

## GROOTBERG LODGE

IMELDA & MARIANA, TRAINED BY  
**COMPLEMENTARY HEALTH  
PRACTITIONER**

CLAIRE LIEBENBERG (CERTIFIED WITH THE  
ALLIED HEALTH  
ASSOCIATION (15 YEARS EXPERIENCE))

### **INDIAN HEAD MASSAGE(1/2 hour)N\$250.00**

The treatment promotes relaxation, relieves tension,  
jetlag and other benefits and improves blood  
circulation to the brain

### **BACK, NECK AND SHOULDER MASSAGE (1/2 for N\$250.00, 45min for N\$ 300 or 1 hour N\$ 350)**

A Swedish massage is used during the treatment to  
help calm, relax and relieve sore muscles.

### **FULL BODY MASSAGE (1 and ½ hour) N\$500.00**

A Swedish massage used for draining away fatigue,  
relieving swelling, reducing muscle tension, and  
promoting flexibility.

### **FOOT RUB (1/2 hour) N\$250.00**

There's no better way to treat your sore feet to a  
wonderful foot massage after a long power walk.



**GROOTBERG  
LODGE**

#### **Reservations**

Tel: +264 (0)61 228 104

#### **Fax to E-mail**

+264 (0)88 63 5551

#### **Lodge (Direct)**

Tel: +264 (0)67 333 212

#### **Booking E-mail**

[reservations@grootberg.com](mailto:reservations@grootberg.com)

#### **Website**

[www.grootberg.com](http://www.grootberg.com)

#### **Postal Address**

PO Box 91045  
Klein Windhoek  
Namibia

#### **Credit Cards accepted**

Master / Visa / Cash

#### **Cancellation policy**

6 – 4 weeks' notice: 25% cancellation fee  
3 – 2 weeks' notice: 50% cancellation fee  
1 week notice: 75% cancellation fee  
6 – 0 days' notice: 90% cancellation fee  
No-Show: 100% cancellation fee

#### **Children/Families**

Children under 6 years sharing with parents  
stay free of charge.

Children under 12 years sharing with parents  
pay 50% of adult rate.

Children under the age of 12 years pay 50%  
for activities.

Children joining activities must be under  
parents' supervision at all times.

Children younger than 12 years may not  
participate on Rhino tracking activities

#### **Fly-In Safari**

Guests on a fly-in safari are requested to  
coordinate their arrival and pick up times with  
our reservations office beforehand