



# SANTé

WELLNESS RETREAT & SPA

## R&R - Rest, Relax & Rejuvenate

### About Santé

Santé Wellness Retreat & Spa - a luxurious Wellness Retreat including a world class Day Spa, Health Optimizing Clinic, Bio Energy Center and Fitness Center in the beautiful Western Cape Winelands.

In a valley surrounded by magnificent mountains, Santé is the ultimate sanctuary for anyone who wants to reenergize, rejuvenate and revitalise the body and mind.

Enter a haven with serene spaces and uncomplicated luxury full of heart with generous hospitality, relaxed friendly service and exquisite, honestly healthy cuisine.



## Fully inclusive Stays

Santé has a range of comprehensive, holistic Wellness Programs which have been designed exclusively for our guests who visit Santé with a particular goal or purpose in mind.

Our **Rest, Relax and Rejuvenate** program has been designed for guests who want plenty of free time to rest and simply be.

With 3, 5 and 7 day options, this program offers a wonderful opportunity to relax, destress and reset at leisure.



## Program Inclusions - Rest, Relax & Rejuvenate

| PROGRAM                                    | (Pricing valid from 1 May 2026 to 30 Sept 2026)                          | 3 DAY   | 5 DAY   | 7 DAY   |
|--|--|---------|---------|---------|
| Per person sharing                         | Total package including Villa suite, full board                          | R19 912 | R38 969 | R51 171 |
| Single accommodation                       | Total package including Villa suite, full board                          | R30 452 | R56 536 | R75 764 |
| <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<br>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



## About Our Food

At Santé we believe that nutritious food is the foundation of health. Dining at Santé is a true culinary experience, showcasing progressive nutritionally healthy cuisine with sensational flavours and aromas proving that healthy food can be inspiring, creative and delicious!

Using only real unrefined foods and the freshest ingredients, all meals are proudly prepared without the use of sugar, dairy, gluten, preservatives, colourants and additives. Our daily food journeys are constantly evolving with the seasons and are full of exciting, unique and honestly healthy cuisine.



## About Your accommodation - the suite of your choice:

Choose from Santé's wonderful selection of accommodation options...

### Villa Suites

Santé's 5 Villa suites of approximately 45 sqm are beautifully appointed and feature a king size bed and private en-suite bathroom, 4 with both shower and bath. These suites are part of the Santé Villa which sits about 200m from the main Retreat buildings. The Villa has it's own lounge areas, patio and outdoor swimming pool.

### Villa Annex Suites

The 2 Villa annex suites (approximately 90 sqm) have a private courtyard as well as a private terrace. An added feature of the Villa annex suites is a wonderful outdoor freestanding bath!



## About Your accommodation - the suite of your choice:

### Retreat Suites

Individually decorated, our Retreat suites all have balconies and are spacious (70sqm) and luxuriously appointed. The passion and love that went into each suite is apparent in their individual character and personal touch. Custom made furniture, objet d'art and art works collected by the owners over many years has been combined to create a luxurious yet welcoming haven for each guest. Retreat suites feature either a king size bed or 2 deluxe double beds.

### Delux Retreat Suite

Our deluxe suite is 125 sqm and features a magnificent lounge and study area. The perfectly appointed en-suite bathroom boasts a bath plus double walk in shower, crystal chandelier and velvet wing back chair.



## Santé Facilities and Fitness offering

Santé's facilities include a heated indoor swimming pool and jacuzzi, saunas, steam rooms, an outdoor pool and labyrinth. There is a fully equipped Fitness center with Pilates reformers and a Yoga studio.

Daily Yoga or Pilates sessions are included in our Wellness Programs and individual one on one sessions as well as Personal training sessions can be arranged on request.

All rates are quoted in South African Rand and include VAT at 15%.  
Rates for Retreat and Delux Suites available on request.



# SANTÉ

WELLNESS RETREAT & SPA

For bookings contact [reservations@santeretreat.co.za](mailto:reservations@santeretreat.co.za)

**Santé Wellness Retreat and Spa**

La Bella Vita Wine Estate | Simonsvlei Road | Paarl | +27 21 879 1500 | [www.santeretreat.co.za](http://www.santeretreat.co.za)