

# Cascade Country Manor

- Hotel and Spa - Paarl - South Africa -

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## SPA

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Cascade Full Body Massage	50 min 90 min	R 550 R 750
Aromatherapy Massage	50 min	R 550
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 1000 per couple
Solo Steam Session	20 min	R 300

### Special Packages: Sep - Oct 2018

#### Re-energising Treat

Kick start your day with a delicious breakfast at Cascade Country Manor followed by a relaxing footscrub and a back, neck & shoulder massage.

R 595  
per person  
max. 4 pax.

#### Spa Half Day Pamper Package

Enjoy two pampering experiences in our spa. Receive a welcome drink on arrival, relax in the steam room followed by 2 full body massages. Once totally relaxed, enjoy a two course lunch in our restaurant.

R 795  
per person  
max. 2 pax

Open Mon - Sat: 10 am - 5 pm | Sun: 10 am to 2 pm

Bookings required | Subject to availability