



DISCOVER EXTRAORDINARY



Africa's  
Best Day Spa



South Africa's  
Best Wellness Retreat



South Africa's  
Best Wellness Retreat



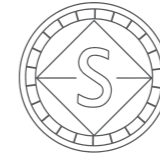
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Best Wellness Retreat



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# SANTÉ

WELLNESS RETREAT & SPA

DISCOVER EXTRAORDINARY

## Treatments and Services

For bookings contact [reservations@santeretreat.co.za](mailto: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](http://www.santeretreat.co.za)



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# ABOUT US

**Santé Wellness Retreat & Spa** - a luxurious destination Wellness Retreat including a world class Day Spa and Business Forum in the beautiful Western Cape Winelands.

In a valley surrounded by magnificent mountains, Santé is the ultimate sanctuary for anyone who wants to re-energize, rejuvenate and revitalise the body and mind.

Enter a haven with serene spaces and uncomplicated luxury full of heart with generous hospitality, relaxed friendly service and exquisite, honestly healthy cuisine.

## Accommodation Offerings

The place to feel at home!

Our stunning **Retreat suites**, **Villa suites** and a **Deluxe Retreat suite** have all been individually decorated, with huge attention to detail. The passion and love that went into each suite is apparent in their individual character and personal touch.

Custom made furniture, objet d'art and artworks collected by the owners over many years has been combined to create a luxurious yet welcoming haven for each guest.

The **Santé Villa** has **5 suites**, it's own private spacious lounges & dining areas as well as a **private pool** and is also available on an exclusive use basis with private dining prepared on site by the Santé chefs. Combine the luxury accommodation of your choice with Spa treatments and Santé's exquisite honestly healthy cuisine and treat yourself to an Overnight Spa experience for a one or two night unforgettable getaway!





## ABOUT US

### Our Food

At Santé we believe that nutritious food is the foundation of health. Dining at Santé is a true culinary experience, showcasing progressive nutritionally healthy cuisine with sensational flavours and aromas proving that healthy food can be inspiring, creative and delicious! Using only real unrefined foods and the freshest ingredients, all meals are proudly prepared without the use of sugar, dairy, gluten, preservatives, colourants and additives. Our daily food journeys are constantly evolving with the seasons and are full of exciting, unique and honestly healthy cuisine.

### Wellness Programs

Individually customized to your specific needs, our Wellness Programs are goal orientated and expertly combined with world class treatments and optimal nutrition. Programs are fully inclusive and include **Destress & Rejuvenate, Detox, Longevity, Emotional Balance, Ideal Weight/Healthy Eating and an Ultimate Fitness Boost program.**

### World Class Day Spa

Experience a world of true well-being and Discover Extraordinary through the cohesion of wellness and beauty. Our hydrotherapy focus, unique treatment methodologies, signature therapies and exquisite, honestly healthy cuisine intermingles to provide a transformative wellness experience way beyond the ordinary. The Santé signature product, [comfort zone]<sup>™</sup> "skin care science with a soul" captivates the essence of our Spa and Retreat and is used alongside specifically developed Santé products – all being free from any harmful ingredients.

# ABOUT US

## Bio-Energy Center

Santé embraces the healing and balancing attributes of magnetic fields, sound, colour, light and crystals, while utilizing what modern science has enabled us to develop and understand. Our Bio-Energy Centre offers clients a combination of the latest in innovative products and devices. Healing takes place through energetic intervention using electromagnetic waveforms to stimulate the body's own healing capabilities.

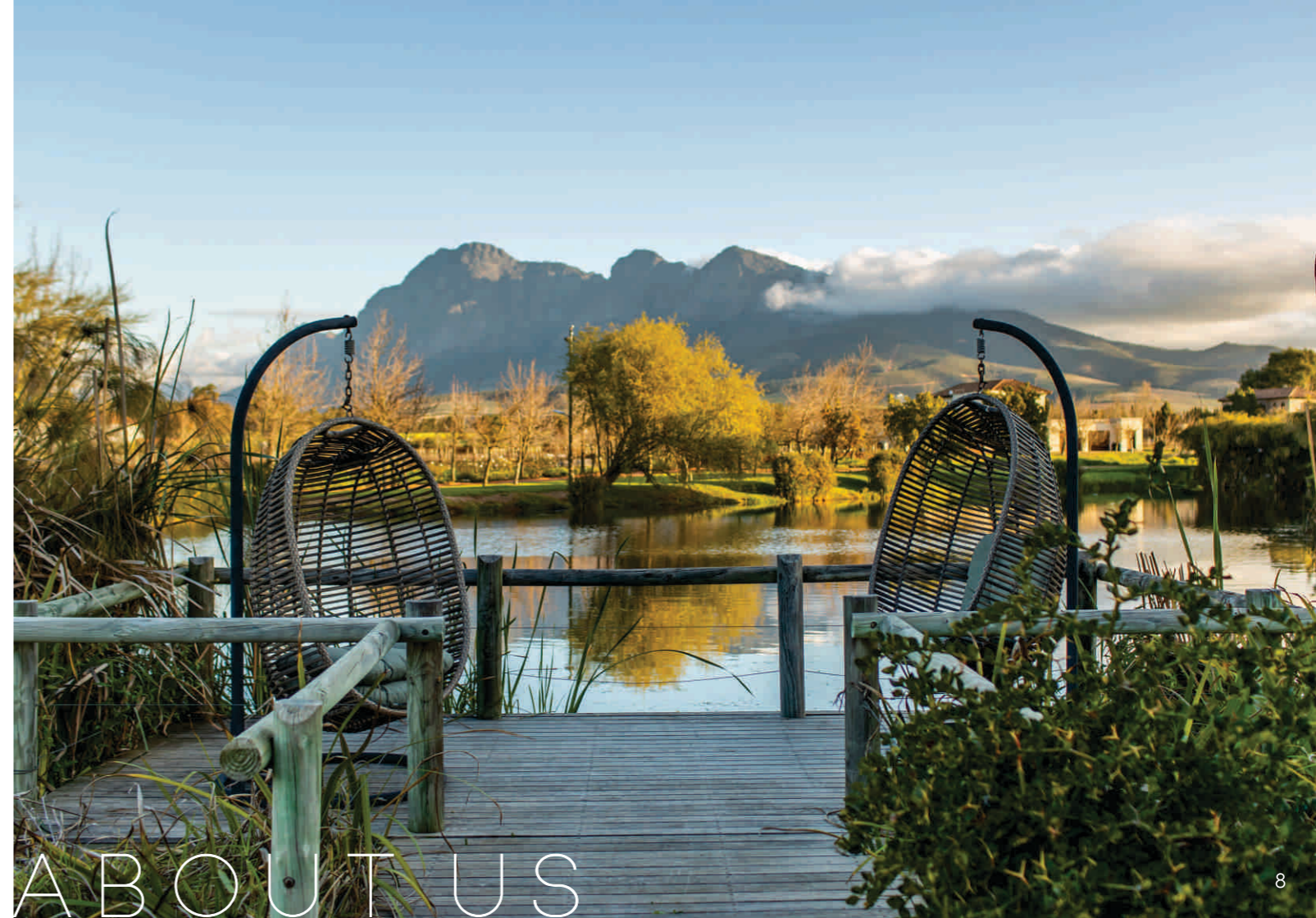
## Health Optimizing Wellness Clinic

Discover cutting-edge, technology-based, non-invasive holistic healing. With hi-tech medical technologies, some being the first ever available in Africa, and technologies within the emerging fields of Quantum and Energy medicine we can assist you to:

- \* Achieve optimum health
- \* Enhance longevity
- \* Correct imbalances

## Business Forum

Treat yourself and your team to the magnificent Santé offering while you work! The Forum at Santé is a fully equipped Conference Venue, which can accommodate up to 120 guests. The main hall, combined with 4 elegant breakaway rooms, a separate restaurant – “num-num” with indoor and outdoor seating, provides a facility that can cater for a wide variety of needs.



ABOUT US



# TREATMENTS & SERVICES

## TREATMENTS & 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.

The magnificent surrounding mountains, indigenous gardens and spacious elegant facilities create the perfect backdrop for an opportunity to escape and experience extraordinary.

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.

The Spa's 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 – exquisite honestly healthy cuisine proudly prepared without the use of sugar, dairy, gluten, colourants or preservatives!

# 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 treatments.

Both Vino therapy experiences include Santé's signature Day Spa lunch – exquisite honestly healthy cuisine - and guests are invited to enjoy the use of the heated indoor pool, jacuzzi and sauna as well as walk through our labyrinth.

### **Restoration** R3 575 - includes 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 (Full Day)** R5 665 - includes lunch

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

- Cleanse 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



**Muscle tension Releasing journey** 2,5 hrs R3 675 – includes lunch  
Experience a journey of complete muscle relaxation to stimulate the lymph system and release tension.

- Salt & sugar full body polish
- Purifying detox Seaweed body wrap
- Tension releasing full body and scalp massage (90 min)
- Refreshing body gel application

**Rebalancing Sensory Stress Release journey** 2,5hrs R3 750 – includes lunch  
Lose yourself in a top to toe full body sensory experience to relieve stress and tension, leaving you revitalized, balanced and refreshed.

- Grapefruit full body and face polish
- Santé signature Poulitice Rejuvenating massage (90min)
- Collagen boost face mask
- Head & scalp massage

**Hydrotherapy Body Cleansing journey** 2 hrs R2 365  
Therapeutic treatments to cleanse, stimulate the lymph system, and flush out toxins.

- Body wash & cleansing ritual in our Hammam
- Warmed seaweed body wrap with draining, detoxifying and revitalising effects.
- Lymphatic draining session in the HOCATT™
- Finished off with a Soothing herbal tea

**Hydrotherapy Detox Cure** 2,5 hrs R2 915  
A powerful detoxifying, healing and energising experience.

- 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
- Detox session in the HOCATT™
- Finished off with a Detox herbal tea

**Advanced Sleep Therapy** 3.5 hrs R4 500 - includes lunch  
A comprehensive selection of treatments to help destress, unwind and totally relax.

- Grounding session in the Labyrinth
- O2 zero gravity chair
- Sacred Nature Facial with sound therapy
- Guided meditation
- Pro sleep massage
- Deep sleep session



# COUPLE'S EXPERIENCES

Santé's exclusive and elegant couple's treatment rooms are the perfect place to escape to - together! Enjoy private spaces and indulge your senses!

**Both couple's experiences include Santé's signature Day Spa lunch** – exquisite honestly healthy cuisine - and guests are invited to enjoy the use of the heated indoor pool, jacuzzi and sauna as well as walk through our labyrinth.

**Full Day** - including lunch     R4 950 per person

- Kneipp therapy to boost immunity and stimulate lymphatic flow
- Couple's Rasul experience combines heat, steam and mud to detoxify, cleanse and condition the skin
- Double Citrus soak in the giant tub
- Signature couple's massage
- Collagen Boost facial
- Finished off with a healthy snack and organic bubbly

**Half day** - including lunch     R3 685 per person

- Couple's Rasul experience combines heat, steam and mud to detoxify, cleanse and condition the skin
- Signature couple's massage
- Head & Scalp therapy



COUPLE'S  
EXPERIENCES



## FULL DAY SPA PACKAGES

R 4 8 9 5

Each full day package **includes Santé's signature Day Spa lunch as well as a delicious healthy snack with complimentary Organic bubbly** at the end of the day to complete each package. Guests are invited to enjoy the use of the heated indoor pool, jacuzzi and sauna as well as walk through our labyrinth.

### Longevity

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 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.
- Sacred nature lift & glow 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 & 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 massage.
- Comfort zone's Hydra Memory facial infuses moisture while the unique massage techniques and customised mask replenishes the skin.





## HALF DAY SPA PACKAGES

R 3 5 7 5

Morning and afternoon options are available and **both 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.

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HALF DAY PACKAGES

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## 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 550

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 775

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.

### Sacred Nature Lift & Glow

60 mins R1 550

A nourishing and regenerating treatment suitable for all skin types to restore the skin's youth. Detoxifies, repairs, nourishes and protects the skin.

### **Purifying facial**

60 mins R1 550

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

### **Facial Remedy**

60 mins R1 550

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

### **Urban longevity™**

60 mins R1 775

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 instill luminosity to the skin, for a visibly brighter and more youthful-looking appearance.

### **AMI rejuvenation facial Acoustic Meridian Intelligence** 60 mins R1 700

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.

### **Facials - Optional add-on's:**

High performance anti-wrinkle eye treatment

30 mins R715

Reduce puffy eyes

30 mins R715

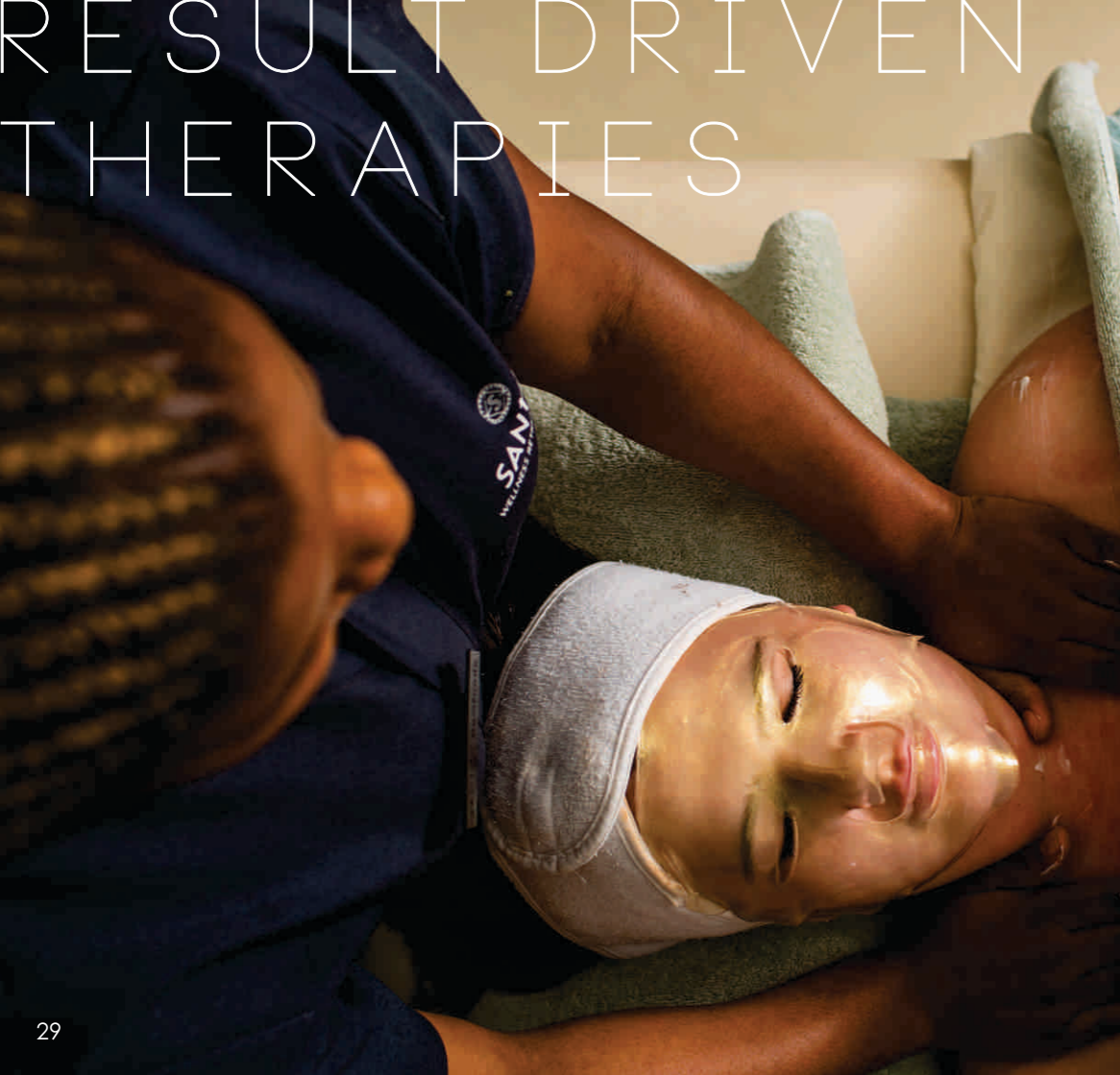
Neck, décolleté and bust treatment

45 mins R785



FACIAL  
TREATMENTS

# RESULT DRIVEN THERAPIES



## ADVANCED RESULT DRIVEN THERAPIES

### **Micro-Dermal needling**

Make your skin glow and reduce the appearance of lines and wrinkles. Stimulate the production of collagen and elastin, treat sun damage and scars. Completely safe and effective.

Micro-Dermal needling	60 mins R1 800
Micro-Dermal needling incl recovery kit	R2 300
Course of 4 treatments over 6 weeks	R6 200
Course of 6 treatments over 10 weeks	R9 200

### **Advanced Cellulite treatment**

90 mins R2 145

The combination a full body exfoliation to stimulate body circulation, an intense massage to break down adipose deposits formed in the connective tissue and an intense cellulite mask all aids towards achieving optimal results.



# BODY EXFOLIATIONS

## Body exfoliations

30 mins R750

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.

Your choice of:

### Resurfacing exfoliation with fruit acids

#### Grapefruit infused cream exfoliation

#### Santé Salt & Sugar scrub

## Body wrap treatments

45 mins R850

Be cocooned in a comforting envelopment of therapeutic muds and masks.

Your choice of:

### Firming Mask

An intensive treatment based on essential oils to fight cellulite imperfections.

Enjoy an immediate sensation of lightness and the reactivation of the legs.

### 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 FACILITIES

## Hydrotherapy bath experience

30 mins R825

- 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.

## 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.

## Citrus Soak

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

## Couples Bath experience

30 mins R825

Choose a Floral profusion or Citrus soak and connect with your partner in the Santé giant tub.



## Kneipp therapy

30 mins R660

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

## Rasul

60 mins R1 400 / R1 950 per couple

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

## Hamman

45 mins R1 050

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

# 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

60 mins R1 375 90 mins R1 850

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 375 90 mins R1 850

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

60 mins R1 375 90 mins R1 850

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

## Aroma therapeutic

60 mins R1 375 90 mins R1 850

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.

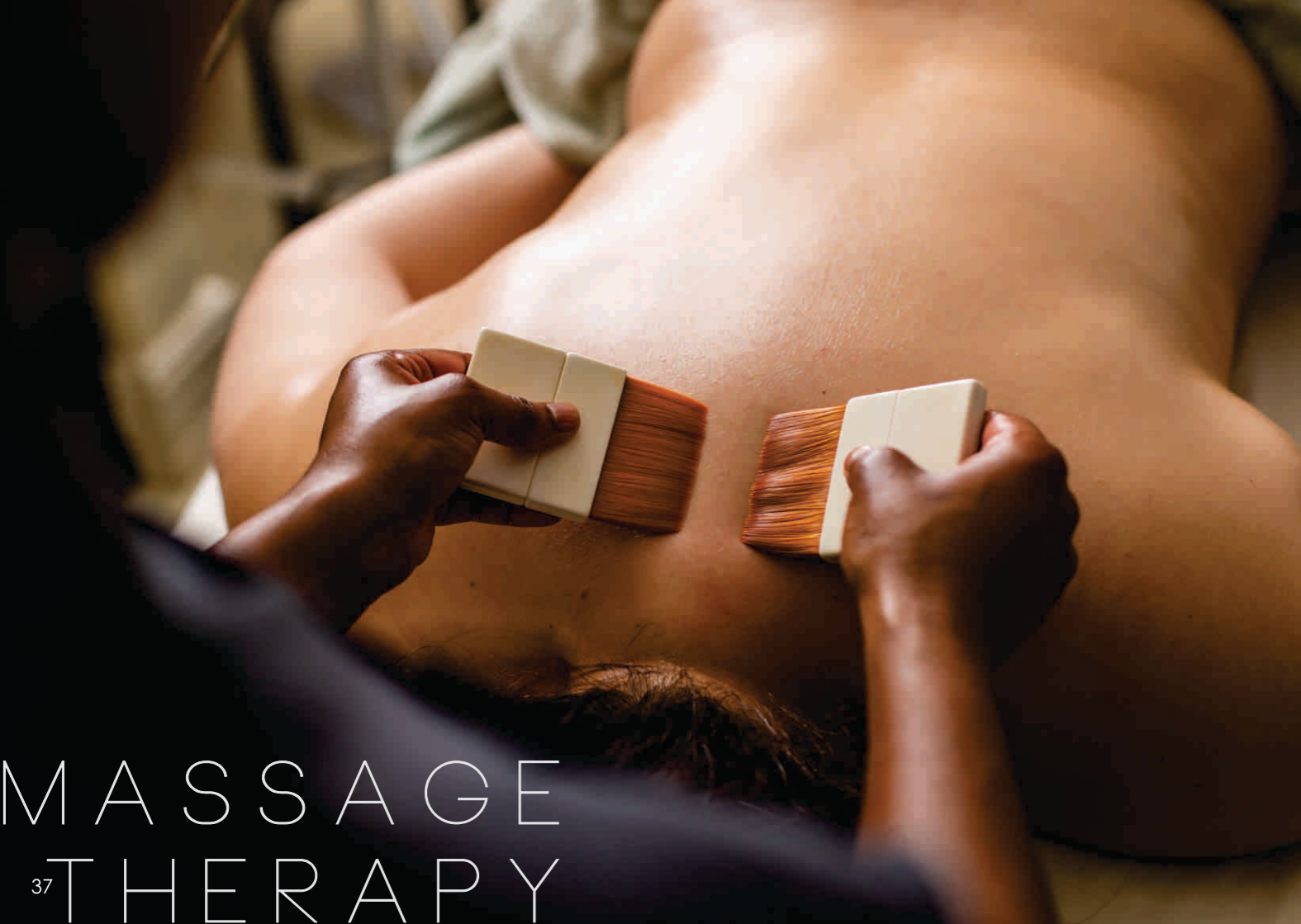
## Signature Poullice massage

90 mins R1 950

Santé's bespoke poullice massage has been created to alleviate stress and tension. An experience that uses your choice of poullice blend – muscle release, rejuvenating or destress. Includes a face exfoliation, massage and mask as well as a full body massage – a true top to toe experience!



MASSAGE  
THERAPY



# MASSAGE THERAPY

## **Mom- to- be**

60 mins R1 375

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 950

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.

## **Pro sleep**

60 mins R1 750

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**

45 mins R1 050

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**

45 mins R1 050

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

## **Foot zone**

45 mins R1 050

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

## **Deluxe Foot zone Therapy**

60 mins R1 375

An exquisite relaxing foot and leg treatment which includes a massage of hands, arms and shoulders during the foot treatment. Complimented with a herbal tea of your choice.

## GROOMING OF HANDS & FEET

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

**Classic Manicure** 60 mins R650

**Classic Pedicure** 60 mins R715

**Gel Manicure** 60 mins R760

**Gel Pedicure** 60 mins R825

**Gel Application** 45 mins R600

**Soak off and nail care** 30 mins R300

**Paraffin dip** 30 mins R350

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** 45 mins R520

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





GROOMING

## WAXING AND GROOMING

We use the finest quality professional hot and strip wax

Full leg Wax	50 mins R510
Half Leg Wax	30 mins R410
Arm Wax	30 mins R410
Chest Wax	30 mins R450
Back Wax	30 mins R450

Bikini Wax	20 mins R350
Brazilian Wax	30 mins R520
Hollywood Wax	45 mins R670
Underarm Wax	20 mins R250
Lip/ Chin, Brow Wax	20 mins R180
Full Face Wax	30 mins R410

### **Finishing touches**

Lash Tint	15 mins R210
Brow Tint	15 mins R210
Lash & brow tint	25 mins R320

# THE SANTÉ BIO-ENERGY CENTRE

Santé embraces the healing and balancing attributes of magnetic fields, colour, sound, light, sound and crystals, while utilizing what modern science has allowed us to develop and understand. These aspects are combined and introduced through the latest in innovative products and devices in the Santé Bio-Energy Center.

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

## **Heart Rate Variability/ HRV - Health Assessment**

45 min R 640

An advanced non-invasive assessment 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.





**HOCATT™**

The HOCATT™ uses a combination of modalities to detox the body, improve circulation, boost energy and strengthen the immune system. Each 30 minute session can boost your athletic performance, improve skin elasticity, detox the body on a cellular level, promote weight loss, boost immune system function and reduce stress & anxiety.

The HOCATT™ modalities include transdermal ozone, carbonic acid, FIR & steam sauna, high-intensity PEMF, frequency specific microcurrents, passive exercise with oxygen, UV irradiation, essential oils & colour photon therapy.

**HUGO™**

The HUGO™ utilises high-intensity PEMFs (Pulsed Electromagnetic Fields) to alleviate pain, accelerate healing & regeneration, enhance circulation & oxygenation and more! High-intensity PEMFs flood your cells with energy allowing your whole body to function more optimally - from improving nutrient absorption, energy levels and detox mechanisms.

Treatment options:

HOCATT™	30 mins R510
HOCATT™ with HUGO™	30 mins R650
HUGO™	20 mins R250

**Packages of 10 sessions**

HOCATT™	R4 550
HOCATT™ with HUGO™	R5 850
HUGO™	R1 890



### **O2 Chair**

20 min R 530

Stimulate vitality by enhancing oxygen absorption and energy flow through guided meditation and deep breathing in a zero gravity chair. Leads to physical relaxation and relieves anxiety and stress.

### **Cell Regulation (PEMF) / Body Stimulator combo**

20 min R 530

Optimally support the body's own regulation and regeneration mechanisms. 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**

30 min R 530

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

### **Cymatherapy**

30 min R 530

A powerful therapeutic tool which treats stress, pain, optimizes relaxation and is particularly effective in alleviating inflammation. Treatments are performed through the use of specialised vibrational sound frequencies designed to interact with the brain and the body's energy fields.

### **Theragem Crystal Light & Cymatherapy combo**

30 min R 780

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

### **Bio Energy Half Day Experience**

R2 950

Each half day experience will be specifically individualised to you and your needs. Starting with a HeartQuest HRV assessment to establish your specific wellness needs, your experience will include 2.5 hrs hours of treatments in our Bio Energy Center. All experiences include the Santé signature Day Spa lunch – exquisite honestly healthy cuisine and access to the magnificent Santé Day Spa facilities.

### **Bio Energy/Spa Combo - Full Day Experience**

R3 950

Each full day experience will be specifically individualised to you and your needs. Starting with a HeartQuest HRV assessment to establish your specific wellness needs, your experience will include 3.5 hours of treatments in our Bio Energy Center and Spa. All full day experiences include the Santé signature Day Spa lunch – exquisite honestly healthy cuisine and access to the magnificent Santé Day Spa facilities.



## HEALTH OPTIMIZING WELLNESS CLINIC

Santé's Health Optimizing's focus is to stimulate your intrinsic self-regulating mechanisms to optimize health. We use a combination of breakthrough technologies to map out both the primary and secondary causative factors on a physical, biochemical, energetic, emotional, and lifestyle-related level.

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.

With it's origins in the emerging fields of Technology based Functional and Energy Medicine, Health Optimizing is part of a global group of clinics founded by Health Scientist Thomas Aksnes in Norway.

HEALTH  
OPTIMIZING



## ASSESSMENTS & TREATMENTS

### **Initial Assessment**

120 min R5 300

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 recommended report and treatment protocol to deal with your identified health issues.

### **High Definition Thermography**

20 - 60 min

(Time & price are dependent on the procedure)

Non-invasive thermal imaging which identifies areas of inflammation in the body. Ideal for breast health and other inflammatory screening.

### **Thermo regulation/Alfa diagnostics**

40 mins R2 150

Alfa thermodiagnosics is a unique assessment technique that will help you understand more about your body and where its dysfunctions may lie. Regulation Thermography uses 200 points on the face and body to assess the functional capacity of the body's regulation systems. After the measurements you will receive a comprehensive report highlighting areas of dysfunction or stress in the body.

ASSESSMENTS &  
TREATMENTS

### Voice Analysis and Neuro Bio feedback

2 hrs R4 550

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

Highly effective in the treatment of emotional issues including depression, anxiety and burnout.

### Cell Volt charging

30 mins R990

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)

2 hrs R6 900

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 950

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

#### Nitric Oxide gas technology

15 mins R850 12 x Sessions R8 500

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

#### Biofeedback Technology

2.5 hrs R4 200

Comprehensive programs that stimulate intrinsic mechanisms to resolve a variety of health challenges by sending specific triggers and resonance for self healing. By stimulating specific mechanisms in the body, you can return to homeostasis, allowing the body to self heal and self regulate again.



HEALTH OPTIMIZING



HEALTH  
OPTIMIZING



## HEALTH OPTIMIZING WELLNESS RETREAT RESIDENTIAL PACKAGES

Expertly created for guests with a specific health challenge or illness, our Health Optimizing packages combine 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.

These 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.

## 1 week and 2 Week packages

### Package inclusions:

- Health Optimizing assessments and treatments
- Supportive daily treatments in the Bio Energy Centre
- Supportive daily treatments in the world class Day Spa
- Luxury accommodation in a suite of your choice.

Our accommodation options include Villa suites, Retreat suites and the Delux Retreat suite.

All of our suites have been individually decorated with great attention to detail to satisfy every possible need.

- All meals, snacks and non alcoholic drinks.

Santé serves exquisite, honestly healthy cuisine proudly prepared without the use of sugar, dairy, gluten, colourants or preservatives.

Dining at Santé is a true culinary experience proving that healthy food can be both nutritious and delicious.

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

## 3 Week Premium Package

### Additional benefits:

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



HEALTH  
OPTIMIZING



## SANTÉ WELLNESS PROGRAMS OFFERING

- Goal orientated
- Expertly combined
- World class treatments
- Optimal nutrition & nutritional advice
- Individually customized to you

Programs extend from 3 to 21 days and include programs to Destress & Rejuvenate, Detox, promote Longevity, achieve Emotional Balance, reach your Ideal Weight through Healthy Eating and an Ultimate Fitness Boost.

### **DESTRESS & REJUVENATE**

Escape, relax, restore vitality, nourish the body & renew and reactivate your mind! Identify and address the underlying causes of adrenal burnout.

**Introductory Programs - 3 days and 5 days**

**Comprehensive Programs - 7 days, 10 days and 14 days**

### **DETOX**

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**

WELLNESS  
PROGRAMS

### **LONGEVITY**

Create the base to live a long and healthier life! Live and thrive on an optimal level with non invasive therapies and treatments, combined with our exquisite honestly healthy cuisine, guaranteed to leave you looking and feeling refreshed, renewed and rejuvenated.

**Introductory Program – 5 days**

**Comprehensive Programs – 7 days, 10 days and 14 days**

### **EMOTIONAL BALANCE**

Restore a sense of happiness, calm and clarity of thought. Be supported while you learn how to identify and deal with your life stressors. The program includes our unique Voice Analysis and Biofeedback treatments, a selection of daily Bio Energy treatments, including Reiki and Acupuncture, daily Spa treatments, Yoga sessions and meditation.

**Introductory Program – 5 days**

**Comprehensive Programs – 7 days, 10 days and 14 days**

### **IDEAL WEIGHT/HEALTHY EATING**

A powerful kick start to longer and permanent weight loss and healthy eating. Expertly selected and combined treatments, nutrition, fitness sessions, nutritional advice and personalized eating plans to support and enable you to make key lifestyle changes

**Comprehensive Programs – 7 days, 10 days, 14 days and 21 days**

### **ULTIMATE FITNESS BOOST**

Sculpt your body with increased muscle tone, strength and flexibility. Boost your fitness while you learn new habits and skills to help you maintain peak physical conditioning after your stay. Combined with optimal nutrition and daily Spa and Bio Energy treatments.

**Introductory programs – 3 days and 5 days**

**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](mailto:reservations@santeretreat.co.za) or by accessing our website on [www.santeretreat.co.za](http://www.santeretreat.co.za)



WELLNESS  
PROGRAMS



## 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. These numerous nearby mountain ranges are also home to many **beautiful walking and hiking trails.**

**Daily Yoga or Pilates 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.