



## Arniston Ginkgo Spa Stay Packages



### 3-DAY STAY PACKAGES

#### **1. THE ULTIMATE WELLNESS MAKE-OVER**

*3 nights, bed and breakfast, per person, sharing PLUS Package*  
*3 nights, bed and breakfast, in single room PLUS Package*

**Pool Superior Luxury**  
**R 8,933 R 10,058 R 10,508 Single**  
**R 7,673 R 8,423 R 8,723 per Person & Sharing**

#### **Day 1**

- ✓ **Arrival 14:00 (Wednesday or Sunday)**
- ✓ Spa Tour
- ✓ Welcome Refreshment Cocktail with Spa Tour
- ✓ Sauna Session (30min)
- ✓ "Asian ScenTao" Hot Stone Massage (90min)
- ✓ 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
- ✓ Rasul (60min)
- ✓ Aroma Massage (60min)
- ✓ Lunch (Main Dish chosen from Spa Menu)
- ✓ "Classic" Hydrating Spa Bath Treatment (30min)
- ✓ Luxurious Sea Salt Scrub & Body Bronzing
- ✓ Introduction to Pilates
- ✓ 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 (30min)
- ✓ Traditional Swedish Full Body Massage (60min)
- ✓ Lunch (Main Dish chosen from Spa Menu)
- ✓ TheraVine Balancing Facial (75min)
- ✓ Express Manicure & Express Pedicure
- ✓ Introduction to Pilates
- ✓ 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 (Saturday or Wednesday)**

**RATES VALID FROM 12.01.10 – 25.04.10**



## Arniston Ginkgo Spa Stay Packages



### 3-DAY STAY PACKAGES

#### **2. THE SPA "UNWINDER"**

*3 nights, bed and breakfast, per person, sharing PLUS Package*

*3 nights, bed and breakfast, in single room PLUS Package*

<b><u>Pool</u></b>	<b><u>Superior</u></b>	<b><u>Luxury</u></b>
<b>R 7,984</b>	<b>R 9,109</b>	<b>R 9,559 Single</b>
<b>R 6,724</b>	<b>R 7,474</b>	<b>R 7,774 per Person &amp; Sharing</b>

#### **Day 1**

- ✓ **Arrival 14:00 (Wednesday or Saturday)**
- ✓ Spa Tour
- ✓ Welcome Refreshment Cocktail with Spa Tour
- ✓ Sauna Session (30min)
- ✓ "Asian ScenTao" Hot Stone Massage (90min)
- ✓ 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 (60min)
- ✓ Aroma Massage (60min)
- ✓ Lunch (Main Dish chosen from Spa Menu)
- ✓ "Classic" Hydrating Spa Bath Treatment (30min)
- ✓ Luxurious Sea Salt Scrub & Body Bronzing
- ✓ Introduction to Pilates
- ✓ 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 (30min)
- ✓ Traditional Swedish Full Body Massage (60min)
- ✓ Lunch (Main Dish chosen from Spa Menu)
- ✓ Express Manicure & Express Pedicure
- ✓ Introduction to Pilates
- ✓ 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 (Saturday or Wednesday)**

**RATES VALID FROM 12.01.10 – 25.04.10**



## Arniston Ginkgo Spa Stay Packages



### 3-DAY STAY PACKAGES

#### **3. ESSENTIALLY RELAXATION**

*3 nights, bed and breakfast, per person, sharing PLUS Package*

*3 nights, bed and breakfast, in single room PLUS Package*

<b><u>Pool</u></b>	<b><u>Superior</u></b>	<b><u>Luxury</u></b>
<b>R 6,680</b>	<b>R 7,805</b>	<b>R 8,255 Single</b>
<b>R 5,420</b>	<b>R 6,170</b>	<b>R 6,470 per Person &amp; Sharing</b>

#### **Day 1**

- ✓ **Arrival 14:00 (Wednesday/Sunday)**
- ✓ Spa Tour
- ✓ Welcome Refreshment Cocktail with Spa Tour
- ✓ Sauna Session (30min)
- ✓ Traditional Swedish Full Body Massage (45min)
- ✓ 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 (30min)
- ✓ Lunch (Main Dish chosen from Spa Menu)
- ✓ "Classic" Hydrating Spa Bath Treatment (20min)
- ✓ Traditional Swedish Full Body Massage (45min)
- ✓ Non-alcoholic Afternoon Refreshment Cocktail
- ✓ Dinner (3 course HEALTH Dinner from Spa Menu)

#### **Day 3**

- ✓ Brisk Morning Beach Walk (45min)
- ✓ Introduction to Pilates
- ✓ Breakfast (Choice of fresh fruit, Muesli and Yoghurt from Buffet)
- ✓ Lunch (Main Dish chosen from Spa Menu)
- ✓ Herbal Infused Tea
- ✓ Hydrotherapy (20min)
- ✓ 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 (Saturday or Wednesday)**

**RATES VALID FROM 12.01.10 – 25.04.10**



## Arniston Ginkgo Spa Stay Packages



### 2 DAY STAY PACKAGES

#### 1. MID-WEEKER

*2 nights, bed and breakfast, per person, sharing PLUS Package*

*2 nights, bed and breakfast, in single room PLUS Package*

<u>Pool</u>	<u>Superior</u>	<u>Luxury</u>
<b>R 4,760</b>	<b>R 5,510</b>	<b>R 5,810 Single</b>
<b>R 3,920</b>	<b>R 4,420</b>	<b>R 4,620 per Person &amp; Sharing,</b>

#### Day 1

- ✓ **Arrival 14:00**
- ✓ **Spa Tour**
- ✓ **Welcome Refreshment Cocktail with Spa Tour**
- ✓ **Sauna Session (30min)**
- ✓ **Swedish Massage (60min)**
- ✓ **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**
- ✓ **Balancing Facial (75min)**
- ✓ **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**

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## Arniston Ginkgo Spa Stay Packages



### 2 DAY STAY PACKAGES

#### 2. WEEKENDER

*2 nights, bed and breakfast, per person, sharing PLUS Package*

*2 nights, bed and breakfast, in single room PLUS Package*

**Pool   Superior   Luxury**

**R 4,333   R 5,083   R 5,383   Single**

**R 3,493   R 3,993   R 4,193   per Person & Sharing,**

#### **Day 1**

- ✓ Arrival 14:00 (Friday)
- ✓ Spa Tour
- ✓ Welcome Refreshment Cocktail with Spa Tour
- ✓ Sauna Session (30min)
- ✓ Swedish Massage (60min)
- ✓ 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
- ✓ 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**

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