



**Welcome back...**

You will never guess who recently visited us... we really have to bite our lip to keep the secret! It is always a great honour to welcome all the public figures and icons who regularly visit us. During 2008 we have been privileged to be of service to some of South Africa's favourite personalities and celebrities – some of which stayed with us during the festive season in order to kick off the New Year on a healthy note.

It was just as lovely to see our loyal guests who have been following our health philosophy for the past 37 years and to date still enjoy the benefits one can expect from the services offered at The Hydro. We would like to take this opportunity to wish you well for the year ahead.

**Make your 2009 alive with possibilities!**

Forget those New Year's resolutions and explore a different approach this year. Try something new that will actually work for you.



Reflect on your life and set new meaningful goals, acknowledge the good, evaluate the bad and focus your energy on all the things you can be grateful for, be positive and eliminate all the bad habits that usually add stress to your life.

Are you ready to transform your lifestyle though? Any of us can easily fall off the "health wagon". This is the century of health and much is being discussed about wellness and living a balanced life. The Hydro will teach you helpful steps towards developing the correct healthy habits.

So how can we assist? Call our Reservations consultants today and ask them how. We have a wide variety of packages and treatments available to enable you to detoxify in a tranquil environment while being informed by health experts with inspiring lectures. Our Lifestyle consultants will guide and assist you to ensure that you will be leaving The Hydro with a feeling of renewed energy to kick-start your journey towards a healthier, balanced you!

**Loyalty programme and Wellness Membership now launched!**

Our **Loyalty Membership** has been launched. Hydro guests qualifying for this benefit will already be allocated their rewards which can be redeemed on their next visit. Call our Reservations department today to find out more about how you too can become part of this Loyalty programme.

Another addition to The Hydro is our **Wellness Membership** programme. This Membership is offered to the public and is limited to 50 Memberships. This is an exclusive opportunity for select individuals who would like to use the Hydro's facilities on a regular basis. The membership comprises the following.

- Unlimited access to all Hydro's facilities including an Indoor heated, and outdoor pool, a fully supervised fitness centre, guided forest walks, progressive relaxation, yoga or Thai Chi.
- One fitness consultation per month.
- One lifestyle consultation per month with our Medical Sisters.
- 10% discount on all services and products offered by the Hydro (conditions apply).
- Preferential rate on lunch buffets.



Terms and conditions apply to this membership and will be fully explained to you by our Reservations Consultants when making your enquiry. Call us today at 021 809 3940 / 3805 / 3945

**Upcoming promotions and events**

**February – March 2009: The month of Romance promotion**

- 3-14 day packages get 10% off accommodation, including a R300 complimentary treatment voucher.
- Day packages and Weekenders receive a R150 complimentary treatment voucher with each booking.



**20-22 February 2009: The Women's Show**

Visit us at the Cape Town Women's Show in the CTICC, stand nr. E03. Exciting complimentary treatments, vouchers and a Prize draw will be available.

This event celebrates every aspect of a woman's multi-faceted life, presenting over 130 exhibits, 2 stages showcasing 140 live events and 6 interactive feature areas. See you there!

**26 April – 3 May 2009: Women's Wellness Week**

This is an event not to be missed! During our Women's Wellness week we will focus on a wide variety of topics on balance, healthy lifestyle change, exercise, wardrobe planning workshops, Style workshops and colour workshops by Chata Romano's Senior Style & Image Consultant – Maryna Allmann. Take your health and wellness to the next step and boost your lifestyle with inspiring lectures by former Miss South Africa and Ambassador for Breast Cancer awareness - Wilma van der Bijl. Book your package today and join us on this exciting week.

**Boost your health with Ozone Therapy**

For many years ozone's medical value or non-value has been the subject of controversial and emotional debate. So how does it really work and what are the actual benefits of this treatment.

Through cleaning the lymphatic system and boosting the immune system, we believe many symptoms of disease can be alleviated, allowing the body's natural defense systems to work properly again. Ozone Sauna treatment is an excellent way to achieve this. By adapting lifestyle and nutritional habits, we can often bring lasting positive changes to a health condition. Sometimes a small change can make a big difference, such as drinking enough water, eliminating harmful habits like smoking and certain fatty foods, getting enough rest and minimizing stress.



Ozone Therapy will boost your immune system, support and enhance the healing process and cleans arteries and veins to improve circulation. It will also purify the blood and lymphatic system, and normalizes hormone and enzyme production. Other benefits include:

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| <ul style="list-style-type: none"> <li>• Oxidizes toxins</li> <li>• Inactivates Viruses, bacteria and yeast (CANDIDA)</li> <li>• Reduces inflammation</li> <li>• Reduces pain and calms the nerves</li> <li>• Stops bleeding</li> <li>• Prevents stroke damage</li> </ul> | <ul style="list-style-type: none"> <li>• Reduces cardiac arrhythmia</li> <li>• Improves brain function and memory</li> <li>• Prevents and reverses degenerative diseases</li> <li>• Prevents and treats communicable diseases</li> <li>• Assistance to fight Cancer, HIV, Sports injuries, Arthritis and many more</li> </ul> |
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Call our Reservations Consultants today to include this treatment in your package at 021 809 3940 / 3805 / 3945

**Is Whole body vibration exercise worth your time and money?**

Remember those "Jelly Jigglers" from the early 1900's? Today's modern technology is a far cry from what it used to be many years ago. Freemotion iTonic Whole Body Vibration (now available at The Hydro) brings balance to both the body and the mind. Many problems, such as injuries and pain, can be remedied more effectively and quicker with the aid of vibration training. Vibration training has a direct effect on the circulation, hormones and muscles. These effects have been proven to have a positive effect on strength, flexibility, Osteoporosis and the Metabolism.



The principle of the effect of vibration training lies in the fact that every muscle has its own vibration frequency (tremor), which is intended to stimulate the supply of nutrients and the removal of waste products by means of improved circulation (the muscle's pump action). Training with the FreeMotion iTonic stimulates and improves this process. As a result, you increase your muscle volume over a short period of time and muscles recover quicker after heavy physical exertion. Good circulation is essential for the entire body to function effectively and it enables cells to receive fuel quicker and to dispose of waste products quicker. In addition it only takes up to 15 minutes 3 times a week to see significant results, also your session is fully supervised by one of our fitness instructors. Call us today to book your iTonic session.