

Mani's
& Pedi's
now available
(see back for detail)

Cascade Country Manor

- Hotel and Spa - Paarl - South Africa -

SPA

Cascade Full Body Massage	50 min 90 min	R 550 R 750
Back, Neck and Shoulders Massage	30 min	R 400
Heaven on Earth Feeling	50 min	R 550
Duchess Deluxe Warming Body Treatment	120 min	R 900
A Royal Treatment For Your Legs	45 min	R 400
The Dukes Polish	90 min	R 750
Couples Scrub and Steam Session	60 min	R 750 per couple
Couples Delight	80 min	R 1500 per couple
Solo Steam Session	20 min	R 300

Special Packages: 1 April 2019 - 30 June 2019

***NEW* Manicure and Pedicure Pamper (Mondays to Fridays only)** 120 min R 850 per person

Enjoy a Luxurious Manicure and Pedicure followed by a delicious slice of cake and coffee on our terrace or in front of the fire

Mother and Daughter Delight 30 min R 1000 2 persons

Enjoy a relaxing Back, Neck & Shoulder Massage together, followed by a lunch platter on the terrace or in front of the fire. Ideal for spoiling mom or simply to enjoy quality time together

Winter Warmer Package 50 min R 700 per person

Solo Steam Session followed by a 30 min hot stone back massage and a warming glass of glühwein

Open Mon - Sat: 10 am - 5 pm | Sun: 10 am to 2 pm Bookings required | Subject to availability

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On the Go Manicure or Pedicure 30 min R 330

Hand or Foot treatment where we cut, file and treat the cuticles followed by varnish

Cascade Manicure 60 min R 410

A relaxing hand treatment that includes an exfoliation, nail treatment and a massage followed by varnish application

Cascade Pedicure 60 min R 410

A relaxing foot treatment that includes an exfoliation, nail treatment and a foot massage followed by varnish application

Gel Polish Add on R 190

Gel Polish Soak off R 80

Breakfast

R 165 per person

Enjoy a delicious full continental and cooked breakfast before your treatment.

Lunch

R 165 per person - 2 course menu

Join us in the lounge for a light lunch or a specialty coffee & cake to compliment your treatment.

Relaxation Room

R 550 from 8am - 5pm

Why not enjoy a relaxing day room following your treatment. Available Mondays to Fridays.

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