





# 2019 RATES FROM R 5 700

per person sharing for the full 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 LUMA & Clarins

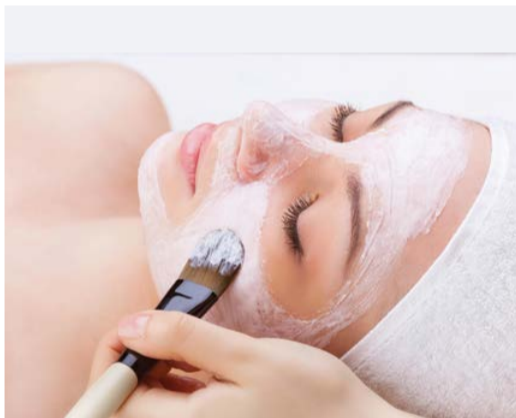
## UNLIMITED USE OF ALL FACILITIES:

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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