



Aberdare Country Club

Seize the moment and pamper yourself.

Your holiday at the Aberdare Country Club will take you away from the stress of daily duties and frantic routines. Why not complete the experience by unwinding and relaxing in our spa and wellness center, smack in the middle of The club's 1,300 acre wildlife sanctuary.

With an exercise studio, treatment rooms, sauna, and steam bath, our health club offers a holistic experience to restore the balance between mind, body, and spirit. Choose from our menu of massage therapies and body treatments.

Take a plunge in our heated swimming pool or have a good workout in the exercise studio of our state-of-the-art gym... and then treat yourself to a steam bath or sauna.

Facilities:

The Aberdare Country Club Health club and Spa boasts a fully equipped gym with the latest in cardiovascular machines, free weights and a matted section for Pilates and/or aerobics.

SPA facilities include rooms for the body therapy treatments of massage and beauty care.

Our fully trained therapists are waiting to provide you with any additional information and/or queries you may have regarding the Health Club's facilities and body treatments.

Opening Hours:

0700 hrs – 2000 hrs (weekdays, weekends and public holidays)

Minimum age:

Guests must be at least 16 years of age to use the gymnasium or spa facilities. Children below this age must be accompanied by an adult.

Making a reservation:

We urge you to make an advanced reservation for any appointment within the Health Club or SPA. Appointments are, of course, subject to availability. Please visit our therapists to make and book an appointment.

Please remember to take along a discount voucher if you have one.

Disclaimer and warning:

Aberdare Country Club accepts no responsibility for any injury that may occur or result during or after any treatment. We strongly advise anyone with the following conditions to inform

our therapists before making a booking:

- Recent operation/surgery
- High Blood pressure
- Cardiac/Heart conditions
- Any past muscle, joint or tendon injuries
- Pregnancy, epilepsy or diabetes

Please note that we advise you to leave all valuables in the safe in your room before coming for exercise, or for a treatment.

Arrival Time:

We request that all guests arrive at least 10 minutes before their appointment time.

Kindly note that if any guest arrives late, he or she would naturally forfeit some of the treatment time to make up for lost time.

Dress code:

Please note that nudity is not allowed in any of the public SPA facilities. Please use swimwear in these areas, and change as necessary in any of the designated rooms.

For those with appointments for treatments, a dressing robe, slippers and disposable briefs are provided by the Health Club/SPA.

Cancellations:

Should you wish to cancel any appointment or booking, we request that you notify the therapists at the Health Club/SPA facility at least 5 hours prior to the time of your booking. If this is not adhered to, a 50% cancellation fee will be charged to your bill.

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Health Club

SPA

Policy & Etiquette

ABERDARE COUNTRY CLUB SPA TREATMENTS

Aromatherapy massage 60mins: \$50

Using 2 distinct but overlapping aspects of an aromatherapy massage treatment is beneficial in many ways. The massage itself has soothing effects on the body, and the interaction between the therapist and the recipient is heightened with the effect of the essential oils.

Using essential oils that appeal specifically to the individual, we try to customize this unique and invigorating massage experience to ensure you are as satisfied as can be.

Deep Tissue Muscle Massage 60mins: \$55

This massage uses slow strokes and deep pressure to work on tight areas to release specific muscle tension and restore flexibility. Deep-Tissue Massage is generally slower than Swedish, this technique goes deeper into the muscle and connective tissue to release chronic tension which might have developed from injury or overuse.

Reflexology 40mins: \$40

Promote balance and relieve tension with this deeply relaxing hand and foot massage, which stimulates the reflex areas in your hands and feet. Reflexology is a natural healing art based on the principle that there are reflexes in the feet and hands which correspond to every part of the body. Through application of pressure on particular areas of the hands or feet, reflexology serves to relax tension, improve circulation and promote the natural function of the related area in the body

Aroma Stone Therapy 60mins: \$75

Luxurious and relaxing massage combined with deep heat therapy. Polished Basalt Lava Stones are heated and incorporated into the massage! Stone Massage is a form of bodywork that involves the application of heated or cooled stones (thermotherapy) to the body during deep tissue massage. These are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Swedish massage 60mins: \$45

Calm your mind, body, and spirit with a massage at your requested intensity. This massage will alleviate stiffness and fatigue as well as improve circulation. Swedish Massage is general whole body massage using oils on the skin to facilitate treatment. This is the basis of all Western forms of massage treatment.



Indian head back & shoulder 40m \$35

The Hindi word for head massage is "Champi" and aspects treatment have a long tradition in Indian families. Mothers would rub their daughter's hair to promote its growth and health. It helps to relax the nervous system while relieving joint and muscle stiffness and of course it is a very beneficial treatment for tension headaches and eyestrain. Also, different strokes and pressure are used to stimulate the lymphatic and circulatory system. These are just a few therapeutic benefits of this technique.

