

Cascade Country Manor

- Hotel and Spa - Paarl - South Africa -

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	120 min	R 2 500
Inclusive of picnic.		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 Sept 2019 - 30 Nov 2019

Get ready for Summer! 50 min R 600
per person
Enjoy a 30 minute back, neck & shoulder massage followed by a foot soak and a mini foot treatment. R 1 100
per couple

Ladies Spoils Package 50 min R 750
per person

Enjoy a back scrub and a 30 minute back, neck & shoulder massage and relax at the indoor pool with a Cascade platter for two. Includes the use of our sauna and indoor pool.

Also enjoy the following:

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

Lunch R 165
per person
Join us in the lounge for a light lunch or a speciality coffee & cake to compliment your treatment. 2 courses

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