

# Cascade Country Manor

- Hotel and Spa - Paarl - South Africa -

**NEWLY  
LAUNCHED!  
Exclusive Riverside Spa**

## SPA TREATMENTS

Cascade Full Body Massage	50 min	R 550
	90 min	R 750
Back, Neck and Shoulders Massage	30 min	R 400
Duchess Deluxe Warming Body Treatment	120 min	R 900
A Royal Treatment For Your Legs	30 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
Riverside Couples Massage Inclusive of picnic.	120 min	R 2 500 per couple
Solo Steam Session	20 min	R 300

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

### Special Packages: 1 Jan 2020 - 31 March 2020

**Halfday Package** 45 min R 645  
per person  
Receive a glass of MCC on arrival before a relaxing back, neck and shoulder massage, followed by a main and dessert on our terrace. **R 1 199**  
per couple

**Newly launched Riverside Package!!!** 60 min R 2 500  
per couple  
Enjoy a 60 min full body massage at our exclusive spa bohma alongside our tranquil river, followed by a picnic including a bottle of Camissa Rosé.

### Also enjoy the following:

**Breakfast** R 165  
per person  
Enjoy a delicious full continental and cooked breakfast before your treatment.

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

**Relaxation Room** R 550  
8am - 5pm  
Why not enjoy a relaxing day room following your treatment. Available Mondays to Fridays.