



Overnight Packages Menu



Treat yourself to a unique range of treatments incorporating some wonderful treatments.

ESCAPE TO THE VINEYARDS

One night package valid from 01 October 2007 to 30 April 2008

PER SINGLE
 PERSON PER PERSON SHARING
 PER SHARING ROOM
 R1 746.00
 R1 416.00
 R2 832.00

The above rates include:

A full breakfast
 A light lunch

One 60min treatment per person per night from a selected list of treatments.

VAT at 14%

Drinks & gratuities need to be settled directly. The above rates are subject to availability and are subject to change.

ALTERNATIVE HOLISTIC HEALING & REJUVENATION

5 days / 6 nights

Rate: Estimates can be given on request - dependant on the duration of energy healing, choice of outdoor option and exercise program. Programs are tailor made.



Nutritional consultation with Dietician
 3 Sessions with our Energy Healer
 2 Pilates classes
 3 Power Plate sessions
 2 Fitness training sessions
 Daily outdoor option choice between aqua class, power walk or cycling
 2 Reflexology sessions
 2 Fennel cleansing cellulite & colon therapies
 1 Aroma Stone therapy
 1 TheraNaka African Wood Massage
 1 Deep tissue massage
 1 Pro-collagen marine facial
 1 Herbal lavender repair facial
 1 Comfort Zone monticelli mud wrap
 1 Theravine Pinotage grape skin extract bath
 1 grape seed body exfoliation
 1 Spa manicure
 1 Spa pedicure

Wellness balanced meals daily according to prescribed menu

All public areas may be used: Saunas, Steam Room, Jacuzzi, Rasul Chamber, heated pool as well as the relaxation areas.

ANTI AGING & SKIN NOURISHMENT

5 days / 6 nights

Rate: Estimates can be given on request - dependent on the choice of outdoors & exercise program options. Programs are tailor made.

Nutritional consultation with Dietician

3 Power Plate sessions

1 Fitness consultation

1 Fitness instruction session

1 Hair consultation as well as a choice of 1 of the salon services (i.e. cut, colour & style)

1 Lanzerac Firming Body Gel Wrap

1 Comfort Zone Monticelli Mud Wrap

1 Grape Seed Exfoliation

1 Deluxe Lanzerac Anti-Ageing/Nutritional Facial

Theravine Aromatherapy Anti-Wrinkle Facial

1 Deluxe Manicure

1 Deluxe Pedicure

2 Eye contouring treatments

1 Reflexology session

1 Moisturising Body Butter Bath

1 TheraNaka Avocado & Shea Butter Nugget Massage

1 Elemis Deep Tissue Muscle Massage

1 Aroma Therapy Massage

Daily outdoor option choice between aqua class, power walk or cycling

Wellness Balanced Meals daily according to prescribed menu

All public areas may be used: Saunas, Steam Room, Jacuzzi, Rasul Chamber, heated pool as well as the relaxation areas.



SAMPLE OF A 5 DAY/6 NIGHTS DETOX & WEIGHT LOSS PROGRAM LAYOUT

DAY 1

09:00 Wellness Breakfast in room

10:00 Ultra Deluxe Massage

11:30 Relaxation time & Smoothie

12:00 Fitness Training Session

13:00 Wellness Lunch in Spa

14:00 Power walk

15:00 Relaxation time

15:30 Grape Seed Body Exfoliation

16:00 Smoothie

16:30 Theravine Pinotage Bath

19:00 Wellness dinner in restaurant or hotel room



DAY 2

09:00 Wellness Breakfast in room

10:00 Lanzerac Body Gel Wrap

11:30 Relaxation time & Smoothie

12:00 Power Plate Session

12:30 Eye Contouring Treatment

13:00 Wellness Lunch in Spa

14:00 Pilates class

15:00 Relaxation time

15:30 TheraNaka African Wood Massage

16:45 Smoothie

19:00 Wellness dinner in restaurant or hotel room

DAY 3

09:00 Wellness Breakfast in room

10:00 Lanzerac Body Gel Wrap

11:30 Relaxation time & Smoothie

12:00 Reflexology

13:00 Wellness Lunch in Spa

14:00 Bicycle Tour

15:00 Relaxation time with Smoothie

15:30 Lymphatic Drainage

19:00 Wellness dinner in restaurant or hotel room

DAY 4

09:00 Wellness Breakfast in room
10:00 Sports Massage
11:00 Relaxation time & Smoothie
11:30 Fitness Training Session
12:30 Wellness Lunch in Spa
13:30 Power walk
14:30 Pinotage Bath
15:00 Relaxation time with Smoothie
15:30 Comfort Zone Monicelli Mud Wrap
19:00 Wellness dinner in restaurant or hotel room



DAY 5

09:00 Wellness Breakfast in room
10:00 Lymphatic Drainage
11:00 Relaxation time & Smoothie
11:30 Pilates class
12:30 Power Plate Session
12:50 Wellness Lunch in Spa
13:50 Theravine Anti Wrinkle Facial
15:50 Relaxation time with Smoothie
19:00 Wellness dinner in restaurant or hotel room

Please note: This is a suggested program and timing. Packages can be altered according to the client's age, fitness level and goals. This should only be seen as a guideline.