



BROOKDALE ESTATE  
STAY CURIOUS

## MANOR HOUSE

### SPA MENU

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#### BODY THERAPY

R 800 | 45 Mins

Back, neck & shoulder massage

#### SPECIALISED BODY THERAPIES

R 950 | 45 Mins

R 1200 | 60 Mins

R 1500 | 90 Mins

Swedish full body massage  
Hot stone full body massage  
Aromatherapy full body massage  
Deep tissue full body massage

#### HANDS & FEET

R 925 | 75 Mins

Pampering manicure  
Pampering pedicure

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[www.brookdale-estate.com](http://www.brookdale-estate.com)