

# THE HYDRO

Warmbaths, a Forever Resorts

Treat your body,

Feed your soul!

## MASSAGE THERAPY

Full Body massage includes arms, legs, back, neck & shoulders.

Back massage includes the back, neck & shoulders.

Massage excludes the stomach and buttocks.

**All couples massages include a scalp massage.**

**Massage times include undressing and dressing time.**

<b>Swedish Massage♥</b>	Standard massage.		
<b>Full Body</b>	60 min.	<b>Per Person</b>	<b>R580</b>
		<b>Per Couple</b>	<b>R1210</b>
<b>Back</b>	30 min.	<b>Per Person</b>	<b>R370</b>
		<b>Per Couple</b>	<b>R790</b>

<b>Lomi Lomi Massage</b>	Firm massage.		
<b>Or</b>			
<b>Hot Stone Therapy</b>	Warm Basalt stone massage.		
<b>Full Body</b>	60 min.	<b>Per Person</b>	<b>R670</b>
		<b>Per Couple</b>	<b>R1390</b>
<b>Back</b>	30 min.	<b>Per Person</b>	<b>R470</b>
		<b>Per Couple</b>	<b>R990</b>

<b>Signature Fusion Massage♥</b>	Massage combo to suit your individual needs. Includes Aroma & Scalp Massage Enhancers		
<b>Full Body</b>	90 min.	<b>Per Person</b>	<b>R1045</b>
		<b>Per Couple</b>	<b>R2090</b>
<b>Back</b>	45 min.	<b>Per Person</b>	<b>R720</b>
		<b>Per Couple</b>	<b>R1440</b>

<b>Sole Soother Massage♥</b>	Foot Scrub and Massage		
	45 min.	<b>Per Person</b>	<b>R395</b>

<b>Head, Neck &amp; Shoulder Massage♥</b>			
	30 min.	<b>Per Person</b>	<b>R305</b>

## MASSAGE ENHANCERS

A Massage ADD-ON to enhance therapeutic benefit.

No time extension to treatment.

<b>Aroma♥</b>	<b>Full Body</b>	<b>R175</b>
	<b>Back</b>	<b>R100</b>

<b>Scalp Massage♥</b>	5 min. incl. in massage time	<b>R70</b>
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## INFRA-RED SAUNA

Not for pregnant ladies and persons suffering from heart problems and high blood pressure

15 min. **R80**

## BODY THERAPY♥

<b>Body Cocoon</b>	30 min.	<b>R600</b>
Body wrap followed by a shower and body lotion application		
<b>Body Glow</b>	30 min.	<b>R385</b>
Exfoliating body scrub followed by a mineral tub		

## MINERAL TUBS

Bubble-Jet bath filled with mineral water.

Swimwear is compulsory for all couples tubs.

<b>Mineral Tub♥</b>	<b>Per Person</b>	<b>R80</b>
20 min.	<b>Per Couple Sharing</b>	<b>R140</b>

## TUB ENHANCERS

<b>Herbal♥</b>	<b>R45</b>
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Select the herb that suits your personal needs.

<b>Vitality Aroma♥</b>	<b>R125</b>
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Aromatherapy oils ideal for persons in need of a boost.

<b>Detox Aroma Oils and Thermal Wrap</b>	<b>R175</b>
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Not for persons suffering from heart conditions & high blood pressure. 30 minutes extra for thermal wrap. **Not For Couples**

## FACIALS♥

Includes an optional brow shape.

**Couples Facials include a Scalp Massage.**

<b>Classic Facial</b>	60 min.	
	<b>Per Person</b>	<b>R520</b>
	<b>Per Couple</b>	<b>R1090</b>

<b>Spa Facial</b>	90 min.	
Includes a Spinal Mask, Hand & Foot Massage		
	<b>Per Person</b>	<b>R760</b>
	<b>Per Couple</b>	<b>R1570</b>

## FACIAL ENHANCERS♥

\* Additional to facial price. No time extension

<b>* Hand OR Foot Massage</b>	<b>R70</b>
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<b>Lash OR Brow Tint</b>	<b>R75</b>
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<b>Lash &amp; Brow Tint</b>	<b>R130</b>
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<b>Lip OR Chin OR Brow Wax</b>	<b>R100</b>
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## HANDS & FEET ♥

We do not offer artificial nails or the removal of artificial nails.

<b>Manicure</b>	60 min.	<b>R340</b>
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<b>Pedicure</b>	60 min.	<b>R360</b>
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<b>File &amp; Paint ONLY</b>	<b>R150</b>
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<b>*ADD Paraffin Dip</b>	20 min extra	<b>R100</b>
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## KIDZ SPA

Kidz Spa available for children ages 4 - 12

<b>Back Massage</b>	20 min.	<b>R280</b>
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<b>Mini Facial</b>	20 - 30 min.	<b>R230</b>
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<b>Hand or Foot Massage</b>	15 min.	<b>R80</b>
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<b>File &amp; Paint</b>	15-30 min.	<b>R130</b>
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<b>Mini Mani</b>	20-30 min.	<b>R170</b>
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<b>Mini Pedi</b>	20-30 min.	<b>R180</b>
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<b>*ADD Paraffin Dip</b>	20 min extra	<b>R90</b>
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♥ Treatments suitable for healthy pregnant ladies

Tel: 014 736 8500 | Direct Line: 014 736 8530 (8Hoo-16Hoo)

E-mail: warmbathshydro@foreversa.co.za

# THE HYDRO

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## CHILLED KIDZ ADVENTURE

Kidz Spa available for children ages 4 - 12

- ✓ **Back, Neck, Shoulder & Scalp Massage**
- ✓ **Hand & Foot Massage**
- ✓ **Hydro Gift**
- ✓ **Slushy**                      45-60 min.                      **R545**

## SPARKLING KIDZ ADVENTURE

Kidz Spa available for children ages 4 - 12

- ✓ **Mini Facial**
- ✓ **File & Paint for the Hands & Feet**
- ✓ **Hydro Gift**
- ✓ **Slushy**                      45-60 min.                      **R575**

## CELEBRATION JOURNEY♥

Includes Rest Period & Soft Drink/Fruit Juice & **First Session Hydro Pool entrance**

- ✓ **Sauna**
  - ✓ **Herbal Tub**
  - ✓ **Swedish Back, Neck & Shoulder Aroma Massage**
  - ✓ **Hydro Gift**
- |         |                   |              |
|---------|-------------------|--------------|
| 90 min. | <b>Per Person</b> | <b>R650</b>  |
|         | <b>Per Couple</b> | <b>R1250</b> |

## SIGNATURE JOURNEY♥

Includes Rest period & **First Session Hydro Pool entrance**

- ✓ **Sauna**
  - ✓ **Body Therapy**
    - **Detox Aroma Tub & Detox Body Cocoon**
    - OR
    - **Vitality Tub & Relaxing Body Cocoon**
  - ✓ **Full Body & Scalp Aroma Massage**
    - **Swedish Massage**
    - OR
    - **Lomi Lomi Massage**
    - OR
    - **Hot Stone Massage**
  - ✓ **Hydro Gift**
- |          |                   |              |
|----------|-------------------|--------------|
| 180 min. | <b>Per Person</b> | <b>R1750</b> |
|          | <b>Per Couple</b> | <b>R3450</b> |

## CANCELLATION POLICY

- Should you wish to cancel or change an appointment, please contact The Hydro directly.
- We require a minimum of 3 hour notice to change or cancel an appointment.
- **No-shows will ensure a 100% cancellation fee.**

## ONE DAY SPA PROGRAM♥

Start at 9H00 with a planning session to customize your program to meet your unique needs. Welcome beverage, muffin & Lunch included. Also includes Body Buffing, Rest Period & **First Session Hydro Pool Entrance.**

- ✓ **Sauna**
  - ✓ **Prescribed Mineral Tub**
  - ✓ **Prescribed Body Therapy**
  - ✓ **Full Body & Scalp Aroma Massage**
    - **Swedish Massage**
    - OR
    - **Lomi Lomi Massage**
    - OR
    - **Hot Stone Massage**
  - ✓ **Beauty Treatment**
    - **Manicure**
    - OR
    - **Pedicure**
    - OR
    - **Classic Facial**
  - ✓ **Hydro Gift**
- |                 |                   |              |
|-----------------|-------------------|--------------|
| approx. 6 hours | <b>Per Person</b> | <b>R2050</b> |
|                 | <b>Per Couple</b> | <b>R4000</b> |

**Add a Manicure OR Pedicure                      R330 each**

## BOOKING POLICY

- **No bookings will be taken without immediate payment**
- **Please arrive 15 minutes prior to your appointment time so that you do not lose any of your precious treatment time.**
- **Persons who arrive late may still be accommodated with the condition that the scheduled treatment time may not be exceeded and the full fee remains.**
- **Swimwear compulsory for all Couples treatments.**
- **Should you have any physical or medical condition/s of a serious nature, we kindly advise you to inform your therapist prior to your treatment.**
- **To assist us in making your experience unforgettable, please feel free to ask questions and tell us if we need to adjust the water temperature of your tubs or the pressure of your massage. Please let us know if you experience any discomfort.**
- **We recommend that you relax 15 to 30 minutes in our rest area after you have had a tub or body wrap, inform the therapist if you would like to rest after your massage or beauty treatment.**
- **Gowns are only available for wet treatments.**
- **Prices, times and other details subject to change without notice. Terms and Conditions apply.**

**Warmbaths, a Forever Resort**

Like us on Facebook to receive our monthly specials



Tel: 014 736 8500 | Direct Line: 014 736 8530 (8H00-16H00)

E-mail: warmbathshydro@foreversa.co.za

## HYDRO POOL SESSIONS

**Session 1      08:00 – 16:00**

**Session 2      17:00 – 21:00**

**No Day Visitors Allowed**

## THE HYDRO POOL ETIQUETTE

- Resort residents **wearing** the correct resident I.D. armband have free access to The Hydro pools.
- On the day of departure resort residents may make use of The Hydro pools for the first session **only**.
- **No LOUD or rowdy behaviour** is allowed in The Hydro. We do not recommend using the facilities when under the influence. We reserve the right to remove intoxicated guests from The Hydro.
- Splashing, jumping and playing with balls, Frisbees & boats are prohibited. Big pool toys are not allowed.
- For hygienic reasons **only recognized custom-made swimwear is allowed** in The Hydro pools. A T-shirt and/or ski-pants may be worn with swimwear but no other clothing will be allowed in the pool.
- **No smoking, incl. e-cigarettes**, in The Hydro. This includes the indoor and outdoor areas.
- Guests are **not** allowed to bring food, beverages, alcoholic drinks or glass objects into The Hydro.
- Please do not leave your personal belongings unattended. Lockers are available at The Hydro pool. Guests could either bring their own lock or purchase a lock from The Hydro entrance.
- Due to the health risk posed by the high temperature of the water children under the age of 16, pregnant ladies and persons suffering from blood pressure and heart problems should avoid the rheumatism pool. It is recommended that you drink lots of water to avoid dehydration.
- Parents of children under the age of 3 should be aware of the health risks involved with small children making use of The Hydro pools.
- Please do not leave small children unattended, as this could be disruptive to other guests and unsafe for your children.
- Due to hygiene we only allow swimming nappies and children should wear tight fitting swimwear.

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