



SANTÉ

WELLNESS RETREAT & SPA

Ideal Weight & Healthy Eating Programs

A powerful kickstart to longer and permanent weight loss! We will show you how to transform your relationship with food and truly enjoy healthy eating without feeling deprived.

We have expertly selected and combined treatments, nutrition, fitness sessions, nutritional advice and personalised eating plans to support and enable you to make long term, sustainable, key lifestyle changes, even after you leave us.

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 7 day to 21 day stays

Your treatments:

Health Optimizing treatments

- **Wellness Assessment – Electro interstitial Scan**

Performed by a medical 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.

- **Voice analysis and Neuro Bio feedback**

Our unique Voice Analysis technology detects psychosomatic and emotional triggers and pattern, combined with Neuro- biofeedback for regulation of brainwaves, subconscious processes, neurotransmitters and activity in different parts of the brain. You will receive personalised sound files for continued treatment to balance brain waves and stabilize subconscious patterns.

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



Bio Energy Treatments

- **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.

- **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 - Ideal Weight & Healthy Eating

PROGRAM	(Pricing valid from 1 Oct 2025 to 30 April 2026)	7 DAY	10 DAY	14 DAY	21 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	3x
	Voice Analysis & Neuro Bio feedback	1x	1x	1x	2x
	Pulsed Plasma Light Technology	5x	5x	5x	5x
	Papimi Ion Induction Therapy	3x	5x	6x	7x
BIO -ENERGY					
	Cell Regulation (PEMF) & Body Stimulator	6x	9x	12x	18x
	Theragem Crystal Light Therapy	3x	4x	6x	10x
	CymaTherapy - Sound therapy	3x	4x	6x	10x
	HOCAIT™ - Ozone & Far infra red therapy	3x	4x	5x	8x
	Red Light Therapy NIR	3x	4x	6x	9x
DAY SPA					
	Full Body Massage Treatments	4x	7x	10x	15x
	Rejuvenating Facial	1x	1x	1x	2x
	Full Body Exfoliations	1x	1x	1x	2x
	Full Body Wraps	1x	1x	1x	2x
	Vinotherapy Restoration Experience	1x	1x	1x	1x
	Kneipp Therapy/ Hot & Cold Plunge	2x	4x	5x	7x
	Sauna/ Steam/ Hydrotherapy	Daily	Daily	Daily	Daily
EXERCISE & FITNESS					
	Yoga/ Pilates classes	5x	8x	11x	16x
	Cardio/ Other training	Daily	Daily	Daily	Daily
LIFESTYLE LEARNING & UPSKILLING					
Nutritionist and Health Optimizing Practitioner	Lifestyle & Nutrition	1x	1x	1x	2x
Head Chef	Cooking Demo & Talk	1x	2x	2x	3x

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