



SANTÉ

WELLNESS RETREAT & SPA



HEALTH
OPTIMIZING

FULLY INCLUSIVE RESIDENTIAL PACKAGES

At **Santé Wellness Retreat & Spa** we combine the cutting edge technology and protocols of **Health Optimizing** with luxury accommodation, exquisite honestly healthy cuisine and supportive treatments from both the Bio Energy Center and Day Spa. This enables our guests to experience highly effective and long lasting treatments and healing during the duration of their stay.

Set in the Western Cape Winelands in a valley surrounded by magnificent mountains, **Santé Wellness Retreat & Spa** is a mere 45 minutes drive from Cape Town International Airport.



PROGRAM INCLUSIONS

Health Optimizing Residential Programs



PROGRAM	(Pricing valid to 30 November 2026)	5 DAY	7 DAY	10 DAY	14 DAY	21 DAY
Per person sharing	Total package including Villa suite, full board	R80 284	R94 068	R130 032	R176 896	R264 314
Single accommodation	Total package including Villa suite, full board	R100 950	R121 393	R169 068	R231 547	R346 290
HEALTH OPTIMIZING	TREATMENTS					
	Full Health Optimizing Initial Assessment	1x	1x	1x	1x	1x
	Follow up Assessment	1x	1x	1x	2x	3x
	Voice Analysis & Neurobiofeedback Treatment	1x	1x	1x	1x	1x
	Biofeedback Session	1x	1x	1x	2x	2x
	Papimi Ion Induction Therapy	4x	6x	9x	12x	20x
	Pulsed Plasma Light Therapy	3-5x	3-5x	3-5x	5-7x	7+x
	Monocrom Dendrite Stimulation	1x	2x	2x	3x	4x
BIO -ENERGY						
	Theragem & Cymatherapy Combo (Colour & Sound)	5x	6x	8x	10x	18x
	Cell Regulation PEMF Therapy	Daily	Daily	Daily	Daily	Daily
	O2 Zero Gravity Chair	3x	3x	4x	5x	12x
	Red Light Therapy	2-3x	3-5x	3-5x	5-7x	7+x
	HOCATT FIR Sauna	2x	3x	4x	4x	5-7x
DAY SPA						
	Spa Treatment of choice	4x	6x	9x	12x	19x
	Sauna/ Steam/ Hydrotherapy	Daily	Daily	Daily	Daily	Daily
EXERCISE & FITNESS						
	Yoga or Pilates Class	4x	6x	9x	12x	19x

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

Rates for Retreat & Deluxe Retreat suites are available on request*

For bookings contact reservations@santeretreat.co.za

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