



Brookdale

HEALTH HYDRO



Hydro Myths

I'll be Hungry all the Time

One of the main attractions for Brookdale guests is the food! We offer three appetizing, balanced meals, as well as morning and afternoon snacks daily. The calorie content of food is controlled, according to our nutrition plan, but meals are delicious and well presented. Recipes are available in our cookbooks to maintain healthy eating at home. Fasting is not encouraged.

It Will be too Expensive

Our reasonable rates are often a major drawcard for new visitors. Accommodation is tastefully appointed and well equipped to ensure a warm, cosy environment. Your stay will include all meals, a selection of treatments (varying with different packages), use of all our facilities, exercise classes, informative talks and a make-up demo.

Hydros are for the Rich and Famous

If your fellow guests are rich and famous it's unlikely that you'll know – as everyone enjoys the same Brookdale experience and feels fantastic after a couple of days! People come to de-stress from demanding jobs, from juggling work and family, to recover from illness or even to take a study break.

Hydros are Not a Place for Men

Men should care about managing stress – to consider their appearance and to say 'Time out for me!' Men now make up over 30% of Brookdale's clientele and it is encouraging that more are making a Hydro visit part of their annual de-stress routine. All men are welcome at our Hydro – from action sportsmen to the stressed out business exec.

I'll be Bored

Not at Brookdale! From the time you step into your comfortable (optional) white gown you will begin enjoying heavenly treatments, participating in forest walks, attending aquacise or relaxation classes, listening to informative talks, chatting to new friends, curling up on the couch with a good book or snoozing in front of a fire during winter. Gowrie Estate offers golf right next door, and fly fishing, cycling, birding, horse riding and tennis are all available in the area.

It Will be Stricter than a Boarding School

Feel free to follow your own schedule although we encourage you to take full advantage of joint activities. The group dynamic that builds over your time at Brookdale helps you realise that you are not alone in establishing a healthier lifestyle. You are able to relax, be less self-critical and more likely to enjoy every minute. There is no strict regime at Brookdale but to help you relieve the build up of toxins, alcohol and caffeine are not served. Guests are free to smoke outdoors in allocated areas.