



# ADDITIONAL Treatments AND Consultations

GUEST DETAILS	NAME		DATE OF ARRIVAL	DATE OF DEPARTURE
	SURNAME			

### BODY THERAPY

Ozone Therapy in Mosaic Steam Room	20min	Single R100	
		Shared R85pp	
<b>Gentle Heat Therapy</b> in Mosaic Steam Room – choose one Includes OZONE THERAPY	<b>Must Have</b>	Single R590	
<input type="checkbox"/> Nourishing & Luxurious - Organic Range	45min		
<input type="checkbox"/> Re-mineralizing - Ahava Dead Sea Range	45min	Shared R535pp	
<b>BODY MASK</b>			
<b>Dead Sea Mud Experience</b> - Intense detox, relaxing and re-mineralizing	55min	R650	
<b>Seaweed Body Mask</b> - Lymph drainage and slimming	55min	R630	
<b>HYDROTHERAPY BATHS</b>			
<b>Ahava Dead Sea Bath Experience</b> - Detox & Re-mineralize	25min	R390	
<b>Esse Bath Experience</b> - Nourishing & Organic	25min	R390	
<b>Clarins</b> - Relaxing & Pampering	25min	R310	
<b>Thalassotherapy</b> - Facilitates cellulite reduction	25min	R310	
<b>Magnesium</b> - Eases muscle pain	25min	R310	
<b>BROOKDALE EXPERIENCE</b> <b>Must Have</b> – Indulgent Body Pampering			
<b>Clarins Face &amp; Body Pamper</b> - Pampering hydrotherapy bath followed by a luxurious body exfoliation	55min	R690	
<b>Esse Spa Experience</b> - <i>The Ultimate Full Body Treat</i> - Luxurious hydrotherapy bath followed by an exfoliation and body wrap	85min	R870	
<b>Lilian Terry Muscle Ease</b> - Targeted muscle tension relief focusing on the back of the body	55min	R710	
<b>BODY EXFOLIATION</b>			
<b>Guinot</b> - Tropical & Refreshing	25min	R345	
<b>Clarins</b> - Toning & Shaping	25min	R345	
<b>Esse</b> - Organic	25min	R345	
<b>Body Bronzing Package</b> Body exfoliation followed by an application of self-tan using French Bronze Express range.	55min	R730	
<b>ANTI-CELLULITE</b>			
<b>Lilian Terry cellulite treatment</b> - Advanced treatment targeting cellulite areas	55min	R710	
<b>Cellulite Treatment</b> - Customised cellulite treatment	40min	R390	
<b>Cellulite Add-On</b> (recommended daily) <input type="checkbox"/> LT oil & cups <input type="checkbox"/> Clarins Body Fit & cups	15min	R95	

### MASSAGE

<b>Brookdale Bliss</b> - Back massage with LT oil & cups, Scalp massage with Moroccan oil mask & Reflexology	<b>Must Have</b>	85min	R840
<b>Pampering Swedish Massage</b> - A firm deep tissue massage using Clarins product		55min	R650
<input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention			
<b>Brookdale's Heavenly Twin Massage</b> - A synchronised massage by two consultants	<b>Must Have</b>	40min	R750
<b>Aromatherapy</b> - A gentle massage utilizing therapeutic benefits from essential oils		55min	R610
<b>Fusion Massage</b> - Back, scalp & foot massage		55min	R600
<b>CHANGE YOUR INCLUDED FULL BODY SWEDISH MASSAGE TO A:</b>			
<b>Pampering Swedish Massage</b> <input type="checkbox"/> Toning <input type="checkbox"/> Relaxing <input type="checkbox"/> Water Retention		ADD	R95
<b>Brookdale's Heavenly Twin Massage</b>		ADD	R185
<b>Aromatherapy Massage with LT Blend</b> <input type="checkbox"/> Beta Day <input type="checkbox"/> Beta Sleep <input type="checkbox"/> Osto <input type="checkbox"/> Sunset <input type="checkbox"/> Vasco Flow		ADD	R95
<b>Fusion Massage</b>			NO CHARGE
<b>Advanced Face &amp; Body Aromatherapy</b> with LT oils & cups / pressure points			
<input type="checkbox"/> <b>Betta Day</b> - Depression, fear & anxiety			
<input type="checkbox"/> <b>Betta Sleep</b> - Improve the quality of sleep	70min		R745
<input type="checkbox"/> <b>Osto</b> - Relieves pain & stiffness in muscle, joint & bone			
<input type="checkbox"/> <b>Sunset</b> - Female well-being, PMT, menopause			
<input type="checkbox"/> <b>Vasco Flow</b> - Improves blood circulation			
<b>Brookdale Stone Massage</b> - <i>WINTER BLISS!</i> - Luxurious deep massage using marble and slate stone		70min	R750
<input type="checkbox"/> Clarins Toning <input type="checkbox"/> Clarins Relaxing			
<b>Scalp Massage</b> - Including neck and shoulders		25min	R275
<b>Scalp Massage Add-Ons</b>			
<b>Wild Ginger</b> - A must for colour treated or damaged hair <i>Paul Mitchell</i>			R165
<b>Invigorating Tea Tree</b> <i>Paul Mitchell</i>			R85
<b>Intense Hydrating Mask</b> <i>Moroccanoil</i>			R85
<b>Reflexology</b> - Pressure point massage performed on the feet		25min	R270
		55min	R540
<b>Ahava Back Mud Treatment</b> with LT oil & cups - Deep relief to tense back muscles		55min	R600
<b>Esse Back Cleanse</b> - Deep cleanse for the back		25min	R335
<b>Treatment Add-Ons</b> Using LT oil & cups / pressure points <b>Must Have</b>			
<b>Sino</b> - Relieves sinus congestion		15min	R95
<b>Abdocalm</b> - Relieves bloatedness and constipation (This Abdocalm treatment is for women only)		15min	R95
<b>Aches &amp; Pain</b> - Relieves muscle tension		15min	R95



*Must Have*

## FACIAL THERAPY FOR MEN & WOMEN

<b>Guinot Hydradermie Lift Deluxe</b> - The high tech lifting facial treatment	85min	R1380
<b>Guinot Detoxigene Hydradermie Facial</b> <b>NEW</b> - Detoxifying reoxygenating advanced facial treatment	85min	R1500
<b>Guinot Hydradermie</b> - Exclusive Guinot treatment tailored for you	55min	R880
<b>Guinot Age Summum</b> - Innovative hands-on anti-aging treatment	55min	R1190
<b>Guinot Lift Summum</b> - Targets loss of firmness in face, neck and décolleté	55min	R1190
<b>Guinot Hydra Peeling</b> - Skin Renewal Treatment <input type="checkbox"/> Hydra PH <input type="checkbox"/> Hydrabrasion	55min	R1075

<b>Guinot Hydra Clean</b> - Specific for congested areas	<i>Must Have</i>	25min	R460
<b>Guinot Eye Lift</b> - Treats wrinkles, puffiness & darks circles		40min	R740
<b>Guinot Bust Care</b> (added to any advanced or intro facial)		15min	R285
<b>Esse Organic Facial</b> - Advanced customised treatment <input type="checkbox"/> Clarifying <input type="checkbox"/> Hydroboost <input type="checkbox"/> Bright <input type="checkbox"/> Hyaluronic <input type="checkbox"/> Intensity		55min	R980
<b>Clarins Tri-Active Facial</b> - 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	R1190
<b>Introductory Facial</b> <input type="checkbox"/> Esse <input type="checkbox"/> Clarins <input type="checkbox"/> Guinot		55min	R610

## FINISHING TOUCHES

Please Note: We are not able to work on artificial / acrylic / gel other than OPI

<b>Manicure</b> with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R350
<b>Pedicure</b> with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R380
<b>Infinite Shine Manicure</b> with OPI – Nudes	55min	R400
<b>Infinite Shine Pedicure</b> with OPI – Nudes	55min	R420
<b>Gelcolour Manicure</b> with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R430
<b>Gelcolour Pedicure</b> with OPI <input type="checkbox"/> Colour <input type="checkbox"/> French	55min	R460
<b>Gel Soak Off</b> <input type="checkbox"/> Fingers <input type="checkbox"/> Toes	20min	R100 each
Please Note: OPI, Gelish or Shellac only, we cannot remove biosculpture or building gel.		
<b>OPI Callus Therapy</b> - Extra Hard Skin Treatment	Add-on	R55
<b>OPI Deluxe Add-On</b> - Soak, Scrub, Callus Therapy & Mask added to a Mani or Pedi <input type="checkbox"/> Hands <input type="checkbox"/> Feet	15min	R155 each
<b>Eye Brow Shape</b> <input type="checkbox"/> Tweeze <input type="checkbox"/> Wax		R65
<b>Tinting</b> <input type="checkbox"/> Brow <input type="checkbox"/> Lash		R85 each
<b>Make-up Application</b> - LUMA or Clarins (on day of departure)		R320

## WAXING

<b>Half Leg Wax</b>		R195
<b>¾ Leg Wax</b>		R230
<b>Full Leg Wax</b>		R260
<input type="checkbox"/> Lip Wax <input type="checkbox"/> Chin Wax	each	R65
<b>Under Arm Wax</b>		R85
<b>Bikini Wax</b>		R150
<b>COOKING DEMONSTRATION</b> Min 3 guests <i>A Must</i>	60min	R295
		11AM TUES
		11AM THURS
<b>INVERSION THERAPY</b> 2 Sessions		R110

## CONSULTS & HEALTH CHECKS

\*COVERED BY MEDICAL AID  
(excludes Vitality and Momentum fitness assessments)

*Must Have*

<b>*Biokinetics Consultation</b> - Incl. take home programme	You will be invoiced directly at medical aid rates for these consultations
<b>*Biokinetics Consultation</b> - Excl. take home programme	
<b>*Nutrition Consultation</b> Incl. take home programme	
<b>Cholesterol Test</b>	R85
<b>Glucose Test</b>	R85

Please tick the activities below that you would like to participate in (no additional charge)

## ACTIVITIES

<b>Make-up Demo</b> - Luma (Simple Radiance) followed by Clarins (Complete Look)	TUESDAY	12H00
	THURSDAY	12H00
<b>Aquacise Class</b> - Water aerobics in the indoor pool	DAILY	
<b>Pilates</b> - Focusing on core stability and body alignment	TUESDAY	07H00
	THURSDAY	07H00
<b>Yoga</b> - Strengthening your body mentally and physically	WEDNESDAY	07H00
	FRIDAY	07H00
<b>Guided Relaxation</b> - Using conscious relaxation techniques to help relax and calm the mind & body	MONDAY	PM
	THURSDAY	PM
<b>Nutrition Talk</b> - Eating made easy! A sensible, practical approach towards nutrition	MONDAY	AM
<b>Stress &amp; Coping Talk</b> - What is stress? How it affects our health, and the appropriate coping strategies	TUESDAY	AM
<b>Gut Health DVD</b>	TUESDAY	PM
	THURSDAY	PM
<b>Movement is Medicine</b> - Exercise is essential, get the solutions	THURSDAY	AM
<b>Supplementation &amp; Micronutrients</b> - What you need to know	FRIDAY	AM

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