



# Mom and Daughter Getaways @ BROOKDALE



## SHARE QUALITY TIME...

with your Daughter @ Brookdale

**JUNE 2018**

3 NIGHTS: Wednesday 27th – Saturday 30th June

**AUGUST 2018**

3 NIGHTS: Sunday 26th – Wednesday 29th August

### ADD R450 EACH TO YOUR STAY

*and enjoy the following:*

- Cooking Demo with Nutritional guidance from Brookdale's Chef and Dietician
- DIY Make Up Workshop using Clarins Make-up
- DIY Facial Workshop using your brand of choice Guinot / Esse / Clarins
- Customised Stress & Coping Informative Talk
- Surprise Gift



**CLARINS**

**esse**  
PROBIOTIC SKINCARE

**GUINOT**  
INSTITUT • PARIS





# 2018 RATES FROM R 5 250 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

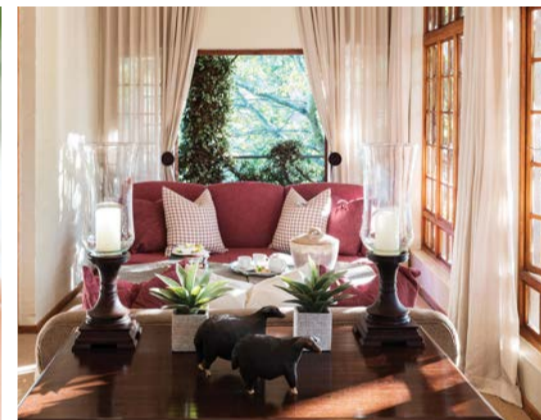
## UNLIMITED USE OF ALL FACILITIES:

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

TERMS AND CONDITIONS APPLY

## DON'T MISS OUT ON THESE FANTASTIC OPPORTUNITIES

Call Misha or Sarah now to book your spot or book online on [www.brookdale.co.za/online-booking](http://www.brookdale.co.za/online-booking)



**Brookdale**  
HEALTH HYDRO

*Your Wellness Destination*

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