



SANTÉ

WELLNESS RETREAT & SPA

Rest, Relax & Rejuvenate

*A fully inclusive wellness escape
with complete freedom*



Unwind, Restore, Simply be



A Different kind of wellness experience

*Not every journey
needs structure*



The Rest, Relax & Rejuvenate experience is designed for those who seek space, stillness, and simplicity — with the freedom to enjoy wellness at their own pace.

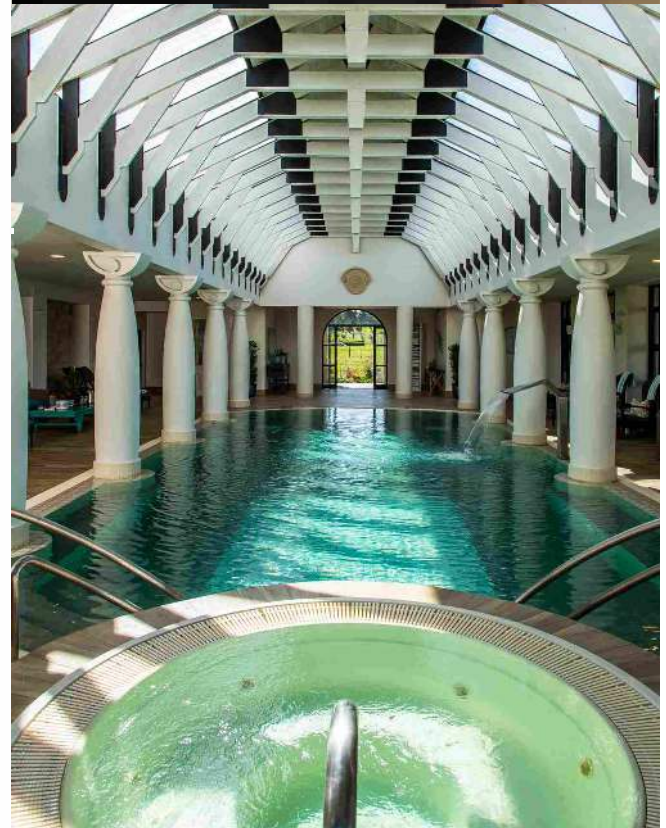
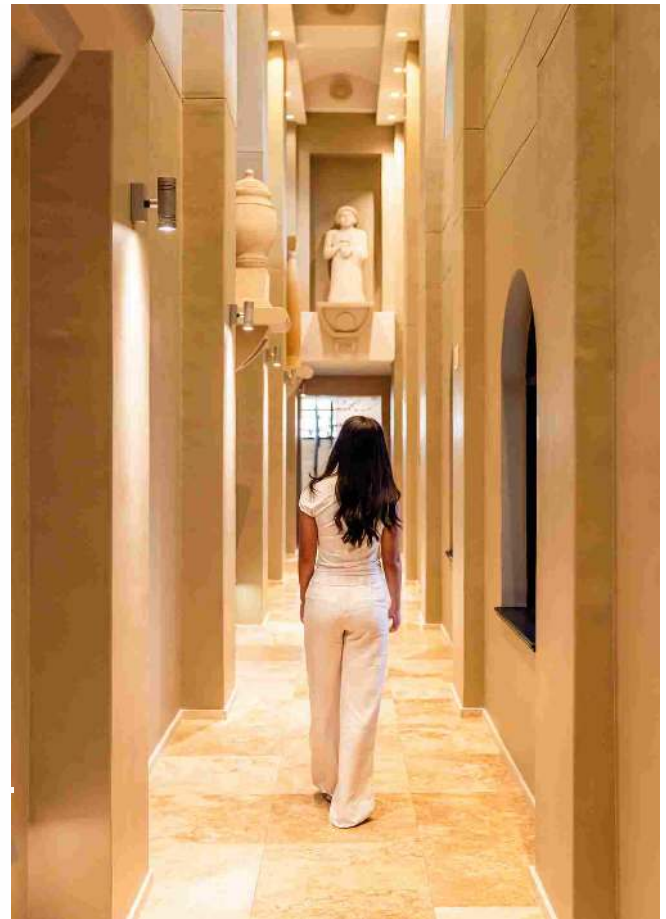
No pressure. No intensity.

Just time to breathe, unwind,
and reconnect.



Perfect for:

- First-time wellness guests
- Couples
- Burnt-out professionals
- Guests needing rest rather than transformation





The Experience

Designed for rest. Created for you

Spend your days as you choose:

- Enjoy a massage in the spa
- Relax beside the pool
- Join a yoga session
- Walk the labyrinth
- Simply do nothing at all

This is wellness without pressure —
a return to balance, naturally.



What's included

Your fully inclusive experience

- Luxury accommodation (full board)
- Exquisite honestly healthy cuisine
- A selection of spa treatments
- Wellness assessments
- Daily Yoga & Pilates
- Full access to all facilities

Including:

- Heated indoor pool & jacuzzi
- Sauna & steam rooms
- Hot & cold plunge pools
- Fitness studio
- Labyrinth



How Your Stay Evolves

Choose the length of your escape

3 Days

A gentle reset and pause

5 Days

Deeper relaxation and renewal

7 Days

Complete rest and restoration



YOUR EXPERIENCE INCLUDES

	3 Day	5 Day	7 Day
Wellness Assessment	✓	✓	✓
Spa Treatments			
Facials & Body Treatments	✓	✓✓✓	✓✓✓✓
GAIA Calming Journey	✓	✓	✓
Yoga or Pilates	✓✓	✓✓✓✓	✓✓✓✓✓✓
Acupuncture/ Reiki/ Kineseology		✓	✓
Hydrotherapy & Plunge Pools	Daily	Daily	Daily
Life Coaching	-	✓✓	✓✓





Pricing

Your investment in wellbeing



3 Day Stay

From R24 595 per person sharing

R38 856 single

5 Day Stay

From R47 238 per person sharing

R71 006 single

7 Day Stay

From R62 477 per person sharing

R95 752 single

Pricing valid from 01 Oct 2026 to 30 April 2027

All stays include accommodation, meals, treatments, and full access to facilities.





Food Experience

Nourish your body



At Santé, food is an essential part of your wellbeing journey.

Our cuisine is:

- Free from sugar, dairy, gluten & additives
- Seasonal, fresh and locally sourced
- Designed to nourish and energise



Accommodation

Rest in Luxury



Choose from:

- Villa Suites
- Villa Annex Suites
- Retreat Suites
- Deluxe Suites

Elegant, tranquil spaces designed for total comfort and relaxation.





*More freedom
More rest
More you*

Reservations

reservations@santeretreat.co.za

[+27 21 879 1500](tel:+27218791500)

La Bella Vita Wine Estate, Paarl