



Brookdale

HEALTH HYDRO

Your Wellness Destination

2018 RATES

VALID 3 JAN – 22 DEC 2018



FOREST SUITE



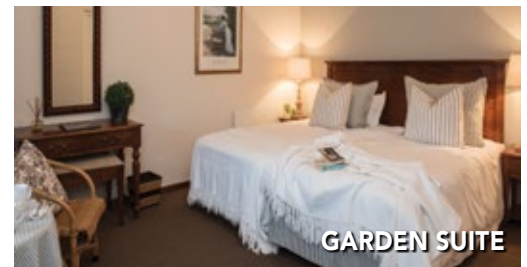
FOREST SUITE

ACCOMMODATION TYPES

Standard Room	Room with en-suite bathroom.
Standard Room with TV	Room with newly renovated 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.

Rooms with TV have SABC 1, 2 & 3, E-TV, M-Net, M-Net Movie channels, all SuperSport channels as well as a weather channel.



COURTYARD SUITE



COURTYARD SUITE



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info@brookdale.co.za www.brookdale.co.za

Nottingham Road KwaZulu-Natal Midlands South Africa





OUR PACKAGES INCLUDE:

- 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 Clarins

USE OF ALL FACILITIES:

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

CHOOSE BETWEEN OUR FOUR PACKAGES:

SIX NIGHT – R & R GETAWAY

6 NIGHTS TO RELAX & RE-ENERGISE

This is unique to Brookdale and is the perfect antidote to stressful modern living. You are guided through a process that firstly ensures complete relaxation, recuperation and rejuvenation; and secondly empowers you with the knowledge and skills to make realistic, healthy changes in your life.

SUNDAY – from between 14:15 – 16:15 to SATURDAY 10:00

The treatments included : 2 Swedish Full Body Massages, 1 Aromatherapy Full Body Massage and 1 Express Facial.

FOUR NIGHT – BLISSFUL RETREAT

4 NIGHTS TO REFRESH MIND & BODY

Our indulgent 4 night stay is the perfect escape to refresh and relax your mind and body.

SUNDAY – from between 14:15 – 16:15 to THURSDAY 10:00 or TUESDAY – from between 12:00 – 14:00 to SATURDAY 10:00

SUBJECT TO AVAILABILITY

The treatments included: 1 Swedish Full Body Massage, 1 Reflexology and 1 Express Facial.

THREE NIGHT – BREAKAWAY

3 NIGHTS TO CATCH YOUR BREATH

A shorter stay for those who can't find time for the complete wellness programme.

SUNDAY – from between 14:15 – 16:15 to WEDNESDAY 10:00 or WEDNESDAY – from between 12:00 – 14:00 to SATURDAY 10:00

The treatments included: 1 Swedish Full Body Massage and 1 Express Facial.

TWO NIGHT – QUICK ESCAPE

A 2 NIGHT TONIC & TASTE OF BROOKDALE

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

SUNDAY – from between 14:15 – 16:15 to TUESDAY 10:00
or THURSDAY – from between 12:00 – 14:00 to SATURDAY 10:00

SUBJECT TO AVAILABILITY

The treatment included: 1 Swedish Full Body Massage

2018 BROOKDALE RATES



2018 HYDRO PACKAGE RATES

VALID 03 JANUARY – 22 DECEMBER 2018

PACKAGE		STANDARD ROOM	STANDARD ROOM WITH TV	GARDEN SUITE	FOUNTAIN SUITE	COURTYARD SUITE	FOREST SUITE
2 NIGHT STAY <i>Quick Escape</i>	Single	R 3 800	R 4 100	R 4 800	R 6 900	R 6 900	R 7 800
	Double (Sharing)	R 3 500 pp	R 3 700 pp	R 4 300 pp	R 4 800 pp	R 4 800 pp	R 6 000 pp
3 NIGHT STAY <i>Breakaway</i>	Single	R 5 700	R 6 150	R 7 200	R 10 350	R 10 350	R 11 700
	Double (Sharing)	R 5 250 pp	R 5 550 pp	R 6 450 pp	R 7 200 pp	R 7 200 pp	R 9 000 pp
4 NIGHT STAY <i>Blissful Retreat</i>	Single	R 7 600	R 8 200	R 9 600	R 13 800	R 13 800	R 15 600
	Double (Sharing)	R 7 000 pp	R 7 400 pp	R 8 600 pp	R 9 600 pp	R 9 600 pp	R 12 000 pp
6 NIGHT STAY <i>R&R Getaway</i>	Single	R 11 400	R 12 300	R 14 400	R 20 700	R 20 700	R 23 400
	Double (Sharing)	R 10 500 pp	R 11 100 pp	R 12 900 pp	R 14 400 pp	R 14 400 pp	R 18 000 pp

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

Celebrating 26 Years of Changing Lives

MAKE THE MOST OF OUR BIRTHDAY MONTH RATES

Applies to 3 and 6 night stays and shared accommodation only.

FEBRUARY – BIRTHDAY MONTH MADNESS

VALIDITY: 28 January – 03 March 2018	3 NIGHT STAY – BREAKAWAY	6 NIGHT STAY – R&R GETAWAY
	TREATMENTS INCLUDED	TREATMENTS INCLUDED
	1 Swedish Full Body Massage and 1 Express Facial per person	2 Swedish Full Body Massages, 1 Express Facial and 1 Full Body Aromatherapy Massage per person
Standard Room	R 3 750 per person sharing for 3 nights	R 7 500 per person sharing for 6 nights
Standard Room with TV	R 3 900 per person sharing for 3 nights	R 7 800 per person sharing for 6 nights
Garden Suite	R 4 500 per person sharing for 3 nights	R 9 000 per person sharing for 6 nights
Fountain Suite	R 5 100 per person sharing for 3 nights	R 10 200 per person sharing for 6 nights
Courtyard Suite	R 5 100 per person sharing for 3 nights	R 10 200 per person sharing for 6 nights
Forest Suite	R 6 300 per person sharing for 3 nights	R 12 600 per person sharing for 6 nights

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



2018 BROOKDALE SPECIALS



FEBRUARY – BIRTHDAY MONTH MADNESS – 30% OFF RATES

To celebrate our Birthday month we are giving back to our guests with 30% OFF accommodation rates for the month of February.

APPLIES TO 3 AND 6 NIGHT STAYS AND SHARED ACCOMMODATION ONLY. VALID 28 JANUARY – 3 MARCH 2018

COMPLETE RATES ON PREVIOUS PAGE

EASTER – STAY 4 PAY 3

Enjoy a Pre-Easter Getaway at Brookdale – Pay for 3 Nights and receive the 4th night FREE

SUNDAY 25 MARCH TO THURSDAY 29 MARCH 2018

EARLY BIRD BOOKINGS

Book your stay 3 months in advance and receive a R300 Treatment Voucher to use during your stay.

APPLIES TO 3 AND 6 NIGHT STAYS ONLY.

BRING A FRIEND PROMO – MAY & NOVEMBER

Bring a friend along in the months of May and November and you both receive a Heavenly & Healthy Cooking Demo – clean eating inspiration with tasters and take home recipes.

APPLIES TO 3 & 6 NIGHT STAYS AND BOTH SINGLE & SHARED ACCOMMODATION. VALID 6 – 26 MAY & 4 NOVEMBER – 1 DECEMBER 2018

TERMS & CONDITIONS APPLY

2018 SPECIAL INTEREST GETAWAYS



DETOX & YOGA GETAWAY

[DETAILS](#)



MOTHER & DAUGHTER ESCAPE

[DETAILS](#)



FINANCE GETAWAY

[DETAILS](#)



GUT REHAB WEEK

[DETAILS](#)



ART THERAPY GETAWAY

[DETAILS](#)

BROOKDALE HEALTH HYDRO (PTY) LTD
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For online enquiries visit our website: www.brookdale.co.za

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



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