



# Brookdale

HEALTH HYDRO

*Your Wellness Destination*

2021 RATES

VALID : 28 FEB TO 18 DEC



FOREST SUITE



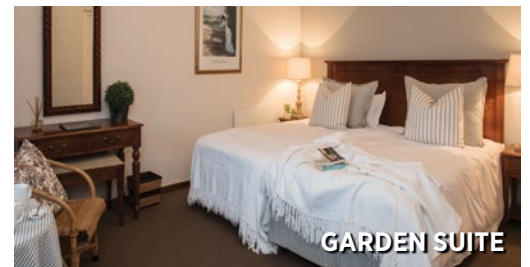
FOREST SUITE

## ACCOMMODATION TYPES

Standard Room	Room with en-suite bathroom.
Standard Room with TV	Room with en-suite bathroom and a TV.
Garden Suite	This is larger than a Standard Room, has a TV, tea-making facilities and an en-suite bathroom with bath and shower.
Fountain Suite	This suite is large, has a TV, fireplace, ceiling fan, lounge area and tea making facilities. The en-suite bathroom has a spa bath and shower.
Courtyard Suite	Looks out onto garden courtyard and is near the main facilities. Underfloor heating throughout, fireplace, ceiling fan and tea-making facilities. The separate lounge has a TV with DSTV. Two double beds, bathroom with a bath and shower, and separate toilet.
Forest Suite	This private, luxurious suite has a lounge with fireplace. The lounge leads out onto a balcony overlooking the forest. Under carpet heating in the bedroom. This air-conditioned suite has a TV with DSTV, tea-making facilities, spa bath and shower.



STANDARD ROOM



GARDEN SUITE



FOUNTAIN SUITE

All our rooms are supplied with fans and hairdryers as well as electric blankets, heaters and heated towel rails to ensure a warm, cosy atmosphere in winter.



COURTYARD SUITE



COURTYARD SUITE

Tel: 033 266 6208 | Cell: 082 906 0842

[info@brookdale.co.za](mailto:info@brookdale.co.za) [www.brookdale.co.za](http://www.brookdale.co.za)

Nottingham Road KwaZulu-Natal Midlands South Africa



# BROOKDALE ULTIMATE 'ME' TIME PACKAGES

VALIDITY : 28 FEBRUARY TO 18 DECEMBER 2021



## TWO NIGHT QUICK ESCAPE



### TREATMENT INCLUDED PER PERSON:

- 1 Swedish Full Body Massage

**ENQUIRE NOW**

### SUBJECT TO AVAILABILITY

Not available over public holidays

## A 2 NIGHT TONIC & TASTE OF BROOKDALE

SUNDAY TO TUESDAY  
OR  
THURSDAY TO SATURDAY

*A quick, healthy top up. These two nights will give you a taste of what Brookdale has to offer.*

### PACKAGE INCLUDES:

- Accommodation in the scenic country
- 3 wholesome meals a day
- Morning & afternoon snacks
- A daily morning tea tray delivered to your room
- Organic herbal teas available all day
- Treatments specified for the package
- Informative talks on aspects of healthy living
- Daily guided morning walks
- Daily aquacise classes
- Guided relaxation classes
- Yoga OR Pilates
- Free Wi-Fi

### UNLIMITED USE OF ALL FACILITIES

indoor heated pool | jacuzzi sauna | steam room | gym outdoor pool | labyrinth studio | reflexology path

## PACKAGE RATES FOR THE FULL TWO NIGHTS

Room Type	Single	Double (Sharing PP)
STANDARD ROOM	R 4 700	R 4 350
STANDARD WITH TV	R 5 060	R 4 600
GARDEN SUITE	R 5 760	R 5 100
FOUNTAIN SUITE	R 7 300	R 5 750
COURTYARD SUITE	R 7 300	R 5 750
FOREST SUITE	R 8 300	R 6 400

## THREE NIGHT BREAKAWAY



### TREATMENTS INCLUDED PER PERSON:

- 1 Swedish Full Body Massage
- 1 Express Facial

**ENQUIRE NOW**

## 3 NIGHTS TO CATCH YOUR BREATH

SUNDAY TO WEDNESDAY  
OR  
WEDNESDAY TO SATURDAY

*A shorter stay to refresh and re-energise.*

### PACKAGE INCLUDES:

- Accommodation in the scenic country
- 3 wholesome meals a day
- Morning & afternoon snacks
- A daily morning tea tray delivered to your room
- Organic herbal teas available all day
- Treatments specified for the package
- Informative talks on aspects of healthy living
- Daily guided morning walks
- Daily aquacise classes
- Guided relaxation classes
- Yoga | Pilates
- Make up demonstrations using LUMA & Clarins
- Free Wi-Fi

### UNLIMITED USE OF ALL FACILITIES

indoor heated pool | jacuzzi sauna | steam room | gym outdoor pool | labyrinth studio | reflexology path

## PACKAGE RATES FOR THE FULL THREE NIGHTS

Room Type	Single	Double (Sharing PP)
STANDARD ROOM	R 7 050	R 6 525
STANDARD WITH TV	R 7 590	R 6 900
GARDEN SUITE	R 8 640	R 7 650
FOUNTAIN SUITE	R 10 950	R 8 625
COURTYARD SUITE	R 10 950	R 8 625
FOREST SUITE	R 12 450	R 9 600

Prices are inclusive of VAT & are subject to change. Terms and Conditions Apply.



# BROOKDALE ULTIMATE 'ME' TIME PACKAGES

VALIDITY : 28 FEBRUARY TO 18 DECEMBER 2021



## SIX NIGHT R & R GETAWAY



### TREATMENTS INCLUDED PER PERSON:

- 2 Swedish Full Body Massages
- 1 Aromatherapy Full Body Massage
- 1 Express Facial
- A Brookdale Health Box

**ENQUIRE NOW**

## 6 NIGHTS TO RELAX & RE-ENERGISE

SUNDAY TO SATURDAY

*This is the perfect antidote to stressful modern living.*

*You are guided through a process that ensures complete relaxation, recuperation and rejuvenation; and empowers you with the knowledge and skills to make realistic, healthy changes in your life.*

### PACKAGE INCLUDES:

- Accommodation in the scenic country
- 3 wholesome meals a day
- Morning & afternoon snacks
- A daily morning tea tray delivered to your room
- Organic herbal teas available all day
- Treatments specified for the package
- Informative talks on aspects of healthy living
- Daily guided morning walks
- Daily aquacise classes
- Guided relaxation classes
- Yoga | Pilates
- Make up demonstrations using LUMA & Clarins
- Free Wi-Fi

### UNLIMITED USE OF ALL FACILITIES

indoor heated pool | jacuzzi  
sauna | steam room | gym  
outdoor pool | labyrinth  
studio | reflexology path

## PACKAGE RATES FOR THE FULL SIX NIGHTS

Room Type	Single	Double (Sharing PP)
STANDARD ROOM	R 14 100	R 13 050
STANDARD WITH TV	R 15 180	R 13 800
GARDEN SUITE	R 17 280	R 15 300
FOUNTAIN SUITE	R 21 900	R 17 250
COURTYARD SUITE	R 21 900	R 17 250
FOREST SUITE	R 24 900	R 19 200

## 2021 SPECIAL INTEREST GETAWAYS



### GUT REHAB WEEKS

Sun 7th - Sat 13th March  
Sun 2nd - Sat 8th May  
Sun 28th November - Sat 4th December



### 3 NIGHT YOGA GETAWAYS

Wed 7th - Sat 10th April  
Sun 6th - Wed 9th June  
Wed 9th - Sat 12th June  
Wed 13th - Sat 16th October



### 6 NIGHT YOGA GETAWAY

Sun 6th - Sat 12th June

Email [info@brookdale.co.za](mailto:info@brookdale.co.za) for further information

BROOKDALE HEALTH HYDRO (PTY) LTD

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KwaZulu-Natal, South Africa

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E-mail: [info@brookdale.co.za](mailto:info@brookdale.co.za)

Registered Members: AJ Somers-Cox, WM Somers-Cox



ONLINE BOOKINGS



[www.brookdale.co.za](http://www.brookdale.co.za)



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