

BROOKDALE ESTATE

MANOR HOUSE SPA MENU



BODY THERAPY

R 550 | 45 mins

Back, neck & shoulder massage

Relieves tension that builds up in the muscles and mind from daily pressures.

SPECIALISED BODY THERAPIES

R 750 | 60 mins, R 950 | 90 mins

Swedish full body massage

Knowledgeable hands ease tense muscles with rhythmic strokes for complete relaxation.

Hot stone full body massage

Heated volcanic rocks soothe tired muscles and weary bodies with this restorative massage.

Aromatherapy full body massage

Powered by the healing properties of essential oils to bring balance to the mind and body.

Deep tissue full body massage

Strong pressure and targeted slow strokes release muscle tension and relieve pain.

HANDS & FEET

Cut, file, buff, cuticle care, hand or foot scrub, hand or foot massage, and nail varnish.

There are limited colours available

Pampering manicure

R 550 | 75 mins

Pampering pedicure

R 600 | 75 mins