



# SANTÉ

WELLNESS RETREAT & SPA

## Rest, Relax & Rejuvenate Programs

The lighter R,R & R programs have been created for guests who want a healthy, relaxing break with ample free time to simply be.

### **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.

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 leisurely and you will be able to enjoy your relaxing included Spa treatments and our extensive 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 7 day stays, and offer a wonderful opportunity to relax, destress and reset at leisure.

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.

### **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.

Acupuncture/Reiki/Kinesiology – as per schedule

Day Spa Treatments – as per schedule

Exercise & Fitness Sessions – as per schedule

Lifestyle, Learning & Upskilling – as per schedule



## Program Inclusions - Rest, Relax & Rejuvenate

PROGRAM	(Pricing valid from 1 Oct 2025 to 30 April 2026)	3 DAY	5 DAY	7 DAY
<b>HEALTH OPTIMIZING</b>	<b>TREATMENTS</b>			
	Wellness Assessment - Electro Interstitial Scan		1x	1x
	Health Optimizing report		1x	1x
<b>BIO ENERGY</b>				
	HRV Assessment	1x		
	Acupuncture/ Kinesiology/ Reiki		1x	1x
<b>DAY SPA</b>				
	Full Body Massage Treatments	1x	2x	2x
	Rejuvenating Facials		1x	1x
	GAIA Calming Journey	1x	1x	1x
	Full Body Exfoliations			1x
	Full body Wraps			1x
<b>EXERCISE &amp; FITNESS</b>				
	Yoga/ Pilates classes	2x	4x	6x
	Cardio/ Other training	Daily	Daily	Daily
	Full use of Sauna/ Steam rooms/ Pools and Jacuzzi Hot and cold plunge	Daily	Daily	Daily
<b>LIFESTYLE LEARNING &amp; UPSKILLING</b>				
	Life Coaching Session		2x	2x

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