

## ARNISTON GINKGO SPA STAY OVER PACKAGES

RATES VALID FROM (08.01.12 – 09.04.12)

### 3- DAY STAY PACKAGES

**THE ULTIMATE WELLNESS MAKE-OVER** - 3 nights, bed and breakfast per person PLUS Spa Package

	<b>POOL</b>	<b>SUPERIOR</b>	<b>LUXURY</b>
SINGLE	R 7,274.00	R 7,781.00	R 8,120.00
PER PERSON SHARING	R 12,865.00	R 13,540.00	R 13,990.00

#### Day 1

- ❖ Arrival by 14:00 (Wednesday/Sunday)
- ❖ Welcome Refreshment Cocktail with Spa Tour
- ❖ Sauna Session (20min)
- ❖ Full Body Swedish Massage (50min)
- ❖ Non-Alcoholic Afternoon Refreshment Cocktail
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

#### Day 2

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Herbal Infused Tea
- ❖ Sea Salt Scrub & Body Bronzing
- ❖ Lunch (Main Dish chosen from Spa Menu)
- ❖ "Elixir" Full Body Massage (50min)
- ❖ Nimue Specialized Facial (60min)
- ❖ Non-alcoholic Afternoon Refreshment Cocktail
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

#### Day 3

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Herbal Infused Tea
- ❖ Sauna Session (20min)
- ❖ Babor Ginkgo Body Wrap (60min)
- ❖ Relaxing Head & Scalp Massage (20min)
- ❖ Aroma Massage (50min)
- ❖ Lunch (Main Dish chosen from Spa Menu)
- ❖ Deluxe Manicure & Pedicure
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

#### Day 4

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Departure 11:00

**THE SPA “UNWINDER”** - 3 nights, bed and breakfast PLUS Spa Package

	<b>POOL</b>	<b>SUPERIOR</b>	<b>LUXURY</b>
SINGLE	R 7,021.00	R 7,528.00	R 7,867.00
DOUBLE SHARING	R 12,359.00	R 13,034.00	R 13,484.00

**Day 1**

- ❖ Arrival 14:00 (Wednesday/Saturday)
- ❖ Welcome Refreshment Cocktail with Spa Tour
- ❖ Sauna Session (20min)
- ❖ “Asian ScenTao” Hot Stone Massage (120min)
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

**Day 2**

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Herbal Infused Tea
- ❖ Rasul (45min) - Relaxation in tranquility lounge afterwards is recommended
- ❖ Aroma Massage (50min)
- ❖ Lunch (Main Dish chosen from Spa Menu)
- ❖ “Classic” Hydrating Spa Bath Treatment (20min)
- ❖ Luxurious Sea Salt Scrub & Body Bronzing
- ❖ Non-alcoholic Afternoon Refreshment Cocktail
- ❖ Leisure Beach Walk
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

**Day 3**

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Herbal Infused Tea
- ❖ Sauna Session (20min)
- ❖ Nimue Specialized Facial (60min)
- ❖ Traditional Swedish Full Body Massage (50min)
- ❖ Lunch (Main Dish chosen from Spa Menu)
- ❖ Express Manicure & Express Pedicure
- ❖ Non-alcoholic Afternoon Refreshment Cocktail
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

**Day 4**

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Departure 11:00

**ESSENTIALLY RELAXATION** - 3 nights, bed and breakfast PLUS Spa Package

	<b>POOL</b>	<b>SUPERIOR</b>	<b>LUXURY</b>
SINGLE	R 4,967.00	R 5,474.00	R 5,813.00
DOUBLE SHARING	R 8,251.00	R 8,926.00	R 9,376.00

**Day 1**

- ❖ Arrival 14:00 (Wednesday/Sunday)
- ❖ Welcome Refreshment Cocktail with Spa Tour
- ❖ Sauna Session (20min)
- ❖ Traditional Swedish Full Body Massage (50min)
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

**Day 2**

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Herbal Infused Tea
- ❖ Sauna Session (20min)
- ❖ Lunch (Main Dish chosen from Spa Menu)
- ❖ "Classic" Hydrating Spa Bath Treatment (20min)
- ❖ Traditional Swedish Full Body Massage (50min)
- ❖ Non-alcoholic Afternoon Refreshment Cocktail
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

**Day 3**

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Sauna Session (20min)
- ❖ Lunch (Main Dish chosen from Spa Menu)
- ❖ Herbal Infused Tea
- ❖ Hydrotherapy Bath (20min)
- ❖ Traditional Swedish Full Body Massage (50min)
- ❖ Non-alcoholic Afternoon Refreshment Cocktail
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

**Day 4**

- ❖ Brisk Morning Beach Walk (45min)
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Departure 11:00

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## **2- DAY STAY PACKAGES**

### **MID-WEEKER SPA PACKAGE** - 2 nights, bed and breakfast PLUS Spa Package

	<b>POOL</b>	<b>SUPERIOR</b>	<b>LUXURY</b>
SINGLE	R 3,845.00	R 4,183.00	R 4,409.00
PER PERSON SHARING	R 6,568.00	R 7,018.00	R 7,318.00

#### **Day 1**

- ❖ Arrival 14:00 (Wednesday)
- ❖ Spa Tour
- ❖ Welcome Refreshment Cocktail with Spa Tour
- ❖ Sauna Session (20min)
- ❖ Swedish Massage (50min)
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

#### **Day 2**

- ❖ Guided Beach Walk
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Herbal Infused Tea
- ❖ Rasul
- ❖ Traditional Swedish Full Body Massage (50min)
- ❖ Lunch (Main Dish chosen from Spa Menu)
- ❖ Nimue Specialized Facial (60min)
- ❖ Non-alcoholic Afternoon Refreshment Cocktail
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

#### **Day 3**

- ❖ Guided Beach Walk
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Departure 11:00

## **2- DAY STAY PACKAGES**

### **WEEKENDER** - 2 nights, bed and breakfast PLUS Spa Package

	<b>POOL</b>	<b>SUPERIOR</b>	<b>LUXURY</b>
SINGLE	R 3,400.00	R 3,738.00	R 3,964.00
PER PERSON SHARING	R 5,678.00	R 6,128.00	R 6,428.00

#### **Day 1**

- ❖ Arrival 14:00 (Friday)
- ❖ Welcome Refreshment Cocktail with Spa Tour
- ❖ Sauna Session (20min)
- ❖ Traditional Swedish Full Body Massage (50min)
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

#### **Day 2**

- ❖ Guided Beach Walk
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Herbal Infused Tea
- ❖ Rasul
- ❖ Traditional Swedish Full Body Massage (50min)
- ❖ Lunch (Main Dish chosen from Spa Menu)
- ❖ Non-alcoholic Afternoon Refreshment Cocktail
- ❖ Dinner (3 course HEALTH Dinner from Spa Menu)

#### **Day 3**

- ❖ Guided Beach Walk
- ❖ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ❖ Departure 11:00