



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		Must Have
- Indulgent Body Pampering		
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	40min	R360
Cellulite Add-On (recommended daily)	15min	R95
<input type="checkbox"/> LT oil & cups	<input type="checkbox"/> Clarins Body Fit & cups	

MASSAGE

Brookdale Bliss - Back massage with LT oil & cups, Scalp massage with Moroccan oil mask & Reflexology	85min	R770	25th Must Have
Pampering Swedish Massage - A firm deep tissue massage using Clarins product <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention	55min	R560	Must Have
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"/> Beta Day - Depression, fear & anxiety <input type="checkbox"/> Beta 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		
Using LT oil & cups / pressure points		Must Have
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 Lift Summum - Targets loss of firmness in face, neck and décolleté	55min	R1100	NEW
Guinot Hydra Peeling - Skin Renewal Treatment <input type="checkbox"/> Hydra PH <input type="checkbox"/> Hydrabrasion	55min	R995	

Guinot Hydra Clean - Specific for congested areas	25min	R390	<i>Must Have</i>
Guinot Eye Logic - Treats wrinkles, puffiness & darks circles	40min	R595	
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 added to a Mani or Pedi <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	
<i>Please Note: OPI, Gelish or Shellac only, we cannot remove biosculpture or building gel.</i>			
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 <i>Min 3 guests</i>	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	R745	
*Biokinetics Consultation - Excl. take home programme	R590	
*Biokinetics Back Care Session - Incl. take home programme	R745	
Specialised Exercise Session	R590	
Cholesterol Test	R85	
Glucose Test	R85	
Nutrition Consultation - Limited availability. Incl. take home programme	R745	

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	AM	

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ONLINE BOOKINGS

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