



## SPA PACKAGES

(Packages include accommodation in a luxury room, full breakfast daily and unlimited use of gym. All extras for own account – e.g. meals not specified, drinks, telephone, gratuities etc)

### One Night Relaxing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- African Apricot Kernel Scrub (20min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Ultra Delux Relaxation Massage (75min)
- Express Grooming of Hand & Feet (60min)

### One Night Relaxing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- Foot Massage (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Multivitamin Power Skin Treatment (90min)
- Hot Stone Full Body (60min)

### One Night De Stress Package:

Day One:

- Welcome Drink on arrival
- Hydro Active Mineral Salt Scrub (30min)
- African Mud Wrap (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Sauna (30min)
- Spa Manicure/Hand Grooming for Men (60min)
- Spa Pedicure/Foot Grooming for Men (60min)
- Aromatherapy Back, Neck & Shoulder Massage (45min)

### One Night Rebalancing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- African Head Massage (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- African Apricot Kernel Scrub (20min)
- Aromatherapy Back, Neck & Shoulder Massage (45min)

### Two Night Relaxing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- African Apricot Kernel Scrub (20min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- African Wood Massage (60min)
- Express Grooming of Hand & Feet (60min)
- Sundowner Snacks
- Gourmet 6 course Dinner

### Two Night Wellbeing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- Aromatherapy back, neck & shoulders (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Multivitamin Power Skin Treatment (90min)
- Spa Manicure/Hand Grooming for Men (60min)
- Spa Pedicure/Foot Grooming for Men (60min)
- Sundowner Snacks
- Gourmet 6 course Dinner

### Two Night De Stress Package:

Day One:

- Welcome Drink on arrival
- Hydro Active Mineral Salt Scrub (30min)
- Nourishing Aloe Wrap (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Sauna
- Spa Manicure/Hand Grooming for Men (60min)
- Spa Pedicure/Foot Grooming for Men (60min)
- Hot Stone back, neck & shoulders (45min)
- Sundowner Snacks
- Gourmet 6 course Dinner

### Two Night Rebalancing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- Foot Massage (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Geranium and Pine Sugar Scrub (20min)
- Nourishing Aloe Wrap (30min)
- Hot Stone Back, neck & shoulders (45min)
- Sundowner Snacks
- Gourmet 6 course Dinner

### Three Night Revival Package:

Day One:

- Welcome drink on arrival
- Vichy Shower (30min)
- Hydro Active Mineral Salt Scrub (30min)
- Nourishing Aloe Wrap (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Serum Skin Care Treatment (90min)
- Spa Manicure/Hand Grooming for Men (60min)
- Spa Pedicure/Foot Grooming for Men (60min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Three:

- Hydrotherapy Bath with Aromatherapy Oils (30min)
- African Wood Massage (90min)
- Sundowner Snacks
- Gourmet 6 course Dinner

### Three Night Soul Getaway Package:

Day One:

- Welcome drink on arrival
- Sauna (30min)
- African Head Massage (30min)
- Aromatherapy Back, neck & shoulder massage (45min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Serum Skin Treatment (90min)
- Express Grooming of Hands & Feet (60min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Three:

- Hydrotherapy Bath with Aromatherapy Oils (30min)
- Foot Massage (30 min)
- Sundowner Snacks
- Gourmet 6 course Dinner

### Three Night Sleep Enhancer Package:

Day One:

- Welcome drink on arrival
- Vichy Shower (30min)
- Marula and Sandlewood Sugar Buff (20min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Serum Skin Care Treatment (75min)
- Paraffin Wax Manicure/Hand Grooming for Men (80min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Three:

- Aromatherapy Back, neck & shoulder massage (45min)
- African Mud Wrap (20min)
- Sundowner Snacks
- Gourmet 6 course Dinner

	Winter 2010 01 May – 20 Sep		Summer 2010 – 2011 21 Sep – 30 Apr		Winter 2011 01 May – 20 Sep	
	Per person	Single	Per person	Single	Per person	Single
One Night Relaxing	R2050	R2050	R2595	R3145	R2215	R2215
One Night Wellbeing	R2310	R2310	R2890	R3440	R2510	R2510
One Night De-Stress	R2470	R2470	R3060	R3610	R2682	R2680
One Night Rebalancing	R1960	R1960	R2500	R3050	R2120	R2120
Two Night Relaxing	R3005	R3005	R4005	R5105	R3245	R3245
Two Night Wellbeing	R3375	R3375	R4420	R5520	R3660	R3660
Two Night De-Stress	R3430	R3430	R4470	R5570	R3710	R3710
Two Night Rebalancing	R3130	R3130	R4160	R5260	R3400	R3400
Three Night Revival	R5125	R5125	R6695	R8345	R5555	R4997
Three Night Soul Getaway	R4340	R4340	R5840	R7490	R4700	R4700
Three Night Sleep Enhancer	R4540	R4540	R6030	R7655	R4870	R4870