



# ADDITIONAL Treatments AND Consultations

GUEST DETAILS	NAME	DATE OF ARRIVAL	DATE OF DEPARTURE
	SURNAME		

## BODY THERAPY

Ozone Therapy in Mosaic Steam Room	20min	Single R95	
		Shared R80pp	
<b>Gentle Heat Therapy</b> in Mosaic Steam Room - choose one Includes OZONE THERAPY		Single R555	<i>Must Have</i>
<input type="checkbox"/> Nourishing & Luxurious - Organic Range	45min	Shared R495pp	
<input type="checkbox"/> Re-mineralizing - Ahava Dead Sea Range	45min		
<b>BODY MASK</b>			
<b>Dead Sea Mud Experience</b> - Intense detox, relaxing and re-mineralizing	55min	R580	
<b>Seaweed Body Mask</b> - Lymph drainage and slimming	55min	R580	
<b>HYDROTHERAPY BATHS</b>			
<b>Ahava Dead Sea Bath Experience</b> - Detox & Re-mineralize	25min	R360	
<b>Esse Bath Experience</b> - Nourishing & Organic	25min	R360	
<b>Clarins</b> - Relaxing & Pampering	25min	R310	
<b>Thalassotherapy</b> - Facilitates cellulite reduction	25min	R310	
<b>Magnesium</b> - Eases muscle pain	25min	R310	

SPA EXPERIENCE <i>Must Have</i>			
- Indulgent Body Pampering			
<b>Clarins</b> - Draining & Pampering	85min	R795	
<b>Esse</b> - Organic, Nourishing & Relaxing	85min	R795	
<b>BODY EXFOLIATION</b>			
<b>Guinot</b> - Tropical & Refreshing	25min	R320	
<b>Clarins</b> - Toning & Shaping	25min	R320	
<b>Esse</b> - Organic	25min	R320	
<b>Body Bronzing Package</b> Body exfoliation followed by an application of self-tan using French Bronze Express range.	55min	R670	
<b>ANTI-CELLULITE</b>			
<b>Cellulite Treatment</b> - The perfect start to cellulite reduction	40min	R360	
<b>Cellulite Add-On</b> (recommended daily) <input type="checkbox"/> LT oil & cups <input type="checkbox"/> Clarins Body Fit & cups	15min	R95	

## MASSAGE

<b>Brookdale Bliss</b> - Back massage with LT oil & cups, Scalp massage with Moroccan oil mask & Reflexology	85min	R780	<i>Must Have</i>
<b>Pampering Swedish Massage</b> - A firm deep tissue massage using Clarins product <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention	55min	R570	
<b>Brookdale's Heavenly Twin Massage</b> - A synchronised massage by two consultants	40min	R695	<i>Must Have</i>
<b>Aromatherapy</b> - A gentle massage utilizing therapeutic benefits from essential oils	55min	R530	
<b>Fusion Massage</b> - Back, scalp & foot massage	55min	R530	
<b>CHANGE YOUR INCLUDED FULL BODY SWEDISH MASSAGE TO A:</b>			
<b>Pampering Swedish Massage</b> <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention	ADD	R95	
<b>Brookdale's Heavenly Twin Massage</b>	ADD	R185	
<b>Aromatherapy Massage with LT Blend</b> <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	
<b>Fusion Massage</b>	ADD	R55	
<b>Advanced Face &amp; Body Aromatherapy</b> with LT oils & cups / pressure points <input type="checkbox"/> Beta Day - Depression, fear & anxiety <input type="checkbox"/> Beta 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	R695	

<b>Brookdale Stone Massage - WINTER BLISS!</b> - Luxurious deep massage using marble and slate stone <input type="checkbox"/> Clarins Toning <input type="checkbox"/> Clarins Relaxing	70min	R695	
<b>Scalp Massage</b> Including neck and shoulders	25min	R255	
<b>Scalp Massage Add-Ons</b>			
<b>Wild Ginger</b> - A must for colour treated or damaged hair <i>Paul Mitchell</i>		R85	
<b>Invigorating Tea Tree</b> <i>Paul Mitchell</i>		R55	
<b>Intense Hydrating Mask</b> <i>Moroccan oil</i>		R55	
<b>Reflexology</b> - Pressure point massage performed on the feet	25min	R250	
	55min	R500	
<b>Ahava Back Mud Treatment</b> with LT oil & cups - Deep relief to tense back muscles	55min	R540	
<b>Esse Back Cleanse</b> - Deep cleanse for the back	25min	R310	
<b>Treatment Add-Ons</b> <i>Must Have</i>			
Using LT oil & cups / pressure points			
<b>Sino</b> - Relieves sinus congestion	15min	R95	
<b>Abdocalm</b> - Relieves bloatedness and constipation (This Abdocalm treatment is for women only)	15min	R95	
<b>Aches &amp; Pain</b> - Relieves muscle tension	15min	R95	



*Must Have*

## FACIAL THERAPY FOR MEN & WOMEN

<b>Guinot Hydradermie Lift Deluxe</b> - The high tech lifting facial treatment	85min	R1270	
<b>Guinot Hydradermie</b> - Exclusive Guinot treatment tailored for you	55min	R810	
<b>Guinot Liftosome</b> - Instant "lifting" effect of the face	55min	R995	
<b>Guinot Age Summum</b> - Innovative hands-on anti-aging treatment	55min	R1110	
<b>Guinot Lift Summum</b> - Targets loss of firmness in face, neck and décolleté	55min	R1110	<b>NEW</b>
<b>Guinot Hydra Peeling</b> - Skin Renewal Treatment <input type="checkbox"/> Hydra PH <input type="checkbox"/> Hydrabrasion	55min	R995	

<b>Guinot Hydra Clean</b> - Specific for congested areas	25min	R420	
<b>Guinot Eye Logic</b> - Treats wrinkles, puffiness & darks circles	40min	R595	<i>Must Have</i>
<b>Guinot Bust Care</b> (added to any advanced or intro facial)	15min	R260	
<b>Esse Organic Facial</b> - Advanced customised treatment <input type="checkbox"/> Clarifying <input type="checkbox"/> Hydroboost <input type="checkbox"/> Bright <input type="checkbox"/> Hyaluronic <input type="checkbox"/> Intensity	55min	R670	
<b>Clarins Tri-Active Facial</b> - Advanced customised treatment <input type="checkbox"/> Lifting Replenisher <input type="checkbox"/> Brightening Activator <input type="checkbox"/> Power Firmer <input type="checkbox"/> All Round Refresher	55min	R810	
<b>Introductory Facial</b> <input type="checkbox"/> Esse <input type="checkbox"/> Clarins <input type="checkbox"/> Guinot	55min	R550	

## FINISHING TOUCHES

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

<b>Manicure</b> with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R290	
<b>Pedicure</b> with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R290	
<b>OPI Callus Therapy</b> - Extra Hard Skin Treatment	Add-on	R45	
<b>OPI Deluxe Add-On</b> - Soak, Scrub, Callus Therapy & Mask added to a Mani or Pedi <input type="checkbox"/> Hands <input type="checkbox"/> Feet	15min	R145 each	
<b>Infinite Shine Manicure</b> with OPI - Nudes	55min	R350	
<b>Infinite Shine Pedicure</b> with OPI - Nudes	55min	R350	
<b>Gel Soak Off</b> <input type="checkbox"/> Fingers <input type="checkbox"/> Toes	20min	R85 each	
<i>Please Note: OPI, Gelish or Shellac only, we cannot remove biosculpture or building gel.</i>			
<b>Gelcolour Manicure</b> with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R395	
<b>Gelcolour Pedicure</b> with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R395	
<b>Eye Brow Shape</b> <input type="checkbox"/> Tweeze <input type="checkbox"/> Wax		R60	
<b>Tinting</b> <input type="checkbox"/> Brow <input type="checkbox"/> Lash		R60 each	
<b>Make-up Application</b> - LUMA or Clarins (on day of departure)		R280	

## WAXING

<b>Half Leg Wax</b>	R180	
<b>¾ Leg Wax</b>	R200	
<b>Full Leg Wax</b>	R230	
<input type="checkbox"/> Lip Wax <input type="checkbox"/> Chin Wax	each	R55
<b>Under Arm Wax</b>	R65	
<b>Bikini Wax</b>	R80	

<b>COOKING DEMONSTRATION</b> Min 3 guests <i>A Must</i>	60min	R275	11AM TUES 11AM THURS
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<b>INVERSION THERAPY</b> 2 Sessions	R110	
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## CONSULTS & HEALTH CHECKS

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

*Must Have*

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

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

## ACTIVITIES

<b>Make-up Demo</b> - Luma (Simple Radiance) followed by Clarins (Complete Look) <b>NEW</b>	TUESDAY	12H00	
	THURSDAY	12H00	
<b>Aquacise Class</b> - Water aerobics in the indoor pool	DAILY		
<b>Pilates</b> - Focusing on core stability and body alignment	TUESDAY	07H00	
	THURSDAY	07H00	
<b>Yoga</b> - Strengthening your body mentally and physically	TUESDAY	18H00	
	FRIDAY	18H00	
<b>Guided Relaxation</b> - Using conscious relaxation techniques to help relax and calm the mind & body	MONDAY	PM	
	THURSDAY	PM	
<b>Nutrition Talk</b> - Eating made easy! A sensible, practical approach towards nutrition	MONDAY	AM	
<b>Stress &amp; Coping Talk</b> - What is stress? How it affects our health, and the appropriate coping strategies	TUESDAY	AM	
<b>Gut Health DVD</b>	TUESDAY	PM	
	THURSDAY	PM	
<b>Movement is Medicine</b> - Exercise is essential, get the solutions	THURSDAY	AM	
<b>Supplementation &amp; Micronutrients</b> - What you need to know	FRIDAY	AM	

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ONLINE BOOKINGS

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