



## Long Hot Summer Nights



We were very lucky to escape with relatively minor damages related to the terrible fires in our surrounding Mountain ranges. The night of 5 February 2009 was quite tense as the fires raged very close to our buildings and at times threatened to jump to our side of the fence. The Hydro Management and staff had some stressful moments but we are happy to report that no serious damage was reported. At one point we were getting ready to settle on Hydro grounds when the fire raged once more and we were told to evacuate immediately. There were eight Fire Engines on the premises at one point and in total thirty five fire fighters battled the blaze to save the Hydro. All the fire fighters did a fantastic job to save The Hydro and our beautiful surroundings. The night was long and the heat was high, but luckily the fire was brought under control and the Hydro could welcome guests back the following week.

## Loyalty program and Wellness Membership

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** program. 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.

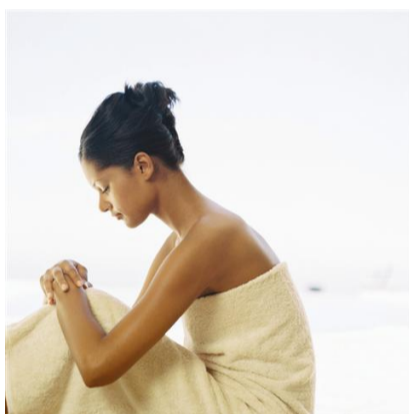
Terms and conditions apply to this membership and will be fully explained to you by our Reservations Consultants when making your enquiry. Call us today at 021 809 3940 / 3805 / 3945



## 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.



### 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.

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

### 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.

### 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.

## Treat yourself to one of our Experiences

"Ultimate luxury" is the only way to describe the feeling of this completely automatic hydrosipa tub and multi-sensory spa service offering four (4) different invigorating programs with its 22 underwater jets and four (4) Colorbath™ light stations. Further, you can direct the quick-connect, hand-held underwater massage jet to specific areas on the body for concentrated water jet massage.

### Hydrating Body Drench Experience

A rich, creamy Grape seed Body Exfoliator is massaged onto the body to remove any dead skin cells, before being submerged in a rice and oat milk bath. Moisturising Pinotage Body Oils are applied after which you are cocooned in a rich, thick textured velvety Vine Massage Cream. Drift away whilst your therapist applies a Grape seed extract Hydrating Eye Gel. Your Experience ends with the application of a hydrating avocado butter using massage movements.

### Relaxing African Experience

Your therapist begins with an African Body Scrub containing indigenous African botanicals, during which your therapist vigorously scrubs away layers of dead skin cells. You will then be submerged in a hydro-bath containing a relaxing Forest Stream Bath Milk. You are covered in body mud, after which you relax in an African infused botanical steam. Whilst relaxing a scalp massage will be performed. After twenty minutes of relaxation, a warm rain gently washes off the mud.



Call our Reservations Consultants today to include this treatment in your package at 021 809 3940 / 3805 / 3945

## Secrets from the Kitchen

### Grilled Pear and Rocket Salad

#### Ingredients:

- |                                 |                     |
|---------------------------------|---------------------|
| 2 Pears                         | 1 Avocado           |
| 1 Spring Onion                  | 30g Sunflower Seeds |
| 50g Feta                        | 50g Rocket          |
| Small Bunch Seedless Red Grapes |                     |

#### Method:

- Grill Pears for 20min at 180°C, and slice.
- Roast Seeds for 5min at 180°C.
- Cut Feta into cubes.
- Chop up Spring Onions.
- Cut Avocado into small blocks (squeeze fresh lemon juice over it so that it does not turn black)
- Halve grapes.
- Wash Rocket and drain excess water.
- Mix everything together in serving dish.
- Serves 2 people.

