

# THE HYDRO Insight



Dear Guest

On the 10<sup>th</sup> of May we embarked on a very big project to further improve our facilities for your pleasure. We set ourselves a challenging target and within 7 weeks we were able to achieve an amazing feat. In this case pictures will speak louder than words...



Female Hydro  
before and after



Male Hydro  
before and after



Therapy Department  
before and after



Ladies relaxation room  
before and after



Stairway to The Orchards Wing  
Before and after



These are only a teaser and now is the time for you to book your next visit to this greatly improved facility. In addition to the therapy department, 14 rooms were renovated in The Vineyards Wing and two new suites were created.

We did not rest during these 7 weeks and various training took place mainly focusing on improving the skills of our therapists as well as strengthening our service levels. Part of improving these services is the start of Sunday therapies at the Hydro. From the 5<sup>th</sup> of July we will be operating normally on Sundays. To that effect we created new weekend packages and new treatments. We also created couples therapies where both you and a partner can share the experience in our newly built couples' room as well as mothers to be day packages.

Please contact our reservations department on 021 809 3800 for more details on these exciting new treatments:

- Deluxe Vine Ritual
- Wellness and Vitality Spa Ritual
- Body Relax Spa Ritual
- The Glow Experience
- Ultimate Spa Experience
- Cleopatra's Ceremony
- Relaxing Mother to Be
- Radiant Mother to Be



## Take full advantage of these amazing promotions and upcoming events

### Renaissance Winter Wellness (May – August)

Rediscover yourself with a holistic rejuvenation at the Hydro at Stellenbosch. Book any of our packages and benefit from the following offers and added value:

- Stay 7 Days and get 3 complimentary nights. Added value: Invite a friend on any overnight package to share your room & give them free accommodation for their entire stay. Please contact our reservations department for details and special conditions

### Early Bird Promotion (September – October)

Beat the spring rush and book your Wellness Holiday well in advance to benefit from the following offer:

- Book between 1 July and 31 August 2009 for your September and October break-away to receive 10% off all 7 Day Packages

Visit our website to review the wide range of available programs or call our Reservations consultants today

### Mind Detox Week in July

Many illnesses and lifestyle “speed bumps” can be related to Incorrect thought processes. Our mind constantly sends signals to our bodies - processing information that impacts our wellbeing. Join us, and well known professionals guiding you to regain control of your emotions, and getting rid of fears, hates, worries and other attachments from your minds. Guest speakers include Irit Noble, Charissa Bloomberg and Matthew Watkin will present various lectures and workshops throughout the week.

## The Hydro Staff's Fun Day

It is not always work and during our shut down the boys and girls of the Hydro let their hair down for a day of fun in anticipation of our opening on the 21<sup>st</sup>. The staff enjoyed a spit braai as well as various activities in what turned out to be a sunny day. A fashion show was presented by the staff to the staff and all had a great time.

