



Ginkgo Arniston Spa Stay Over Packages

Valid (03.04.18 – 27.09.18)

THE ULTIMATE 3 DAY WELLNESS MAKE OVER PACKAGE

	POOL	SUPERIOR	LUXURY
SINGLE	R 7690	R 8490	R 8890
PER PERSON SHARING	R 7025	R 7540	R 7805

DAY 1

Arrival 14:00

- ✓ Welcome Herbal Infused Chai with Spa Tour
- ✓ Sauna Session (20 minutes)
- ✓ Full Body Swedish Massage (50minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail
- ✓ 3 Course Dinner from A la Carte Menu

DAY 2

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Exotic Steam Rasul (45minutes)
- ✓ Lunch (Main dish chosen from Bistro Menu)
- ✓ "Elixir" Full Body Massage (50minutes)
- ✓ Anti-Ageing Babor Facial (75minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail
- ✓ 3 Course Dinner from A la Carte Menu

DAY 3

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Sauna Session (20minutes)
- ✓ Ginkgo Detox Body Wrap (60minutes)
- ✓ Deep Conditioning Hair & Scalp Steam Treatment (20minutes)
- ✓ Aroma Full Body Massage (50 minutes)
- ✓ Lunch (Main dish chosen from Bistro Menu)
- ✓ Deluxe Spa Pedicure with gel finish (60minutes)
- ✓ Deluxe Spa Manicure with gel finish (60minutes)
- ✓ 3 Course Dinner from A la Carte Menu

DAY 4

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet

Departure 11:00



THE 3 DAY SPA UNWINDER

	POOL	SUPERIOR	LUXURY
SINGLE	R 7200	R 8010	R 8400
PER PERSON SHARING	R 6540	R 5795	R 7320

DAY 1

Arrival 14:00

- ✓ Welcome Herbal Infused Chai with Spa Tour
- ✓ Sauna/Steam Session (20 minutes)
- ✓ Full Body Hot Stone Massage (75 minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail or bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 2

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Exotic Steam Rasul (45minutes)
- ✓ "Elixir" Full Body Massage (50minutes)
- ✓ Lunch (Main dish chosen from Bistro Menu)
- ✓ Deluxe Spa Manicure with gel finish (60minutes)
- ✓ Deluxe Spa Pedicure with gel finish (60minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail or bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 3

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Sauna/ Steam Session (20minutes)
- ✓ Back, Neck & Shoulder Massage (30minutes)
- ✓ Babor Classic Facial (60minutes)
- ✓ Lunch (Main dish chosen from Bistro Menu)
- ✓ Pressure Point Foot Massage (50minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail or bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 4

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet

Departure 11:00



THE 2 DAY MID WEEKER

	POOL	SUPERIOR	LUXURY
SINGLE	R 4370	R 4900	R 5170
PER PERSON SHARING	R 3925	R 4270	R 4445

DAY 1

Arrival 14:00

- ✓ Welcome Herbal Infused Chai with Spa Tour
- ✓ Sauna/Steam Session (20 minutes)
- ✓ Full Body Swedish Massage (50 minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail or bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 2

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Exotic Steam Rasul (45minutes)
- ✓ Lunch (Main dish chosen from Bistro Menu)
- ✓ Full Body Swedish Massage (50minutes)
- ✓ Babor Classic Facial or QMS Deep Cleanse Facial (60minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail or bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 3

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet

Departure 11:00



THE 2 DAY WEEKENDER

	POOL	SUPERIOR	LUXURY
SINGLE	R 3840	R 4370	R 4640
PER PERSON SHARING	R 3395	R 3740	R 3915

DAY 1

Arrival 14:00

- ✓ Welcome Herbal Infused Chai with Spa Tour
- ✓ Sauna/Steam Session (20 minutes)
- ✓ Full Body Swedish Massage (50 minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail or bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 2

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Exotic Steam Rasul (45minutes)
- ✓ Lunch (Main dish chosen from Bistro Menu)
- ✓ "ATARAXIA" Full Body Massage (90minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail or bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 3

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet

Departure 11:00



THE 3 DAY ESSENTIAL RELAXATION SPA PACKAGE

	POOL	SUPERIOR	LUXURY
SINGLE	R 6955	R 7760	R 8155
PER PERSON SHARING	R 6295	R 6810	R 7075

DAY 1

Arrival 14:00 (Sunday/Wednesday)

- ✓ **Welcome Herbal Infused Chai with Spa Tour**
- ✓ **Sauna Session (20 minutes)**
- ✓ **Full Body Aroma Massage (50minutes)**
- ✓ **Non-Alcoholic afternoon refreshment cocktail or Bubbly**
- ✓ **3 Course Dinner from A la Carte Menu**

DAY 2

- ✓ **Brisk Morning Walk (45minutes)**
- ✓ **Hotel Breakfast Buffet**
- ✓ **Sauna/Steam Session (20minutes)**
- ✓ **Deluxe Spa Manicure with gel finish (60min)**
- ✓ **Lunch (Main dish chosen from Bistro Menu)**
- ✓ **"Ataraxia" Full Body Massage (90minutes)**
- ✓ **QMS Activator Facial (75minutes)**
- ✓ **Non-Alcoholic afternoon refreshment cocktail or Bubbly**
- ✓ **3 Course Dinner from A la Carte Menu**

DAY 3

- ✓ **Brisk Morning Walk (45minutes)**
- ✓ **Hotel Breakfast Buffet**
- ✓ **Sauna/Steam Session (20minutes)**
- ✓ **Pressure Point Foot Massage (50minutes)**
- ✓ **Lunch (Main dish chosen from Bistro Menu)**
- ✓ **Traditional Swedish Massage (50minutes)**
- ✓ **3 Course Dinner from A la Carte Menu**

DAY 4

- ✓ **Brisk Morning Walk (45minutes)**
- ✓ **Hotel Breakfast Buffet**

Departure 11:00



THE 5 DAY STAY OVER SPA PACKAGE

	POOL	SUPERIOR	LUXURY
SINGLE	R 10290	R 11370	R 11890
PER PERSON SHARING	R 9410	R 10100	R 10450

DAY 1

Arrival 14:00 (Sunday/Wednesday)

- ✓ Welcome Herbal Infused Chai with Spa Tour
- ✓ Sauna Session (20 minutes)
- ✓ Full Body Swedish Massage (50minutes)
- ✓ Non-Alcoholic afternoon refreshment cocktail or Bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 2

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Exotic Steam Rasul (45minutes)
- ✓ Lunch (Main dish chosen from Bistro Menu)
- ✓ "Elixir" Full Body Massage (90minutes)
- ✓ Babor Anti-Ageing Facial incl. brow shape (75min)
- ✓ Lash & Brow Tint (20min)
- ✓ Non-Alcoholic afternoon refreshment cocktail or Bubbly
- ✓ 3 Course Dinner from A la Carte Menu

DAY 3

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Sauna/Steam Session (20minutes)
- ✓ Ginkgo Body Wrap (60minutes)
- ✓ Conditioning Hair & Scalp Treatment (30min)
- ✓ Lunch (Main dish chosen from Bistro Menu)
- ✓ Aroma Full Body Massage (50minutes)
- ✓ Deluxe Spa Manicure with gel finish (60min)
- ✓ Deluxe Spa Pedicure with gel finish (60min)
- ✓ 3 Course Dinner from A la Carte Menu

DAY 4

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet
- ✓ Steam (20min)
- ✓ Babor Spa BA lancing Body Treatment (75min)
- ✓ Foot Pressure Point Massage (60min)

DAY 5

- ✓ Brisk Morning Walk (45minutes)
- ✓ Hotel Breakfast Buffet

Departure 11:00



THE 7 DAY STAY OVER SPA PACKAGE

	POOL	SUPERIOR	LUXURY
SINGLE	R 14100	R 15710	R 16500
PER PERSON SHARING	R 12780	R 13815	R 14340

DAY 1

Arrival 14:00 (Sunday/Wednesday)

- ✓ **Welcome Herbal Infused Chai with Spa Tour**
- ✓ **Sauna Session (20 minutes)**
- ✓ **Full Body Swedish Massage (50minutes)**
- ✓ **Non-Alcoholic afternoon refreshment cocktail or Bubbly**
- ✓ **3 Course Dinner from A la Carte Menu**

DAY 2

- ✓ **Brisk Morning Walk (45minutes)**
- ✓ **Hotel Breakfast Buffet**
- ✓ **Exotic Steam Rasul (45minutes)**
- ✓ **Lunch (Main dish chosen from Bistro Menu)**
- ✓ **"Elixir" Full Body Massage (90minutes)**
- ✓ **Babor Anti-Ageing Facial incl. brow shape (75min)**
- ✓ **Lash & Brow Tint (20min)**
- ✓ **Non-Alcoholic afternoon refreshment cocktail or Bubbly**
- ✓ **3 Course Dinner from A la Carte Menu**

DAY 3

- ✓ **Brisk Morning Walk (45minutes)**
- ✓ **Hotel Breakfast Buffet**
- ✓ **Sauna/Steam Session (20minutes)**
- ✓ **Ginkgo Body Wrap (60minutes)**
- ✓ **Conditioning Hair & Scalp Treatment (30min)**
- ✓ **Lunch (Main dish chosen from Bistro Menu)**
- ✓ **Aroma Full Body Massage (50minutes)**
- ✓ **3 Course Dinner from A la Carte Menu**

DAY 4

- ✓ **Sauna Session (20 minutes)**
- ✓ **Full Body "Ataraxia" Massage (90minutes)**
- ✓ **3 Course Dinner from A la Carte Menu**

DAY 5

- ✓ **Sauna Session (20 minutes)**
- ✓ **Hot Stone Full Body Massage (75min)**
- ✓ **Foot Reflex Massage (50minutes)**
- ✓ **3 Course Dinner from A la Carte Menu**



DAY 6

- ✓ **Brisk Morning Walk (45minutes)**
- ✓ **Hotel Breakfast Buffet**
- ✓ **QMS Neo Tissuedermie Facial (75minutes)**
- ✓ **Lunch (Main dish chosen from Bistro Menu)**
- ✓ **Deluxe Spa Manicure with gel finish (60min)**
- ✓ **Deluxe Spa Pedicure with gel finish (60min)**
- ✓ **3 Course Dinner from A la Carte Menu**

DAY 7

- ✓ **Brisk Morning Walk (45minutes)**
- ✓ **Hotel Breakfast Buffet**

Departure 11:00