



SANTÉ

WELLNESS RETREAT & SPA

Destress & Rejuvenate Programs

These programs are created for guests who need to relax, restore vitality and reactivate their body and mind.

Be supported while you learn how to identify and deal with your life stressors. We will assist you to relax and achieve a sense of calm and renewal.

What you can expect:

Arrive to a spacious, beautiful, calm, personal and private environment. Our welcoming and friendly team will ensure that your every need is addressed.

Post your initial wellness assessment, the program for your stay will be reviewed and customised to ensure that all your health needs are addressed.

Every day, you will have the opportunity to do either early morning Yoga or Pilates, followed by a delicious nourishing breakfast. We cater for all dietary requirements, so guests never have to worry about their cuisine.

Your days will be busy with scheduled treatments generally up to lunch time, whereafter you will be able to enjoy your relaxing included Spa treatments and some leisure time to enjoy the facilities.

What to bring:

Loads of leisure wear & comfortable clothing, swimming costumes and fitness attire. Evening dress code is smart casual so no need to include any fancy clothes!



Options range from 3 day to 14 day stays

Your treatments:

Health Optimizing treatments

- Wellness Assessment – Electro interstitial Scan

Performed by an integrative practitioner, this 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.

- Papimi Ion Induction Therapy – High intensity PEMF

Improves cell function, reduces inflammation and stimulates repair processes by increasing cellular voltage. Highly effective in the treatment of injuries, inflammation and improving organ functioning.

- Pulsed Plasma light technology

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

- Biofeedback Homeostasis treatment

Stimulates intrinsic mechanisms to resolve a variety of health challenges by sending specific triggers and resonance for self healing.

Bio Energy Treatments

- HRV – Heart Rate Variability assessment

An advanced, non-invasive assessment evaluating stress, resilience and regulatory health factors. The HRV analyses how your stress and habits are impacting overall health and longevity and provides targeted insight on how to improve your health. Your report will cover indications on your Autonomic Nervous System balance, brain health, Biological Age, Meridians, Circadian Rhythm, Energy balance, Hormonal and Cardiovascular Systems.



- **Cell Regulation (low intensity PEMF) & Body Stimulator**

Pulsed electro magnetic field therapy can improve circulation, reduce pain, improve functioning of the immune system and enhance relaxation and sleep patterns.

- **Crystal Light therapy**

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.

- **O2 Meditation Chair**

Stimulates vitality by enhancing oxygen absorption and energy flow through guided meditation and deep breathing in a zero gravity chair.

This leads to physical relaxation and relieves anxiety and stress.

- **Cymatherapy**

Vibrational sound therapy 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.



- HOCATT – Ozone & Far infra red therapy

The HOCATT uses a combination of modalities to detox the body, improve circulation, boost energy and strengthen the immune system.

Sessions can boost athletic performance, improve skin elasticity, detox the body on a cellular level, promote weight loss, boost immune system function and reduce stress & anxiety.

Modalities used by the HOCATT include transdermal ozone, carbonic acid, FIR & steam sauna, high intensity PEMF, frequency specific microcurrents, passive exercise with oxygen, UV irradiation, essential oils and colour photon therapy.

- Red Light Therapy

Enhances relaxation, resilience, circulation, and promotes recovery.

Reduces fine lines, improves skin quality, increases collagen production, promotes weight loss and improves mood.

Day Spa Treatments – as per schedule

Exercise & Fitness Sessions – as per schedule

Lifestyle, Learning & Upskilling – as per schedule



Program Inclusions - Destress & Rejuvenate

PROGRAM	(Pricing valid from 1 Oct 2025 to 30 April 2026)	3 DAY	5 DAY	7 DAY	10 DAY	14 DAY
HEALTH OPTIMIZING	TREATMENTS					
	Wellness Assessment - Electro interstitial Scan		1x	1x	1x	1x
	Health Optimizing report		1x	1x	1x	1x
	Follow up assessment			1x	1x	2x
	Pulsed Plasma light Technology			3x	5x	5x
	Biofeedback Homeostasis treatment		1x	1x	1x	2x
	Papimi Ion Induction Therapy		3x	3x	3x	3x
BIO -ENERGY						
	Heartquest assessment	1x	1x	1x	1x	1x
	Cell Regulation (PEMF) & Body Stimulator	3x	4x	6x	9x	12x
	Theragem Crystal Light Therapy	3x	4x	6x	9x	12x
	O2 Chair - Zero Gravity chair	2x	2x	3x	4x	4x
	CymaTherapy - Sound therapy	3x	4x	6x	9x	12x
	HOCATT™ - Ozone & Far infra red therapy	1x	2x	3x	4x	5x
	Red Light Therapy NIR	1x	2x	3x	4x	6x
DAY SPA						
	Full Body Massage Treatments	2x	3x	5x	7x	10x
	Rejuvenating Facial	1x	1x	1x	1x	2x
	Full Body Exfoliations	1x	1x	1x	1x	1x
	Full Body Wrap	1x	1x	1x	1x	1x
	Hydrotherapy Bath	1x	1x	1x	1x	2x
EXERCISE & FITNESS						
	Yoga/ Pilates classes	2x	4x	5x	8x	11x
	Cardio/ Other training	Daily	Daily	Daily	Daily	Daily
	Full use of Sauna/ Steam rooms/ Pools & jacuzzi	Daily	Daily	Daily	Daily	Daily
LIFESTYLE LEARNING & UPSKILLING						
Head Chef	Cooking Demo & Talk			1x	1x	1x

PLEASE NOTE - PROGRAM SUBJECT TO CHANGE DEPENDING ON CLIENT NEEDS AND SCHEDULING