



ADDITIONAL Treatments AND Consultations

BODY THERAPY

Ozone Therapy in Mosaic Steam Room	20min	Single R95 Shared R75pp
Gentle Heat Therapy in Mosaic Steam Room - choose one Includes OZONE THERAPY		Must Have
Nourishing & Luxurious - Organic Range	45min	Single R540
Re-mineralizing - Ahava Dead Sea Range	45min	Shared R480 pp
Dead Sea Mud Experience - Intense detox, relaxing and re-mineralizing	55min	R570
Seaweed Body Mask - Lymph drainage and slimming	55min	R570
HYDROTHERAPY BATHS		
Ahava Dead Sea Bath Experience - Detox & Re-mineralize	25min	R350
Esse Bath Experience - Nourishing & Organic	25min	R350
Clarins - Relaxing & Pampering	25min	R290
Thalassotherapy - Facilitates cellulite reduction	25min	R290
Magnesium - Eases muscle pain	25min	R290

SPA EXPERIENCE		
- Indulgent Body Pampering Must Have		
Clarins - Draining & Contouring	85min	R795
Esse - Organic, Nourishing & Relaxing	85min	R795
BODY EXFOLIATION		
Guinot - Tropical & Refreshing	25min	R310
Clarins - Toning & Shaping	25min	R310
Esse - Organic	25min	R310
Body Bronzing Package Body exfoliation followed by an application of self-tan using French Bronze Express range.	55min	R660
ANTI-CELLULITE		
Cellulite Treatment - The perfect start to cellulite reduction Must Have	40min	R360
Cellulite Add-On (recommended daily) <input type="checkbox"/> LT oil & cups <input type="checkbox"/> Clarins Body Fit & cups	15min	R95

MASSAGE

Brookdale Bliss - Back massage with LT oil & cups, Scalp massage with Moroccan oil mask & Reflexology 25th Must Have	85min	R770
Pampering Swedish Massage - A firm deep tissue massage using Clarins product Must Have <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention	55min	R560
Brookdale's Heavenly Twin Massage - A synchronised massage carried out by two consultants	40min	R690
Aromatherapy - A gentle massage utilizing therapeutic benefits from essential oils	55min	R520
Fusion Massage - Back, scalp & foot massage	55min	R520
CHANGE YOUR INCLUDED FULL BODY SWEDISH MASSAGE TO A:		
Pampering Swedish Massage <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention	ADD	R95
Brookdale's Heavenly Twin Massage	ADD	R185
Aromatherapy Massage with LT Blend <input type="checkbox"/> Beta Day <input type="checkbox"/> Beta Sleep <input type="checkbox"/> Osto <input type="checkbox"/> Sunset <input type="checkbox"/> Vascu Flow	ADD	R95
Fusion Massage	ADD	R55
Advanced Face & Body Aromatherapy with LT oils & cups / pressure points <input type="checkbox"/> Betta Day - Depression, fear & anxiety <input type="checkbox"/> Betta 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"/> Vascu Flow - Improves blood circulation	70min	R690
Brookdale Stone Massage - WINTER BLISS! - Luxurious deep massage using marble and slate stone <input type="checkbox"/> Clarins Toning <input type="checkbox"/> Clarins Relaxing	70min	R690

Scalp Massage Including neck and shoulders	25min	R250
Scalp Massage Add-Ons		
Wild Ginger - A must for colour treated or damaged hair Paul Mitchell	R85	
Invigorating Tea Tree Paul Mitchell	R55	
Intense Hydrating Mask Moroccan oil	R55	
Reflexology - Pressure point massage performed on the feet	25min 55min	R245 R490
Ahava Back Mud Treatment with LT oil & cups - Deep relief to tense back muscles	40min	R390
Esse Back Cleanse - Deep cleanse for the back	25min	R295
Treatment Add-Ons Must Have		
Using LT oil & cups / pressure points		
Sino - Relieves sinus congestion	15min	R95
Abdocalm - Relieves bloatedness and constipation (This Abdocalm treatment is for women only)	15min	R95
Aches & Pain - Relieves muscle tension	15min	R95





Must Have

FACIAL THERAPY FOR MEN & WOMEN

Guinot Hydradermie Lift Deluxe - The high tech lifting facial treatment	85min	R1150	
Guinot Hydradermie - Exclusive Guinot treatment tailored for you	55min	R795	
Guinot Liftosome - Instant "lifting" effect of the face	55min	R995	
Guinot Age Summum - Innovative hands-on anti-aging treatment	55min	R995	
Guinot Hydra Peeling - Skin Renewal Treatment <input type="checkbox"/> Hydra PH <input type="checkbox"/> Hydrabrasion	55min	R995	NEW
Guinot Hydra Clean - Specific for congested areas	25min	R390	

Guinot Eye Logic - Treats wrinkles, puffiness & darks circles	40min	R595	<i>Must Have</i>
Guinot Hydradermie Lift Express (may only book if having an advanced or intro facial first)	25min	R460	
Guinot Bust Care (added to any advanced or intro facial)	15min	R260	
Esse Organic Facial - 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	
Clarins Tri-Active Facial - 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	R795	
Introductory Facial <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

Manicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R280	
Pedicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R280	
OPI Callus Therapy - Extra Hard Skin Treatment	Add-on	R45	
OPI Deluxe Add-On - Soak, Scrub, Callus Therapy & Mask <input type="checkbox"/> Hands <input type="checkbox"/> Feet	15min	R145 each	
Infinite Shine Manicure with OPI - Nudes	55min	R350	
Infinite Shine Pedicure with OPI - Nudes	55min	R350	
Gel Soak Off <input type="checkbox"/> Fingers <input type="checkbox"/> Toes	20min	R85 each	
Please Note: OPI, Gelish or Shellac only, we cannot remove biosculpture or building gel.			
Gelcolour Manicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R395	
Gelcolour Pedicure with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R395	
Eye Brow Shape <input type="checkbox"/> Tweeze <input type="checkbox"/> Wax		R60	
Tinting <input type="checkbox"/> Brow <input type="checkbox"/> Lash		R60 each	
Make-up Application - LUMA or Clarins (on day of departure)		R270	

WAXING

Half Leg Wax		R170	
¾ Leg Wax		R195	
Full Leg Wax		R225	
<input type="checkbox"/> Lip Wax <input type="checkbox"/> Chin Wax	each	R55	
Under Arm Wax		R65	
Bikini Wax		R80	
COOKING DEMONSTRATION Min 3 guests	60min	R270	11AM TUES 11AM THURS
INVERSION THERAPY 2 Sessions		R110	

CONSULTS & HEALTH CHECKS

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

*Biokinetics Consultation - Incl. take home programme	R685	
*Biokinetics Consultation - Excl. take home programme	R585	
*Biokinetics Back Care Session - Incl. take home programme	R685	
Specialised Exercise Session	R585	
Cholesterol Test	R85	
Glucose Test	R85	
Nutrition Consultation - Limited availability. Incl. take home programme	R650	

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

ACTIVITIES

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

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ONLINE BOOKINGS

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