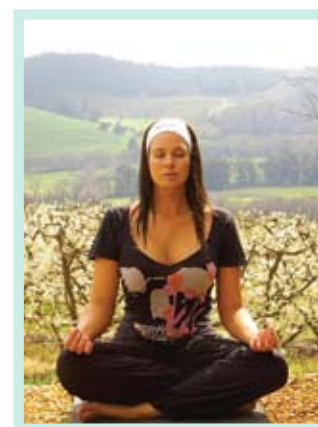


INTRODUCTION TO WELLNESS

1 SEPTEMBER - 31 JANUARY 2012

Start your summer rejuvenation at The Hydro with a three nights detox and relax package. This programme offers excellent value and will ensure that your winter ends on a positive and healthy note.

- 3 nights accommodation including meals and facilities.
- A Hydro Wellness Consultation.
- A Fitness Evaluation.
- A Hydrotherapy Treatment.
- A Full Body Massage.
- A Detox Wrap
- A Reflexology Treatment.



Package Rates for various accommodation types

	Single Rate	Sharing Rate
Budget	R 4 404	R 3 729
Studio	R 4 704	R 3 879
Standard	R 5 154	R 4 104
Superior	R 5 454	R 4 254

Terms And Conditions

- Valid for the above stated period only.
- All bookings must be made in advance.
- All bookings are subject to deposits or full pre payments.
- We Highly recommend that you book any optional extras that you would like to add to your package when making your reservation. (additional treatments will be billed to your account.)
- All prices are per person and include VAT.

No changes may be made to treatment combinations, unless for a medical reason.

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