



SANTÉ

WELLNESS RETREAT & SPA

Ultimate Fitness Programs

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 both during and after your stay. The program combines Fitness sessions with optimal nutrition and daily Spa and Bio Energy treatments.

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.

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 Nervouse 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.

- **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 - Ultimate Fitness

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	1x
	Wellness Report		1x	1x	1x	1x
	Follow up assessment			1x	1x	2x
BIO -ENERGY						
	Heartquest Assessment			1x	1x	1x
	Cell Regulation (PEMF) & Body Stimulator	3x	5x	6x	9x	12x
	HOCAIT™ - Ozone & Far infra red therapy	2x	3x	3x	4x	6x
	Red Light Therapy NIR	1x	2x	3x	4x	6x
DAY SPA						
	Muscle Ease Massage Treatments	2x	3x	5x	8x	11x
	Rejuvenating Facials		1x	1x	1x	2x
	Full Body Exfoliation	1x	1x	1x	1x	2x
	Full body Wrap	1x	1x	1x	1x	2x
	Hydrotherapy Bath	1x	1x	1x	2x	2x
	Hot & Cold Plunge	2x	3x	3x	4x	5x
EXERCISE & FITNESS						
	Functional Fitness & Strength Training	3x	4x	6x	8x	11x
	Pilates Sessions	1x	2x	4x	5x	7x
	Yoga Sessions	2x	3x	3x	5x	7x
	Stretch & Recover Sessions		1x	1x	2x	3x
LIFESTYLE LEARNING & UPSKILLING						
Head Chef	Cooking Demo & Talk			1x	1x	2x

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