



# Brookdale

HEALTH HYDRO

*Your Wellness Destination*

2018 RATES

VALID 01 APR – 22 DEC 2018



FOREST SUITE



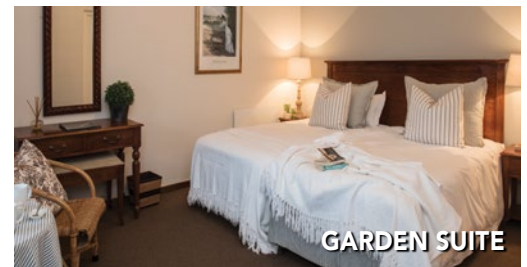
FOREST SUITE

## 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



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





## 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 01 APRIL – 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 3 840	R 4 140	R 4 840	R 6 960	R 6 960	R 7 880
	Double ( <i>Sharing</i> )	R 3 540 pp	R 3 740 pp	R 4 340 pp	R 4 840 pp	R 4 840 pp	R 6 060 pp
3 NIGHT STAY <i>Breakaway</i>	Single	R 5 760	R 6 210	R 7 260	R 10 440	R 10 440	R 11 820
	Double ( <i>Sharing</i> )	R 5 310 pp	R 5 610 pp	R 6 510 pp	R 7 260 pp	R 7 260 pp	R 9 090 pp
4 NIGHT STAY <i>Blissful Retreat</i>	Single	R 7 680	R 8 280	R 9 680	R 13 920	R 13 920	R 15 760
	Double ( <i>Sharing</i> )	R 7 080 pp	R 7 480 pp	R 8 680 pp	R 9 680 pp	R 9 680 pp	R 12 120 pp
6 NIGHT STAY <i>R&amp;R Getaway</i>	Single	R 11 520	R 12 420	R 14 520	R 20 880	R 20 880	R 23 640
	Double ( <i>Sharing</i> )	R 10 620 pp	R 11 220 pp	R 13 020 pp	R 14 520 pp	R 14 520 pp	R 18 180 pp

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

## 2018 BROOKDALE SPECIALS

### EARLY BIRD BOOKINGS

Book your stay 3 months in advance and receive a R500 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](#)



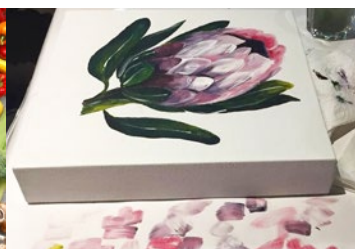
MOTHER & DAUGHTER ESCAPE

[DETAILS](#)



GUT REHAB WEEK

[DETAILS](#)



ART THERAPY GETAWAY

[DETAILS](#)

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For online enquiries visit our website: [www.brookdale.co.za](http://www.brookdale.co.za)

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



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