



DISCOVER EXTRAORDINARY

For bookings contact reservations@santeretreat.co.za

Santé Wellness Retreat and Spa

La Bella Vita Wine Estate | Simonsvlei Road | Paarl | +27 21 879 1500 | www.santeretreat.co.za



SANTÉ

WELLNESS RETREAT & SPA

DISCOVER EXTRAORDINARY

Treatments and Services



SANTÉ DAY SPA

Extending far beyond the confines of a day spa, the Spa at Santé offers an elevated, integrated wellness experience designed to create a true sense of wholeness and wellbeing.

Our heart driven and outstanding team of spa therapists have been hand-picked for their exceptional knowledge and passion. As wellness professionals, they intuitively guide each one of our guests into an elevated state of wellness.

Our creative menu includes unique, natural treatments, day packages and signature journeys each expertly created with a specific outcome in mind.

[comfort zone] "skin care science with a soul" captivates the holistic approach of our Spa and Retreat. Combined with specifically developed Santé products, all of our products used are carefully selected for their specialized approach and formulations. All products are free from any harmful ingredients.

Delight your senses even further and ensure you join us for lunch to experience Santé's signature Day Spa lunch – gourmet, exquisite honestly healthy cuisine proudly prepared without the use of sugar, dairy, gluten, colourants or preservatives!

SANTÉ DAY SPA

SIGNATURE EXPERIENCES

Vino therapy

Santé proudly offers our trademark Vinotherapy as part of our signature treatments. Organic Red Grape skin, pulp, seeds and extracts are used for their effective free radical fighting and hydrating properties and are combined with a unique blend of essential oils that enhance and compliment the treatment.

Restoration 2 hrs R2 700 – includes our signature Santé Day Spa lunch

Designed to hydrate, improve fine lines and wrinkles and revitalize.

- Full body exfoliation with grapeseed oil & crushed grape seeds leaves the skin smooth and moist.
- Steam room warms and relaxes tense muscles.
- Blissful immersion in the Vinotherapy tub, filled with crushed grapes, grape skin and vine extract to relax, moisturise and fight the effects of free radical damage.
- Full body massage (60 min) of your choice to leave you completely revitalized.

Ultimate Journey 4,5 hrs R4 500 – includes our signature Santé Day Spa lunch

Achieve full body deep cleansing, nourishment, elimination of toxins and stimulation of lymphatic flow.

- Cleansing experience in our Hammam.
- Red grape and clay full body wrap nourishes your body and eliminates toxins.
- Blissful immersion in the Vinotherapy tub, filled with crushed grapes, grape skin, vine extracts and an aromatic blend of oils designed to fight free radical damage and stimulate the lymph flow.
- Hydra Memory facial deeply nourishes and moisturises the skin.
- Detox massage using fluid massage techniques assists in the further elimination of toxins and excess fluids by stimulating the lymphatic flow.



SIGNATURE
EXPERIENCES



SIGNATURE
EXPERIENCES

Hydrotherapy Body Draining Journey 150 mins R2 200/ 6 sessions R11 000

Therapeutic treatments to stimulate the lymph system, kidneys and liver to flush out toxins and wastes from the body.

- Body wash & cleansing ritual in our Hammam.
- Aroma infused steam room.
- Kneipp therapy to stimulate detoxification and lymphatic drainage.
- Warmed seaweed body wrap with draining, detoxifying and revitalising effects.
- Finished off with the application of a stimulating body active cream.

Hydrotherapy Detox Cure 120 mins R2 000/ 6 sessions R10 000

A powerful detoxifying, healing and energising treatment that consists of multiple steps.

- Invigorating salt scrub to remove build up of dead cells and stimulate blood circulation.
- Warmed seaweed body wrap with draining, detoxifying and revitalising effects.
- A soothing and purifying soak in the hydrotherapy tub, combined with an underwater massage.
- Application of energizing and moisturising body active serum and cream.

FULL DAY PACKAGES

R 3 8 5 0

Each full day package starts with a yoga session in our yoga studio situated in our state-of-the-art Fitness Center overlooking our beautiful labyrinth, dams and mountains. Santé's signature Day Spa lunch as well as a delicious healthy snack at the end of the day completes each package. Guests are invited to enjoy the use of the heated indoor pool, jacuzzi and sauna as well as walk through our labyrinth.

Healthy ageing

Renew and add radiance!

- Full body enzymatic exfoliation resurfaces and results in a smooth & radiant skin.
- Re-mineralising body wrap infuses precious minerals & trace elements to bring about balance.
- Full body massage eases muscle tension and improves flexibility.
- Comfort zone's Sublime skin double peel facial is the ultimate treatment to address the top 5 factors affecting the way we age – pigmentation, immunity, hydration, glycation and cell regeneration.

Rejuvenate

Refresh, revitalize and invigorate!

- Full body exfoliation under the Vichy shower to remove the build-up of dead skin cells leaving the skin soft and moist.
- Kneipp therapy to boost immunity and stimulate lymphatic flow.
- Classic full body massage including a foot zone massage and foot mask to uplift & invigorate
- Recover touch facial packed with Vitamins and free radical fighting ingredients revitalises and protects the skin.



Detox

Cleanse, purify, stimulate and achieve a sense of lightness.

- Invigorating full body scrub exfoliates leaving the skin radiant with a healthy glow.
- Rasul experience with a powerful seaweed wrap to stimulate circulation and purify the skin.
- Detox massage improves lymphatic drainage and blood circulation achieving a feeling of lightness.
- Comfort zone's Urban Longevity facial fights free radical damage, removes impurities and clarifies. The Charcoal mask instils luminosity for a visibly brighter, radiant appearance.

Destress

Calm the mind and body and achieve a profound sense of rest and relaxation

- A grapefruit infused full body exfoliation gently and effectively removes dry skin and hydrates.
- Floral profusion hydrotherapy bath massages and ozonates to bring about a sense of total relaxation and calmness.
- Fire and Ice Massage. Any remaining tension simply melts away as your spine is nestled between 16 warm stones to enhance the release of tension during our hot stone and cold marble stone massage.
- Comfort zone's Hydra Memory facial infuses moisture while the unique massage techniques and customised mask replenishes the skin.

FULL DAY
PACKAGES

HALF DAY PACKAGES

R 2 7 5 0

Morning and afternoon options are available and both packages include Santé's signature Day Spa lunch – exquisite honestly healthy cuisine.

Guests are invited to enjoy the use of the heated indoor pool, jacuzzi and sauna as well as walk through our labyrinth.

Healthy Ageing

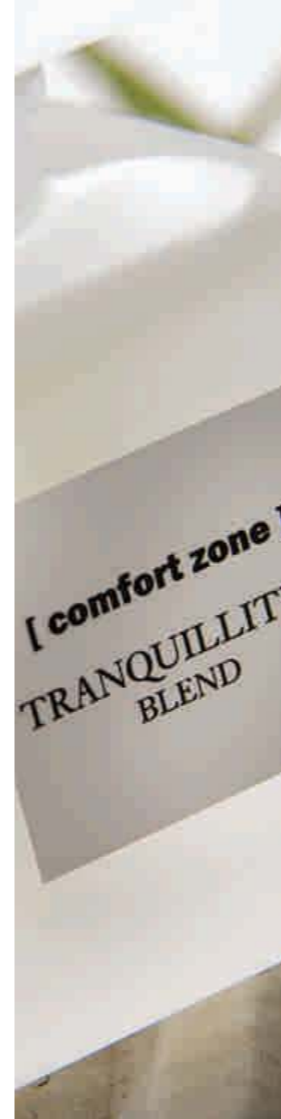
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HALF DAY
PACKAGES

FACIAL TREATMENTS

Facial treatments

"Everything shows up on your face and skin. We can read the health of our inner organs, we see the emotions, the stress and overall vibrancy of a person on their face. Our inner nourishment and our outer nurture integrate into the wholeness & wellness."

Janette Bronee, CCHC Nourishment counsellor, Meta-medicine coach

All facial treatments performed are suitable for men and women.

Hydra Memory

60 mins R1 050

The ultimate treatment for deep hydration and radiance, ideal for skin stressed by central heating and air-conditioning. The unique and pleasurable facial massage transports precious Moringa Oil and the Hyaluronic Acid fragments into the skin, leaving the skin moisturised and luminous.

Sublime skin healthy aging

60 mins R1 250

An anti-aging, re-densifying and peeling treatment for the face and neck. The AHA peel intensity is selected according to the skin needs while the specific Active-lift™ massage and biphasic peel off mask restores fullness and brings about luminosity and radiance to the skin.

Recover touch

60 mins R1 050

A nourishing, multi-vitamin treatment for face, neck and décolleté to repair and protect the skin. The antioxidant, replenishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished.





FACIAL TREATMENTS

Purifying facial

60 mins R1 050

Refines pores, targets imperfections and mattifies the skin thanks to the powerful combination of advanced active ingredients.

Facial Remedy

60 mins R1 050

The ideal treatment to calm a sensitized and irritated skin. Effective in strengthening the skin's defense barrier due to the high concentration of natural origin Prebiotic and Moringa oil.

Urban Longevity™

60 mins R1 250

The perfect antidote to modern fatigue and urban lifestyle. This treatment combines effective facial techniques with highly potent actives to rapidly and deeply cleanse, saturate with moisture and instil luminosity to the skin, for a visibly brighter and more youthful-looking appearance.

AMI rejuvenation facial Acoustic Meridian Intelligence

60 mins R1 250

This new and powerful facial treatment includes the use of Organic rose and rosehip oils in a specialized facial massage. The effective combination of ancient reflexology techniques and cutting edge sound technology, offers the optimal solution for stimulating cell regeneration, vital for the enhancement of a youthful appearance.

Optional add-on's:

High performance anti-wrinkle eye treatment

30 mins R500

Reduce puffy eyes

30 mins R500

Neck, décolleté and bust treatment

45 mins R600

BODY EXFOLIATIONS

Thoroughly cleanse and remove the build up of dead skin cells and allow optimal penetration of active ingredients. The skin emerges refreshed, soft and radiant.

Resurfacing exfoliation with fruit acids

30 mins R500

Grapefruit infused cream exfoliation

30 mins R500

Santé Salt & Sugar scrub

30 mins R500

Body wrap treatments

45 mins R600/ 6 sessions R3 000

Cocooned in a comforting envelopment of therapeutic muds and masks, choose from:

Bagni di pisa mud

An intensive treatment with powerful detoxifying and anti-cellulite actions. Seaweed actives and essential oils together with thermal water from Bagni di Pisa stimulates lipolysis and drains the tissue. Even more effective when done in a course of treatments.

Grotta Giusti mud

A remineralizing and deep-cleansing body mud obtained from the renowned thermal waters of Grotta Giusti, Italy.

Detoxifying seaweed wrap

This powerful combination of seaweed extracts is recommended for bodies in need of detoxification, improvement of acidic conditions, arthritis and water retention. An effective treatment in improving circulation and lymph flow.

Re-mineralising cream wrap

This delightful wrap is rich in minerals, vitamins and active enzymes that assist the body in strengthening the immune system.



BODY
EXFOLIATIONS

HYDROTHERAPY BATH EXPERIENCES

Our multi-jetted Hydrotherapy tub offers numerous benefits

- Stimulates blood and lymph flow
- Decreases muscle and joint pain
- Eliminates the feeling of heavy, tired legs
- Improves oxygenation and cell metabolism

Thalasso bath

A seaweed rich bath to aid in elimination of toxins, greatly improving circulation & drainage.

30 mins R700

Floral Profusion

A heavenly blend of Rose, Jasmin and Sandalwood uplifts the mood, relaxes the mind and brings about a sense of peace and calm.

30 mins R700

Citrus Soak

Ginger and citrus soak boosts immunity, increases vitality and invigorates.

30 mins R700



Hydrotherapy facilities

Experience Shower

30 mins R300

A unique variety of multi-temperature water sequences to invigorate and rejuvenate the body and skin.

Kneipp therapy

30 mins R500

Stimulate blood flow and detoxification by alternating the feet between hot and cold tubs.

Rasul

60 mins R1 200 / R1 800 per couple

Combine the health enhancing properties of heat, steam and mud to detoxify, cleanse and condition the skin.

Hamмам

30 mins R700

An adaptation of the traditional hammam treatment, experience our own & unique Winelands cleansing ritual to leave you thoroughly cleansed, exfoliated and invigorated.

Vichy shower

30 mins R650

This gentle warm rain shower leaves you cleansed and relaxed.

MASSAGE THERAPY

A therapeutic massage session achieves much more than merely targeting sore, tense muscles. Stimulation of the soft tissue assists with the release of toxins, re- charging the body's natural defence system. The resultant released endorphins brings about happiness & enhances the mood.

Classic massage

60 mins R1 050 90 mins R1 350

A world famous classic, combining various massage techniques aimed at soothing and relaxing tired, fatigued muscles. It stimulates and invigorates circulation and promotes a wonderful sense of well-being.

Muscle ease

60 mins R1 050 90 mins R1 350

This focused massage treatment targets accumulated stress and tension in the areas we tend to hold it most. Firm, deep pressure is utilised to alleviate chronic patterns of tension, reducing pain and muscle tightness.

Detox massage

60 mins R1 050 90 mins R1 350

A customised massage therapy, addressing lymph flow and elimination of toxins through a fusion of varying massage techniques using light to medium pressure.

Aroma therapeutic massage

60 mins R1 050 90 mins R1 350

Deeply therapeutic, this holistic massage uses a blend of pure essential oils to calm the nervous system and release tension. The gentle, rhythmic and flowing massage techniques gently encourages the lymphatic flow, resulting in a feeling of lightness.

Mom-to-be massage

60 mins R1 050

Designed for mothers-to-be. Specialised positioning ensures ultimate comfort and relaxation. This treatment greatly assists in alleviating an aching back while reducing peripheral swelling.



Fire & Ice

90 mins R1 350

With the spine comfortably nestled between warm stones to induce deep relaxation, specialised movements with hot stones and cold marble complete this unique massage experience.

Neuro sensorial massage

60 mins R1 050

An ancient massage technique performed by using thumbs and palms to manipulate pressure points along the entire body. This effectively relieves deep seated tension, enhances the flow of energy and allows a profound sense of calm to settle in.

Pro sleep massage

60 mins R1 350

Santé Spa is one of only a few selected Spa's in SA that offers this exceptional massage. The combination of soft mask brushes, unique music and Tranquillity oil™ brings about profound relaxation and a calm mind.

Back neck & shoulder

30 mins R550 45 mins R700

A focused massage concentrating on the body's main support structure bringing great relief to tense shoulder muscles and muscles along the spine and the lower back.

Head & scalp

30 mins R550

An ultra-relaxing, stress relieving head and scalp massage. The conditioning hair oil, treats the hair leaving it soft and shining.

Foot zone

30 mins R550

A therapeutic massage method to bring about balance and relaxation by stimulating predefined pressure points on the feet.

MASSAGE
THERAPY

GROOMING OF HANDS & FEET

Our beautifully decorated and glass fronted Nail studio overlooks olive and lemon trees and offers a vibrant environment to enjoy any of our luxurious hand and foot treatments in.

Classic Manicure	60 mins R495
Classic Pedicure	60 mins R550
Shellac Gel Manicure	60 mins R575
Shellac Gel Pedicure	60 mins R625
Shellac Gel Application	45 mins R425
Soak off and nail care	20 mins R175

Paraffin dip 20 mins R275

The feet or hands are submerged in a warm mixture of paraffin wax. This warming treatment soothes joint stiffness and deeply hydrates dry skin.

Advanced heel peel & callus treatment 30 mins R295

A revolutionary foot care therapy that effectively eliminates callused skin and cracked heels.





GROOMING

WAXING AND TINTING

We use the finest quality professional hot and strip wax

Full leg Wax	50 mins R375
Half Leg Wax	30 mins R275
Arm Wax	30 mins R275
Chest Wax	30 mins R325
Back Wax	30 mins R325
Bikini Wax	20 mins R245
Brazilian Wax	30 mins R375
Hollywood Wax	45 mins R485
Underarm Wax	20 mins R175
Lip/ Chin, Brow Wax	20 mins R125
Full Face Wax	30 mins R275

Finishing touches

Lash Tint	15 mins R145
Brow Tint	15 mins R145
Lash & brow Tint	25 mins R225

THE SANTÉ BIO-ENERGY CENTRE

Santé Wellness Retreat & Spa appreciates the timeless wisdom of the ancient philosophies. It embraces the healing and balancing attributes of magnetic fields, colour, light, sound and crystals, while utilizing what modern science has allowed us to develop and understand. Both these aspects are combined and introduced through the latest in innovative products and devices in the Santé Bio-Energy Centre.

When the body is provided with a healthy energy resonance, distressing patterns are neutralized, reducing their disruptive effects and facilitating the natural healing processes.

The Santé Bio-Energy Centre is guided and run by top expert in the field of Energy based healing, **Keith Macmillan**. Under his guidance, and utilising the technologies selected, the well trained and skilled therapists in the Bio-Energy Centre have the ability to deliver highly effective results.

HRV - Health Assessment

20 mins R 450

The HeartQuest is an advanced non-invasive assessment software system that looks at the human biorhythms and regulatory systems. Your report will cover indications on the Psycho Emotional System, Meridians, 24 Hour Circadian Rhythm, Chakras, Nervous System & Central Nervous System, Hormonal and Cardiovascular System.

O2 Chair

20 mins R 420

Stimulate Vitality by enhancing oxygen absorption and energy flow through guided deep breathing in a zero gravity chair. Reduces blood pressure, increases physical energy, improves blood circulation, reduces lactic acid in muscles & blood, strengthens the immune system, enhances creativity and learning ability, leads to physical relaxation and relieves anxiety.



Cell Regulation (PEMF) / Body Stimulator combo

20 mins R 420

The generation of specific Pulsed ElectroMagnetic Field (PEMF) waves that mimic the natural magnetic balance in the human body and thereby optimally support the body's own regulation and regeneration mechanisms. With regular use, PEMF can improve circulation, reduce pain, improve the functioning of the immune system, improve physical and mental performance and enhance relaxation and sleep patterns.

Theragem Crystal Light Therapy

20 mins R 420

Crystal Light Therapy uses the resonating properties of crystals, combined with light, colour and natural healing frequencies, that positively influence the vibrational rates and energy of living cells in tissue, bone, organs and glands.

Used for a wide range of health problems, it is a gentle, non-invasive technique that can kick start the body's natural healing mechanisms. It can relax muscles and nerves (being anti-spasmodic), has analgesic properties, can be a powerful sedative, increases circulation and biological energy, and is an anti-coagulant.

Brings deep relaxation, improved energy and a balanced human energy field

CymaTherapy

30 mins R 420

The CymaTherapy specialised vibrational sound frequencies are designed to interact with the brain and the body's many energy fields. For treatment of stress, pain, optimizing relaxation and is particularly effective in alleviating Inflammation.

Eternale Biofeedback Therapy

30 mins R 420

The Eternalé creates a deeply calm inner journey that restores the body's bio-electric balance. A journey of profound relaxation and muscle re-education that restores balance, vitality and skin tone, improves posture, reduces facial stress lines and creates an overall sense of well-being that manifests itself in the physical appearance.



Theragem Crystal Light / CymaTherapy combo

30 mins

R 640

A complimenting double treatment to ensure the most effective results are achieved.

Specialist treatments (only available with prior appointment)

Assemblage Point

60 mins

R1 920

Understanding that we are more than just the physical and each one of us is actually a very complex energy system is key to understanding the Assemblage Point. All energy systems have an epi-centre and when this centre is disrupted and out of balance it has a major impact on the system as a whole. Trauma, accidents, chronic emotional issues are classic ways the Assemblage Point is thrown out of balance and without any correction, life just becomes incredibly challenging.

Our Assemblage Point affects everything about us – our appearance, our mood, intelligence, our health, our way of experiencing the world, our response to ourselves, the environment, our interaction and relationships with others and our decision making. Correcting the Assemblage Point has a profound impact and can assist in alleviating many debilitating conditions such as Depression, Anxiety and Bi-Polar amongst others.

The Body Code

60 mins

R1 920

The physical body is made up of pure energy. Every organ, every bit of tissue every cell of the body. All of the non-physical aspects of yourself — your thoughts, your beliefs, your memories, your emotions — are also made up of energy. Disruptive energies and disturbances in the energy fields naturally have a significant effect on the physical level and correcting these energies has a profound effect on a person's health and well-being.

A Body Code session will demonstrate just how easy it is to create positive change, and how true and lasting wellness, really is possible.



BIO-ENERGY EXPERIENCES

Our Special Experiences have been designed with a specific outcome in mind and use tested combinations of sound, light, crystals, electromagnetic fields and micro currents.

Rejuvenate Experience

70 mins R1 680

Replenish your optimal energy levels and rebalance the seven major energy centres of the body allowing you to function with ease, joy and efficiency

HeartQuest Assessment

Cell Regulation / Body Stimulator combo

Cymatics – Vitality / Theragem – Spleen Energize

O2 Chair Oxygenation

Optional add on:

Eternale - EternaVitale

30 mins R420

Destress/Relax Experience

70 mins R1 680

The ultimate deep relaxation program for easing away tension, stress and pain. Also highly effective for improving sleeping habits and enhancing meditation

HeartQuest Assessment

Cell Regulation / Body Stimulator combo

Cymatics – Stress release / Theragem – Elation

O2 Chair Relaxing

Optional add on:

Eternale - EternaSerene

30 mins R420

BIO-ENERGY
EXPERIENCES

Detox Experience

70 mins R1 680

Relieves the mind and body from daily environmental stress, toxins, EMF, noise pollution and more

HeartQuest Assessment

Cell Regulation / Body Stimulator combo

Cymatics – Stress from Toxins / Theragem – Liver stimulate

O2 Chair Oxygenation

Optional add on:

Eternale EternaEnviro

30 mins R420

Healthy Ageing Experience

70 mins R1 680

Restore the optimal resonance of the cells helping to make you look and feel years younger. The perfect health restoring program where resonant frequencies are sent to the organs in the body to optimize function and restore radiance.

HeartQuest Assessment

Cell Regulation / Body Stimulator combo

Cymatics - Anti-Ageing / Theragem - Elation

O2 Chair Oxygenation

Optional add on:

Eternale EternaYouth / EternalLift

30 mins R420



BIO-ENERGY
EXPERIENCES



THE SANTÉ HEALTH OPTIMIZING ROYAL RETREAT

Health Optimizing is stimulating the human organism's intrinsic self-regulating mechanisms to optimize health, using a combination of breakthrough technologies to map out and deal with both the primary and secondary causative factors on a physical, biochemical, energetic, emotional, and lifestyle-related level.

With its origins in the emerging fields of Technology based Functional and Energy Medicine, Health Optimizing was founded and is guided by **Thomas Aksnes**, Scientific Director of Health Tech Sciences Norway.

Health Optimizing utilizes the latest non-invasive and effective technologies for assessment and treatment, applied at Santé by a team of specially trained doctors and therapists, lead by highly skilled expert **Dr Helen Muir**.

Assessments & Treatments:

Initial Assessment	120 mins	R4 500
Follow up assessment	90 mins	R3 375

Performed by a Medical Practitioner, our all-encompassing, non invasive, technology based assessment will find out, at a cellular level, what is out of balance or not functioning correctly, and most importantly why. We identify triggers and causes and provide you with a personalised report and recommended treatment protocol to deal with your identified health issues.

High Definition Thermography

20 - 60 mins (Time & price are dependent on the procedure)

Medical Thermography is the capturing of temperature measurement of the skin with a thermal imaging camera. It is totally non-invasive and can be repeated as often as desired with no side effects. It can be used to identify and assess inflammation, e.g. under a tooth or in muscles and joints.

This non-invasive method is ideal for immediate assessment of numerous health challenges such as screening for breast health and assessing of thyroid problems.

Thermo regulation/Alfa diagnostics

40 mins R1 950

Thermo Regulation or Regulation Thermography is not unlike the cardiologist's treadmill test. More information about health can be obtained from watching how the body behaves dynamically, than with static blood tests or X-Rays that often miss disorders in their developing stages.

Regulation medicine expands into another field of vision not unlike the way radio telescopes revolutionized our awareness of phenomena in the universe.

Approx. 200 functional points are scanned on the face and body followed by a cooling down period of 10 min. and the points are then re-scanned to assess adaptation.

By assessing the functional capacity of the body's regulation system, this 'expert' signature-recognition IR Thermography system incorporates historical knowledge with modern mathematical algorithms to create a comprehensive report with whole-body graphic-images.

Voice Analysis/Neuro Bio feedback

120 mins R3 840

Unique Voice Analysis which detects psychosomatic and emotional triggers and patterns and combined with Neuro-Biofeedback technology for regulation of subconscious processes, neurotransmitters and activity in different parts of the brain.

Highly effective in the treatment of emotional issues including depression. Greatly enhances learning and the ability to concentrate.



Cell Volt charging

30 mins R845

Increases the cell voltage in local tissue which enable the cells to exchange ions correctly. This improves cell function, reduces inflammation and stimulates repair processes. Very effective in the treatment of injuries and inflammation.

Heidelberg Test (incl capsule)

120 mins R5 940

A gold standard test of the functions of the stomach, this is an essential test for clients with digestive problems or gastric reflux. Santé is currently the only place in Africa where this test can be performed.

Other treatments available post assessment:

Pulsed Plasma Light Technology

3 x 60 mins R4 250

Destroys microorganisms through a resonance effect without the use of medication.

Nitric Oxide gas technology

15 mins R735

Increases Nitric Oxide levels within minutes, a critical factor for cardiovascular health and for stimulating the healing of diabetic ulcers.

Biofeedback Technology

180 mins R3 840

Comprehensive programs that stimulate intrinsic mechanisms to resolve physical health challenges by sending specific triggers and resonance for self healing.

Onnetsu

30 mins R650/6 sessions R3 250

The Onnetsu is a remarkable handheld Far InfraRed device that can detect unhealthy spots deep inside the body. It supports the body's own healing power and dramatically reduces physical discomfort. FIR penetrates deeply into the body, corrects hormone imbalances, stimulates blood circulation, promotes organ functions, rejuvenates cells, repairs degenerated cells, facilitates elimination of toxins and promotes your immune system and a smooth flow of energy.

HEALTH OPTIMIZING ROYAL RETREAT RESIDENTIAL PACKAGES

Combining cutting edge technology and the protocols of Health Optimizing with luxury accommodation, exquisite honestly healthy cuisine and supportive treatments from both the Bio-Energy Centre and Day Spa, our packages enable our guests to experience highly effective and long lasting treatments and healing during the duration of their stay.

... **an unforgettable and extraordinary experience of recuperation, revitalization and healing.**

Health Optimizing Royal Retreat Packages Available:

2 Week Standard Package

Package inclusions:

Health Optimizing treatments:

- Full Health Optimizing initial assessment
- Weekly follow up assessment
- Voice Analysis and homeostasis treatment
- Weekly Full body homeostasis treatment
- Daily Health Optimizing Cell regulation
- Daily Cell volt charging
- Pulsed plasma light technology



HEALTH
OPTIMIZING



Bio Energy Centre:

- Supportive daily treatments in the Bio Energy Centre

Day Spa:

- Supportive daily treatments in the world class Day Spa

Accommodation:

- Luxury accommodation in a suite of your choice.
Our accommodation options include Villa suites, Retreat suites and the Deluxe Retreat suite. All of our suites have been individually decorated with great attention to detail to satisfy every possible need.

- Daily yoga on request
- Unlimited access to the fully equipped Fitness Center, Labyrinth, Indoor heated pool, jacuzzi and saunas.

Food & Nutrition

- All meals, snacks and non alcoholic drinks are included for the duration of your stay.
Santé serves exquisite, honestly healthy cuisine proudly prepared without the use of sugar, dairy, gluten, colourants or preservatives. All proteins are free range and fresh produce is sourced daily from our own kitchen gardens as well as local organic farmers.
Dining at Santé is a true culinary experience proving that healthy food can be both nutritious and delicious.



7 Day Intensive/Express Package

This package may only be booked after a full consultation and assessment by the Medical Practitioner

The 7 Day package will be very intensive with long days in order to fit in all the treatments. The total number of treatments included will naturally be fewer, and time available to heal will be limited.

3 Week Premium Package

Additional benefits:

The 3 week package includes more treatments and the longer stay allows more time to relax and more time to heal. With certain types of diseases, eg Lymes, slower treatments over a longer period will prevent a healing crisis and herxheimers.

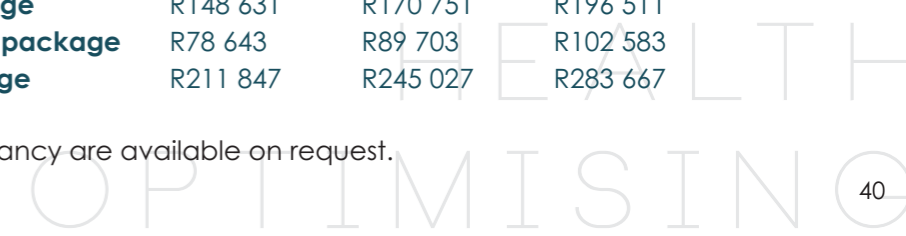
Additional optional add- on's available: Santé will happily arrange additional excursions for long stay guests including:

- Private catamaran cruises with our own chefs preparing your meals
- Picnic lunches and dinners
- Hiking in the nearby Mont Rochelle mountain range
- Tours and excursions in and around Cape Town

Indicative package rates for single occupation:

	Villa Suite	Retreat Suite	Deluxe Retreat Suite
2 week Standard package	R148 631	R170 751	R196 511
7 Day Intensive/Express package	R78 643	R89 703	R102 583
3 week Premium package	R211 847	R245 027	R283 667

Rates for double occupancy are available on request.





SANTÉ WELLNESS PROGRAM OFFERING

The Santé Team, together with relevant experts, have designed comprehensive holistic Wellness Programs to offer our residential guests who visit Santé with a particular goal or purpose in mind. Programs extend from 3 to 14 days and include programs to Destress & Rejuvenate, Detox, promote Healthy Aging and reach your Ideal Weight through Healthy Eating. All of our programs draw from and expertly combine the relevant offerings from our high-tech Health Optimizing Clinic, Bio-Energy Centre and world class Day Spa. These selected treatments, combined with optimal nutrition, nutritional and lifestyle advice as well as exercise are crafted to achieve optimal results in reaching our guests desired goals.

DESTRESS & REJUVENATE

The perfect remedy for recovering your wellbeing and improving vitality. Identify and address the underlying causes of adrenal burnout. Take the opportunity to escape, relax, restore vitality, nourish the body and renew and reactivate your mind.
Introductory Programs - 3 days and 5 days
Comprehensive Programs - 7 days, 10 days and 14 days

DETOX

Santé's highly effective Detox programs will cleanse, purify and improve the functioning of your body. Eliminate toxins, stimulate key organs and rediscover your body's ideal balance resulting in increased energy and vitality.
Introductory Program - 5 days
Comprehensive Programs - 7 days, 10 days and 14 days

HEALTHY AGING

Our Healthy Aging programs will have you both looking and feeling better. Carefully chosen non invasive therapies and treatments, combined with our exquisite honestly healthy cuisine will effectively enable your body to function on a more optimal level with long lasting effects. You will leave us feeling and looking refreshed, rejuvenated and renewed.

Introductory Program – 5 days

Comprehensive Programs – 7 days, 10 days and 14 days

IDEAL WEIGHT/HEALTHY EATING

The Ideal weight/Healthy Eating programs will cleanse, purify and improve the functioning of your body. Eliminate toxins, discover and rebalance your emotional triggers and wellbeing. With expert nutritional advice and a personalized eating plan, we will support and enable you to make key lifestyle changes to enable your journey to achieving your ideal weight.

Comprehensive Programs – 7 days, 10 days and 14 days

Current seasonal rates for the above programs can be obtained by contacting reservations@santeretreat.co.za or by accessing our **website on www.santeretreat.co.za**





SANTÉ EXERCISE AND FITNESS OFFERING

Santé's facilities include a **heated indoor swimming pool and jacuzzi, and an outdoor pool.** The fully equipped **Fitness Centre** has a range of cardio equipment, weight machines & free weights, as well as **pilates** equipment and reformers. The Fitness Centre is also home to our **yoga studio**, which overlooks our **magical labyrinth** and majestic mountains.

Guests have complimentary access to **mountain bikes** and can choose to ride either on the secure estate or on nearby mountain biking trails. The numerous nearby mountain ranges are also home to many beautiful **walking and hiking trails.**

Daily Yoga classes are included in our **Wellness Program and Health Optimizing packages,** and one on one Yoga as well as Pilates sessions can be arranged on request at an additional charge.

One on one **personal training** sessions are also available on request at an additional charge. There are 2 world class **golf courses** within 15 minutes drive of Santé and both accompanied (by a Pro) or unaccompanied rounds of Golf can be arranged.