



SANTÉ

WELLNESS RETREAT & SPA

Wellness Programs



About Santé

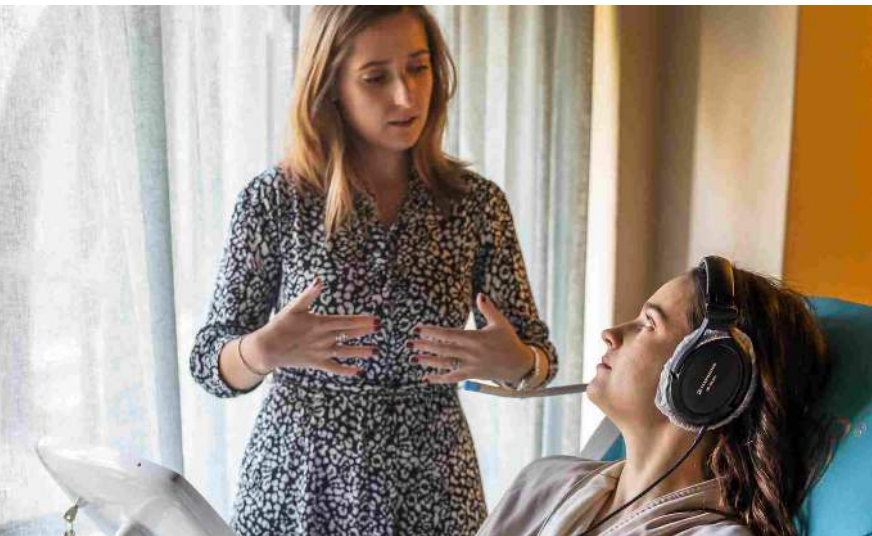
Santé Wellness Retreat & Spa - a luxurious Wellness Retreat including a world class Day Spa, Health Optimizing Clinic, Bio Energy Center and Fitness Center in the beautiful Western Cape Winelands.

In a valley surrounded by magnificent mountains, Santé is the ultimate sanctuary for anyone who wants to re-energize, 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 Wellness Programs



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

All of our programs are individually customised to client's needs and draw from and expertly combine the relevant offerings from our world-class Day Spa, high tech & cutting edge Health Optimizing Clinic, Bio-Energy Centre and Fitness Centre.



Combined with optimal nutrition, expert lifestyle and nutritional advice these programs are highly effective and can achieve optimal results.



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 Our Treatments

Some of the key Health Optimizing and Bio Energy treatments

Initial Assessment

An all encompassing, non invasive technology based assessment which finds out, at a cellular level what is out of balance or not functioning correctly, and most importantly, why.

Papimi Ion Induction Therapy

Increases the cell voltage in local tissue which enables cells to exchange ions correctly. This improves cell function, reduces inflammation and stimulates the repair processes.

Pulsed Plasma light technology

Destroys microorganisms through a resonance effect without the use of medication

Biofeedback technology

Stimulates intrinsic mechanisms to resolve a variety of health challenges by sending specific trigger and resonance for self healing.

Voice analysis and Neuro Bio feedback

Our unique Voice Analysis technology detects psychosomatic and emotional triggers and patterns. Highly efficient in the treatment of emotional issues including depression, anxiety and burnout.

Cell Regulation (PEMF)

Pulsed electro magnetic field therapy can improve circulation, reduce pain, improve functioning of the immune system and enhance relaxation

Crystal Light therapy

Brings deep relaxation, improved energy and a balanced human energy field.

Cymatherapy

Vibrational sound therapy which treats stress, pain, optimizes relaxation and is particularly effective in alleviating inflammation





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 its 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.



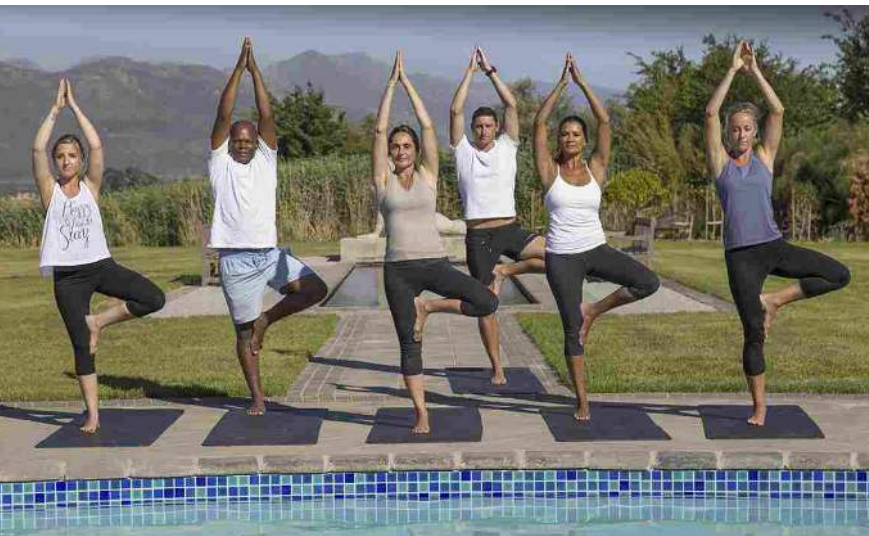
Delux Retreat Suite

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.





Choose Your Wellness Program

Our programs extend from 3 day introductory programs to 21 day comprehensive programs. Programs include:

Destress & Rejuvenate

Escape, relax, restore vitality, nourish the body & renew & reactivate your mind! Be supported while you learn how to identify and deal with your life stressors. We will assist you to relax and achieve a sense of calm and renewal.

Detox

Cleanse, purify & improve the functioning of your body. Eliminate toxins, stimulate key organs & rediscover your body's ideal balance resulting in increased energy and vitality.

Longevity

Create the base to live a long and healthier life! Live and thrive on an optimal level with non-invasive assessments and treatments, combined with exquisite honestly healthy cuisine, guaranteed to leave you looking and feeling refreshed, renewed and rejuvenated.

We will assist you in preventing age-related diseases, optimize metabolic function, support cellular repair and enhance cognitive and physical performance.

Ideal Weight & Healthy Eating

A powerful kick start to longer and permanent weight loss. We will show you how to transform your relationship with food and truly enjoy healthy eating without feeling deprived. Expertly selected and combined treatments, nutrition, fitness sessions, nutritional advice and personalised eating plans to support and enable you to make key lifestyle changes.

Emotional Balance

Restore a sense of happiness, calm and clarity of thought. Identify and address the causes of adrenal burnout, reduce anxiety, improve mood and combat fatigue.

Ultimate Fitness Boost

Sculpt your body with increased muscle tone, strength and flexibility. Boost your fitness while you learn new habits and skill to help you maintain peak physical conditioning after your stay. Combined with optimal nutrition and daily Spa and Bio Energy treatments.

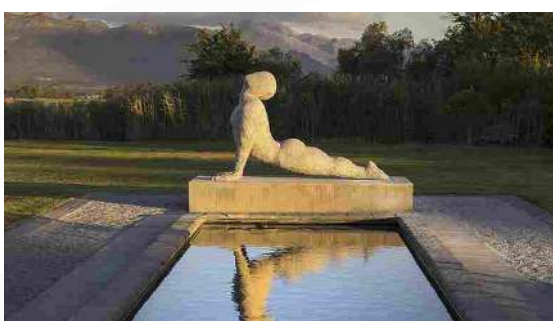


DESTRESS & REJUVENATE

Escape, relax, restore vitality, nourish the body & renew & reactivate your mind! Identify and address the causes of adrenal burnout and recover your wellbeing.

PROGRAM	(Pricing valid from 1 Oct 2026 to 30 April 2027)	3 DAY	5 DAY	7 DAY	10 DAY	14 DAY
Per person sharing	Total package including Villa suite, full board	R33 587	R67 280	R91 759	R128 095	R171 021
Single accommodation	Total package including Villa suite, full board	R47 850	R91 053	R123 193	R173 001	R233 888
HEALTH OPTIMIZING	TREATMENTS					
	Initial Assessment - Electro Interstitial Scan		1x	1x	1x	1x
	Health Optimizing report		1x	1x	1x	1x
	Follow up assessment			1x	1x	2x
	Pulsed Plasma light Technology			3x	5x	5x
	Biofeedback Homeostasis treatment		1x	1x	1x	2x
	Papimi Ion Induction Therapy		3x	3x	3x	3x
BIO -ENERGY						
	Heartquest assessment	1x	1x	1x	1x	1x
	Cell Regulation (PEMF) & Body Stimulator	3x	4x	6x	9x	12x
	Theragem Crystal Light Therapy	3x	4x	6x	9x	12x
	O2 Chair - Zero Gravity chair	2x	2x	3x	4x	4x
	CymaTherapy - Sound therapy	3x	4x	6x	9x	12x
	HOCATT™ - Ozone & Far infra red therapy	1x	2x	3x	4x	5x
	Red Light Therapy NIR	1x	2x	3x	4x	6x
DAY SPA						
	Full Body Massage Treatments	2x	3x	5x	7x	10x
	Rejuvenating Facial	1x	1x	1x	1x	2x
	Full Body Exfoliations	1x	1x	1x	1x	1x
	Full Body Wrap	1x	1x	1x	1x	1x
	Hydrotherapy Bath	1x	1x	1x	1x	2x
EXERCISE & FITNESS						
	Yoga/ Pilates classes	2x	4x	5x	8x	11x
	Cardio/ Other training	Daily	Daily	Daily	Daily	Daily
	Full use of Sauna/ Steam rooms/ Pools & jacuzzi	Daily	Daily	Daily	Daily	Daily
LIFESTYLE LEARNING & UPSKILLING						
Head Chef	Cooking Demo & Talk			1x	1x	1x

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



DETOX

Cleanse, purify & improve the functioning of your body. Eliminate toxins, stimulate key organs & rediscover your body's ideal balance. Increase energy and vitality.

PROGRAM	(Pricing valid from 1 Oct 2026 to 30 April 2027)	5 DAY	7 DAY	10 DAY	14 DAY
Per person sharing	Total package including Villa suite, full board	R76 182	R100 838	R135 216	R172 673
Single accommodation	Total package including Villa suite, full board	R99 955	R132 271	R180 121	R235 541
HEALTH OPTIMIZING	TREATMENTS				
	Initial Assessment - Electro interstitial Scan	1x	1x	1x	1x
	Health Optimizing report	1x	1x	1x	1x
	Follow up assessment		1x	1x	2x
	Pulsed Plasma light Technology	3x	5x	5x	5x
	Biofeedback Homeostasis treatment	1x	1x	1x	1x
	Papimi Ion Induction Therapy	3x	3x	5x	6x
BIO -ENERGY					
	Cell Regulation (PEMF) & Body Stimulator	4x	6x	9x	12x
	Theragem Crystal Light Therapy	4x	6x	9x	12x
	CymaTherapy - Sound therapy	4x	6x	9x	12x
	HOCATT™ - Ozone & Far infra red therapy	2x	3x	4x	5x
	Red Light Therapy NIR	2x	3x	4x	6x
DAY SPA					
	Detox Massage Treatments	3x	5x	7x	10x
	Rejuvenating Facial	1x	1x	1x	1x
	Full Body Exfoliations	1x	1x	1x	1x
	Full Body Wraps	1x	1x	1x	1x
	Hydrotherapy Bath	1x	1x		
	Vinotherapy Restoration Experience		1x	1x	1x
	Kniepp Therapy/ Hot & Cold Plunge	3x	3x	4x	5x
	Sauna/ Steam/ Hydrotherapy	Daily	Daily	Daily	Daily
EXERCISE & FITNESS					
	Yoga/ Pilates classes	4x	5x	8x	11x
	Cardio/ Other training	Daily	Daily	Daily	Daily
LIFESTYLE LEARNING & UPSKILLING					
Head Chef	Cooking Demo & Talk		1x	1x	2x

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LONGEVITY

Create the base to live a long and healthier life! Live and thrive on an optimal level with non-invasive assessments and treatments, combined with exquisite honestly healthy cuisine, guaranteed to leave you looking and feeling refreshed, renewed and rejuvenated.

PROGRAM	(Pricing valid from 1 Oct 2026 to 30 April 2027)	5 DAY	7 DAY	10 DAY	14 DAY
Per person sharing	Total package including Villa suite, full board	R62 902	R82 513	R115 317	R158 536
Single accommodation	Total package including Villa suite, full board	R86 675	R113 947	R160 222	R221 403
HEALTH OPTIMIZING	TREATMENTS				
	Initial Assessment - Electro interstitial Scan	1x	1x	1x	1x
	Health Optimizing report	1x	1x	1x	1x
	Follow up assessment		1x	1x	2x
	Monocrom & Cell Regulation (PEMF)	1x	1x	2x	2x
	Papimi Ion Induction Therapy	3x	3x	5x	6x
BIO -ENERGY					
	Cell Regulation (PEMF) & Body Stimulator	4x	6x	8x	11x
	Theragem Crystal Light Therapy	3x	3x	4x	5x
	O2 Chair - Zero Gravity chair	2x	3x	4x	5x
	CymaTherapy - Sound therapy	3x	3x	4x	5x
	HOCATT™ - Ozone & Far infra red therapy	2x	3x	4x	5x
	Red Light Therapy NIR	2x	3x	4x	6x
DAY SPA					
	Full Body Massage Treatments	4x	5x	7x	10x
	Healthy Aging Facial	1x	1x	2x	2x
	Full Body Exfoliations	1x	1x	1x	1x
	Full Body Wraps	1x	1x	1x	1x
	Vinotherapy Restoration Experience	1x	1x	1x	1x
	Sauna/ Steam/ Hydrotherapy	Daily	1x	Daily	Daily
	Hot & Cold plunge	3x	3x	4x	5x
EXERCISE & FITNESS					
	Yoga/ Pilates classes	4x	5x	8x	11x
	Cardio/ Other training	Daily	Daily	Daily	Daily
LIFESTYLE LEARNING & UPSKILLING					
Head Chef	Cooking Demo & Talk		1x	1x	1x

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IDEAL WEIGHT/ HEALTHY EATING

A powerful kick start to longer and permanent weight loss. Expertly selected and combined treatments, nutrition, fitness sessions, nutritional advice and personalised eating plans to support and enable you to make key lifestyle changes.

PROGRAM	(Pricing valid from 1 Oct 2026 to 30 April 2027)	7 DAY	10 DAY	14 DAY	21 DAY
Per person sharing	Total package including Villa suite, full board	R105 431	R137 428	R180 288	R256 299
Single accommodation	Total package including Villa suite, full board	R136 864	R182 333	R243 156	R350 600
HEALTH OPTIMIZING	TREATMENTS				
	Initial Assessment - Electro interstitial Scan	1x	1x	1x	1x
	Health Optimizing report	1x	1x	1x	1x
	Follow up assessment	1x	1x	2x	3x
	Voice Analysis & Neuro Bio feedback	1x	1x	1x	2x
	Pulsed Plasma Light Technology	5x	5x	5x	5x
	Papimi Ion Induction Therapy	3x	5x	6x	7x
BIO -ENERGY					
	Cell Regulation (PEMF) & Body Stimulator	6x	9x	12x	18x
	Theragem Crystal Light Therapy	3x	4x	6x	10x
	CymaTherapy - Sound therapy	3x	4x	6x	10x
	HOCAIT™ - Ozone & Far infra red therapy	3x	4x	5x	8x
	Red Light Therapy NIR	3x	4x	6x	9x
DAY SPA					
	Full Body Massage Treatments	4x	7x	10x	15x
	Rejuvenating Facial	1x	1x	1x	2x
	Full Body Exfoliations	1x	1x	1x	2x
	Full Body Wraps	1x	1x	1x	2x
	Vinothérapie Restoration Experience	1x	1x	1x	1x
	Kneipp Therapy/ Hot & Cold Plunge	2x	4x	5x	7x
	Sauna/ Steam/ Hydrotherapy	Daily	Daily	Daily	Daily
EXERCISE & FITNESS					
	Yoga/ Pilates classes	5x	8x	11x	16x
	Cardio/ Other training	Daily	Daily	Daily	Daily
LIFESTYLE LEARNING & UPSKILLING					
Nutritionist and Health Optimizing Practitioner	Lifestyle & Nutrition	1x	1x	1x	2x
Head Chef	Cooking Demo & Talk	1x	2x	2x	3x

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EMOTIONAL BALANCE

Restore a sense of happiness, calm and clarity of thought. Be supported while you learn how to identify and deal with your life stressors.

PROGRAM	(Pricing valid from 1 Oct 2026 to 30 April 2027)	5 DAY	7 DAY	10 DAY	14 DAY	21 DAY
Per person sharing	Total package including Villa suite, full board	R77 515	R109 298	R143 548	R186 571	R267 193
Single accommodation	Total package including Villa suite, full board	R101 288	R140 731	R188 454	R249 439	R361 494
HEALTH OPTIMIZING	TREATMENTS					
	Initial Assessment - Electro interstitial Scan	1x	1x	1x	1x	1x
	Health Optimizing report	1x	1x	1x	1x	1x
	Follow up assessment		1x	1x	2x	3x
	Pulsed Plasma Light Technology	3x	5x	5x	5x	5x
	Monocrom & Cell Regulation (PEFM)	1x	1x	1x	2x	2x
	Voice Analysis & Neuro Bio feedback	1x	1x	1x	2x	2x
	Biofeedback Homeostasis treatment		1x	1x	1x	1x
	Papimi Ion Induction Therapy	3x	4x	6x	8x	10x
BIO -ENERGY						
	Cell Regulation (PEMF) & Body Stimulator	4x	6x	8x	12x	16x
	Theragem Crystal Light Therapy	4x	5x	8x	12x	16x
	CymaTherapy - Sound therapy	4x	5x	8x	12x	16x
	O2 Chair - Zero Gravity chair	2x	3x	4x	6x	8x
	HOCATT™ - Ozone & Far infra red therapy	2x	3x	3x	4x	6x
	Red Light Therapy NIR	2x	3x	4x	6x	9x
DAY SPA						
	Full Body Massage Treatments	3x	4x	6x	8x	10x
	Rejuvenating Facial Treatments	1x	1x	1x	1x	2x
	Full Body Exfoliations	1x	1x	1x	1x	2x
	Full Body Wraps	1x	1x	1x	1x	2x
	Hydrotherapy - Citrus Soak	1x	2x	2x	3x	4x
	Sauna/ Steam	Daily	Daily	Daily	Daily	Daily
EXERCISE & FITNESS						
	Yoga/ Pilates classes	4x	5x	7x	11x	16x
	Cardio/ Other training	Daily	Daily	Daily	Daily	Daily
ADDITIONAL SESSIONS						
	Meditation & Mindfulness	4x	5x	7x	11x	16x
	Reiki	1x	1x	2x	2x	3x
	Acupuncture		2x	3x	3x	4x



ULTIMATE FITNESS BOOST

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 after your stay. Combined with optimal nutrition and daily Spa and Bio Energy treatments.

PROGRAM	(Pricing valid from 1 Oct 2026 to 30 April 2027)	3 DAY	5 DAY	7 DAY	10 DAY	14 DAY
Per person sharing	Total package including Villa suite, full board	R38 929	R63 987	R85 559	R117 753	R164 491
Single accommodation	Total package including Villa suite, full board	R53 192	R87 760	R116 993	R162 658	R227 359
HEALTH OPTIMIZING		TREATMENTS				
	Initial 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
	HOCATT™ - 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

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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

Santé Wellness Retreat and Spa

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