



JUMP ON ONE OF THE HEALTHIEST CULINARY RIDES OF YOUR LIFE

@ Brookdale

With Registered Dietician Caryn Davies & Chef Juliet Stephenson



OCTOBER CULINARY GETAWAY

HEALTHY ENTERTAINING MADE EASY

Our demos are designed for those who have a passion for healthy & nourishing food and want to learn some new and exciting dishes with little time and effort.

3 NIGHTS: WEDNESDAY 18TH – SATURDAY 21ST OCTOBER 2017

ADD R950 TO YOUR STAY

and enjoy 4 cooking demos, tastings and take home recipes

WEDNESDAY

18h00 The Getaway starts with a 60 minute introduction with Caryn. She will discuss issues on current health topics relating to a fresh and healing diet.

THURSDAY

10h30 – 11h30 Prepping the Basics – pestos, pastes, dressings and relishes...

15h30 – 16h30 Healthy Drinks & Snacks – gin & pomegranate, lemon twist, cucumber canapés and salads on a stick...

FRIDAY

10h30 – 11h30 Versatile Aromatic Curry & Sensational Salad Mains – parma ham, prawns, smoked salmon and chicken...

15h30 – 16h30 Unbelievably Tasty Treats – pistachio and fig truffles, festive creamy bombe and frozen delights...

Your treatments, relaxation time and activities will be scheduled around these times.

The cooking demonstrations are geared towards teaching you fresh, new and innovative ideas for effortless healthy entertaining for the whole family.

REGISTERED DIETICIAN : CARYN DAVIES

BSC DIET, STELLENBOSCH; PDM (WITH DISTINCTION), WITS BUSINESS SCHOOL

Caryn has been in the field of nutrition and dietetics for 13 years and has been a part of the Brookdale family since 2010.

CHEF : JULIET STEPHENSON

Juliet, who serves delicious and nutritious meals, has been an integral part of the Brookdale team since 2010, and is adored by both staff and guests alike. Her popular cooking demonstrations, help to inspire and show our guests just how simple it is to prepare healthy flavour rich meals.



ENJOY 25% OFF

**ALL ACCOMMODATION RATES FOR 2017
IN CELEBRATION OF OUR 25TH BIRTHDAY YEAR**

as well as specials, giveaways, competitions and these fantastic getaways...

2017 RATES FROM R 4 800 per person sharing for a 3 night stay

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

TERMS AND CONDITIONS APPLY

DON'T MISS OUT ON THIS FANTASTIC OPPORTUNITY

Call Misha or Jamie now to book your spot or book online on www.brookdale.co.za/online-booking



Brookdale

HEALTH HYDRO

Your Wellness Destination

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