

# B Brookdale

## DAY SPA



## Spa Treatment Menu

### SPA PACKAGES

#### A DAY @ THE SPA – 6½ hrs

Full use of the Hydro's Indoor Pool, Steam, Sauna, Jacuzzi, Reflexology path and Labyrinth. 90 min Customized Massage, Tea, Reflexology, Scalp Massage with hair treatment, Wellness Lunch, Body Exfoliation, Guinot Hydradermie Facial + Choose one: Express Mani / Express Pedi / Body Bronze. R2 750

#### R&R FOR MEN – 6½ hrs

Full use of the Hydro's Indoor Pool, Steam, Sauna, Jacuzzi, Reflexology path and Labyrinth. 90 min Fusion Massage, Tea, Ahava Hydrotherapy Bath, Esse Back Cleanse, Express Hand and Foot Treatment, Wellness Lunch, Guinot Men's Facial. R2 750

#### ESCAPE & RECHARGE – 5 hrs

Full use of the Hydro's Indoor Pool, Steam, Sauna, Jacuzzi, Reflexology path and Labyrinth. 60 min Customized Massage, Tea, Body Exfoliation, Wellness Lunch, Guinot Intro. Facial + Choose one: Express Mani / Express Pedi / Body Bronze. R1 950

#### SPA BLITZ – 3 hrs

Luxury Steam, 90 Minute Customised Massage, Intro Facial of your choice. (Guinot / Clarins / Esse) R1 400

#### EXPRESS TREAT – 2½ hrs

Back Massage, Body exfoliation, Express Mani & Pedi and a Guinot Express Facial. R1 250

#### BODY BLISS – 2 hrs

Magnesium Hydrotherapy Bath, Scalp Massage with Hair Treatment Mask + Choose one: Dead Sea Mud Experience / Seaweed Body Mask. R1 150

#### RELAX & DESTRESS – 1½ hrs

Steam Session, Ahava Back Mud Treatment followed by Scalp, Back, Neck and Shoulder Deep Tissue Massage. R595

### BODY THERAPY

<b>Dead Sea Mud Experience</b> - Intense detox, relaxing and re-mineralising	55min	R580
<b>Seaweed Body Mask</b> - Lymph draining & slimming	55min	R580
<b>Lilian Terry Cellulite Treatment</b> - A start to cellulite reduction	40min	R360
<b>Lilian Terry Cellulite Treatment Package</b> - Course of 3 treatments, 3 anti-cellulite complexes PLUS a cellulite cup for home-care use		R1 950
<b>Bronze Express</b> - Includes exfoliation	55min	R670
<b>Esse Back Cleanse</b> - Deep cleanse for back	25min	R310
<b>Steam</b>	20min	R85
<b>Ozone Therapy</b> - In Mosaic Steam room	20min	R75 pp shared R95 single
<b>GENTLE HEAT THERAPY</b> - In private Mosaic Steam room, including ozone steam and spa body and hair products.		
Nourishing & Luxurious - <i>Organic Range</i>	45min	R495 pp shared
Re-mineralizing - <i>Ahava Dead Sea Range</i>		R550 single
<b>SPA EXPERIENCE</b> - Indulgent body pampering		
Clarins - <i>Draining &amp; Pampering</i>	85min	R795
Esse - <i>Organic, Nourishing &amp; Relaxing</i>	85min	R795
<b>BODY EXFOLIATION</b>		
Guinot - <i>Tropical &amp; Refreshing</i>	25min	R320
Clarins - <i>Toning &amp; Shaping</i>	25min	R320
Esse - <i>Organic</i>	25min	R320





## FACIAL THERAPY FOR MEN & WOMEN

<b>Guinot Hydradermie Lift Deluxe</b> - The high tech lifting facial treatment	85min	R1 270
<b>Guinot Hydradermie</b> - Exclusive Guinot treatment tailored for you	55min	R810
<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>Guinot Liftosome Facial</b> - Instant "lifting" effect of the face	55min	R995
<b>Guinot Hydra Peeling</b> - Skin Renewal Treatment - <i>Hydra PH   Hydrabrasion</i>	55min	R995
<b>Clarins Tri-Active Facial</b> - Advanced customised treatment <i>Lifting Replenisher   Brightening Activator Power Firmer   All Round Refresher</i>	55min	R810
<b>Esse Organic Facial</b> - Advanced customised treatment [ <i>includes ampule boost</i> ]	55min	R670
<b>Introductory Facial - Guinot / Esse / Clarins</b> - Customized facial to suit your skin type	55min	R550
<b>Guinot Hydra Clean</b> - Specific for congested areas	25min	R420
<b>Guinot Eye Logic - A MUST</b> - Treats wrinkles, puffiness and dark circles	40min	R595
<b>Guinot Bust Care</b> [great added to any facial]	15min	R260
<b>Under 18yrs Cleansing Hydradermie Facial</b>	40min	R470
<b>Complimentary Lifestyle Assessment</b> for young problematic skins [under 18 years]	15min	-

## MASSAGE

<b>Full Swedish Body Massage</b> - Firm and relaxing therapeutic massage	55min	R540
<b>Brookdale Bliss</b> - Back massage with LT oil & cups, Scalp massage with Moroccan oil mask & Reflexology	85min	R780
<b>Pampering Swedish Massage</b> - A therapeutic massage using Clarins products <i>Toning   Relaxing   Water Retention</i>	55min	R570
<b>Aromatherapy</b> - A gentle massage utilising therapeutic benefits from essential oils	55min	R530
<b>Specialised Aromatherapy</b> - With Lilian Terry	55min	R570
<b>Fusion Massage</b> - Back, scalp and foot massage	55min	R530
<b>Brookdale Stone Massage - WINTER BLISS</b> - Luxurious deep massage using marble and slate stones	70min	R695
<b>Back Massage</b> - Focusing on specific back muscles	25min	R290
<b>Reflexology</b> - Pressure point massage on the feet	55min	R500
	25min	R250
<b>Scalp Massage</b> [ <i>includes neck and shoulders</i> ]	25min	R255
<b>Scalp Massage Hair Treatment Add-Ons</b> <i>Paul Mitchell Wild Ginger - Colour treated or damaged hair Paul Mitchell Tea Tree - Invigorating and boosting Moroccan Mask - Intense hydration</i>		R85 R55 R55
<b>Treatment Add-Ons</b> - Using Lilian Terry oil & cups <i>Sino - Relieves sinus congestion AbdoCalm - Relieves bloatedness and constipation [women only] Aches &amp; Pains - Relieves muscle tension Cellulite - increase circulation where its needed</i>	15min	R95 each

## HYDROTHERAPY BATHS

Now includes Ozone Therapy

<b>Ahava Dead Sea Bath Experience</b> - Detoxifying & Remineralising	25min	R360
<b>Esse Bath Experience</b> - Nourishing & Organic	25min	R360
<b>Thalassotherapy</b> - Facilitates Cellulite Reduction	25min	R310
<b>Magnesium</b> - Eases Muscle Pain	25min	R310
<b>Clarins</b> - Relaxing & Pampering	25min	R310







## WAXING

½ Leg Wax	R180	Bikini Wax	R80
¾ Leg Wax	R200	Lip or Chin Wax	R55
Full Leg Wax	R230	Eye Brow Shape	R60
Underarm Wax	R65	Eye Brow Wax	R60

## FINISHING TOUCHES

OPI Manicure OR Pedicure	55min	R290
Infinite Shine Manicure OR Pedicure ( <i>Nude Colours</i> )	55min	R350
OPI Gelcolor Manicure OR Pedicure	55min	R395
OPI Gelcolor Removal		R85
OPI Deluxe Add-On – <i>soak, scrub, callus therapy &amp; mask added to mani or pedi</i>	15min	R145
Make-up Application – Clarins   LUMA	25 – 40 min	R250 – R350
Make-up Workshop – Clarins & LUMA	55min	R380
Eye Brow Tint		R60
Eye Lash Tint		R60

## NUTRITION & EXERCISE CONSULTS

\*COVERED BY MEDICAL AID

<b>Biokinetics Consultation*</b> Includes a take home programme	You will be invoiced directly at medical aid rates for these consultations	Tue & Thu
<b>Biokinetics Consultation*</b> Excluding a take home programme		Tue & Thu
<b>Nutrition Consultation*</b> Includes a take home programme		Mon – Fri
<b>Inversion Therapy</b>	R55	Mon – Sat
<b>Cholesterol Test</b>	R85	Mon – Sat



**BOOK 5 OF THE SAME TREATMENT AND GET THE 6TH FREE**

**MEALS** - Delicious healthy breakfast or lunch

**TRADING HOURS**  
 Monday to Friday 8am – 5pm We are open on  
 Saturday 8am – 12pm Public Holidays

**GIFT VOUCHERS**  
 We offer the perfect alternative to conventional gifts with Gift Vouchers available for family, friends, colleagues, or as incentives in the workplace. These vouchers can be redeemed for stays at the Hydro or treatments at the Day Spa, or they can be used for shop purchases.

20% Scholar discount on all treatments [Mon to Fri] excluding Under 18 Facial, any treatment on promotion and public holidays.

Prices are inclusive of VAT and subject to change. Terms and conditions apply.



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