



SANTÉ

WELLNESS RETREAT & SPA

Longevity Programs

Create a strong base to live a longer and healthier life. Live and thrive on an optimal level!

We will assist you in preventing age-related diseases, optimize metabolic function, support cellular repair and enhance cognitive and physical performance.

The programs are guaranteed to leave you looking and feeling refreshed, renewed and rejuvenated, with tools to make lifestyle adjustments.

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 5 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.

- **Monocrom Brain Stimulation**

The Monocrom stimulates dendritic activity in the brain resulting in improved brain function.

It consists of a dome which sits over the head area, while a projector beams pure colour onto the inner reflective surface of the dome. The monochromatic light is very concentrated and can stimulate light receptors in every cell. For this reason, only ten minutes is needed for a complete session. The after effect can be a feeling of peace, joy, upliftment, and psychological shifts. It may also produce a strong detoxification response, along with marked improvements for depression, fatigue and forgetfulness.

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.

- **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 - Longevity

PROGRAM	(Pricing valid from 1 Oct 2025 to 30 April 2026)	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
	Monocrom Brain Stimulation	1x	1x	2x	2x
	Papimi Ion Induction Therapy	3x	3x	5x	6x
BIO -ENERGY					
	Cell Regulation (PEMF) & Body Stimulator	4x	6x	8x	11x
	Theragem Crystal Light Therapy	3x	3x	4x	5x
	O2 Chair - Zero Gravity chair	2x	3x	4x	5x
	CymaTherapy - Sound therapy	3x	3x	4x	5x
	HOCATT™ - Ozone & Far infra red therapy	2x	3x	4x	5x
	Red Light Therapy NIR	2x	3x	4x	6x
DAY SPA					
	Full Body Massage Treatments	4x	5x	7x	10x
	Healthy Aging Facial	1x	1x	2x	2x
	Full Body Exfoliations	1x	1x	1x	1x
	Full Body Wraps	1x	1x	1x	1x
	Vinotherapy Restoration Experience	1x	1x	1x	1x
	Sauna/ Steam/ Hydrotherapy	Daily	1x	Daily	Daily
	Hot & Cold plunge	3x	3x	4x	5x
EXERCISE & FITNESS					
	Yoga/ Pilates classes	4x	5x	8x	11x
	Cardio/ Other training	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