
| 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 - Cleanse & nourish your skin with this tailored and advanced customised treatment | 55min | R1450 |

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 |
| <i>Please Note: OPI, Gelish or Shellac only, we cannot remove biosculpture or building gel.</i> | | |
| 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 <i>Min 3 guests</i> | 60min | R325 |
| | | 11AM TUES 11AM THURS |
| INVERSION THERAPY 2 Sessions | | R150 |

CONSULTS & HEALTH CHECKS

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

Must Have

| | |
|--|--|
| *Biokinetics Consultation | You will be invoiced directly at medical aid rates for these consultations |
| *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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