DISCOVER EXTRAORDINARY

South Africa's Best Wellness Retreat 2019
Africa's Best Day Spa 2019
South Africa's Best Wellness Retreat 2021
Africa's Best Wellness Retreat 2021
South Africa's Best Wellness Retreat 2022
Africa's Best Wellness Retreat 2022
South Africa's Best Wellness Retreat 2024
South Africa's Best Wellness Retreat 2025
Africa's Best Wellness Retreat 2025

For bookings contact 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

SANTé

WELLNESS RETREAT & SPA

DISCOVER EXTRAORDINARY

LIVE YOUR OPTIMAL LIFE

About us
- Accommodation offerings pg**3**
- Our Food pg**6**
- Wellness Programs pg**6**
- World class Day Spa pg**6**
- Bio Energy Centre pg**7**
- Health Optimizing Wellness Clinic pg**7**
- Business Forum pg**7**

Treatments & Services
- Day Spa pg**10**
- Bio Energy Center pg**51**
- Health Optimizing pg**62**
- Wellness Programs pg**69**

Exercise & Fitness pg**74**

ABOUT US

Santé Wellness Retreat & Spa - where luxury meets wellness 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.

Accommodation Offerings

The place to feel at home!
Our stunning **Retreat suites, Villa suites, Villa Annex suites** and a **Deluxe Retreat suite** have all been individually decorated, with huge attention to detail. 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 artworks collected by the owners over many years has been combined to create a luxurious yet welcoming haven for each guest.
The **Santé Villa** has **5 suites,** it's own private spacious lounges & dining areas as well as a **private pool** and is also available on an exclusive use basis with private dining prepared on site by the Santé chefs.
Combine the luxury accommodation of your choice with Spa treatments and Santé's exquisite honestly healthy cuisine and treat yourself to an Overnight Spa experience for a one or two night unforgettable getaway!

ABOUT US

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 gourmet 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.

Wellness Programs

Individually customized to your specific needs, our fully inclusive Wellness Programs are goal orientated and expertly combined with world class assessments and treatments and optimal nutrition.
Programs include **Destress & Rejuvenate, Detox, Longevity, Emotional Balance, Ideal Weight/Healthy Eating and an Ultimate Fitness Boost program.** The lighter **Rest, Relax & Rejuvenate** offering has been created for guests who want a relaxing break with ample free time to simply be.

World Class Day Spa

Experience a world of true well-being and Discover Extraordinary through the cohesion of wellness and beauty. Our hydrotherapy focus, unique treatment methodologies, signature therapies and exquisite, honestly healthy cuisine intermingles to provide a transformative wellness experience way beyond the ordinary. Santé's signature facial product, [comfort zone]™ "skin care science with a soul" captivates the essence of our Spa and Retreat.

A new addition to the Santé offering – Gaia, including their specialist rituals and journeys, enhances and deepens the selection of treatments in our Day Spa offering. Nature grounds us and heals all ills, and this is Gaia's ethos - going back to nature to heal, to soothe and to focus on one's wellness, naturally. These signature products are used alongside specifically developed Santé products – all being free from any harmful ingredients.

Bio-Energy Centre

Santé embraces the healing and balancing attributes of magnetic fields, sound, colour, light and crystals, while utilizing what modern science has enabled us to develop and understand.
Our Bio-Energy Centre offers clients a combination of the latest in innovative products and devices. Healing takes place through energetic intervention using electromagnetic waveforms to stimulate the body's own healing capabilities.

Health Optimizing Wellness Clinic

Discover cutting-edge, technology-based, non-invasive holistic healing.
With hi-tech medical technologies, some being the first ever available in Africa, and technologies within the emerging fields of Quantum and Energy medicine we can assist you to:
* Achieve optimum health
* Enhance longevity
* Correct imbalances

Business Forum

Treat yourself and your team to the magnificent Santé offering while you work!
The Forum at Santé is a fully equipped Conference Venue, which can accommodate up to 120 guests. The main hall, combined with 4 elegant breakaway rooms, a separate restaurant – "num-num" with indoor and outdoor seating, provides a facility that can cater for a wide variety of needs.

TREATMENTS & SERVICES

Santé Day Spa

Extending far beyond the confines of a day spa, the Spa at Santé offers an elevated, integrated wellness experience designed to create a true sense of wholeness and wellbeing.

The magnificent surrounding mountains, indigenous gardens and spacious elegant facilities create the perfect backdrop for an opportunity to escape and experience extraordinary.
Our heart driven and outstanding team of spa therapists have been selected for their exceptional knowledge and passion. As wellness professionals, they intuitively guide each one of our guests into an elevated state of wellness.

The Spa's creative menu includes unique, natural treatments, day packages rituals and signature journeys each expertly created with a specific outcome in mind.

[comfort zone] "skin care science with a soul" captivates the holistic approach of our Spa and Retreat. A new addition to the Santé offering - **Gaia,** also known as Mother Nature – is a handmade natural skincare brand that brings a higher level of wellness to our spa. The roots of GAIA Skincare go back to Greek mythology and their natural approach to medicine, connecting deeply with nature's energies of harmony, wholeness and balance. The Gaia skincare range is made from natural ingredients, with certified organic plant extracts. Formulations have been created using traditional artisan methods, blending the finest ingredients, plant actives, and essential oils, to produce a range of products with intention and integrity. Each ingredient has been thoughtfully selected for its beneficial properties for the body and mind, how it will make you feel and what the ingredient will achieve.

Delight your senses even further and ensure you join us for lunch to experience Santé's signature Day Spa lunch – exquisite honestly healthy cuisine.

SIGNATURE EXPERIENCES

Vino therapy

Santé proudly offers our trademark Vinotherapy as part of our signature treatments. Organic red grape skin, pulp, seeds and extracts are used for their effective free radical fighting and hydrating properties and are combined with a unique blend of essential oils that enhance and compliment the treatments.

Both Vino therapy experiences include Santé's signature Day Spa lunch – exquisite honestly healthy cuisine - and guests are invited to enjoy the use of the heated indoor pool, jacuzzi and sauna as well as walk through our labyrinth.

Restoration (Half Day) R4 000 - includes lunch

Designed to hydrate, improve fine lines and wrinkles and revitalize.

- Full body exfoliation with grapeseed oil & crushed grape seeds leaves the skin smooth and moist.
- Steam room warms and relaxes tense muscles.
- Blissful immersion in the Vinotherapy tub, filled with crushed grapes, grape skin and vine extract to relax, moisturise and fight the effects of free radical damage.
- Full body massage (60 min) of your choice to leave you completely revitalized.

Ultimate Journey (Full Day) R6 500 - includes lunch

Achieve full body deep cleansing, nourishment, elimination of toxins and stimulation of lymphatic flow.

- Cleanse experience in our Hammam.
- Red grape and clay full body wrap nourishes your body and eliminates toxins.
- Blissful immersion in the Vinotherapy tub, filled with crushed grapes, grape skin, vine extracts and an aromatic blend of oils designed to fight free radical damage and stimulate the lymph flow.
- Hydra Memory facial deeply nourishes and moisturises the skin
- Detox massage using fluid massage techniques assists in the further elimination of toxins and excess fluids by stimulating the lymphatic flow.

SIGNATURE EXPERIENCES

Muscle Tension Releasing Journey 2,5 hrs R4 300 – includes lunch

Experience a journey of complete muscle relaxation to stimulate the lymph system and release tension.

- Salt & sugar full body polish
- Purifying detox Seaweed body wrap
- Tension releasing full body and scalp massage (90 min)
- Refreshing body gel application

Rebalancing Sensory Stress Release Journey 2,5hrs R4 300 – includes lunch

Lose yourself in a top to toe full body sensory experience to relieve stress and tension, leaving you revitalized, balanced and refreshed.

- Full body exfoliation and face polish
- Santé signature Poultice Rejuvenating massage with Collagen face mask (90min)
- Head & scalp massage

Hydrotherapy Detox Cure 3.5 hrs R4 950 - includes lunch

A powerful detoxifying, healing and energising experience.

- Invigorating salt scrub to remove build up of dead cells and stimulate blood circulation
- Warmed seaweed body wrap with draining, detoxifying and revitalising effects
- A soothing and purifying soak in the hydrotherapy tub
- Detox session in the HOCATT™
- Classic or Detox massage (60 min)

GAIA JOURNEYS

2 hrs R2 800

GAIA Awakening Journey
An energising experience, helping to renew and radiate positivity for the mind and body. The Awakening Journey helps revitalise the skin with a salt and oil full body exfoliation, removing dead skin cells to reveal refreshed, soft skin. The Awakening Journey continues with a bespoke massage, tailored to suit your needs, to help awaken the body and boost circulation, leaving you feeling refreshed and uplifted.

GAIA Balancing Journey
Find grounding and harmony with the Balancing Journey, a treatment designed to alleviate stress and bring equilibrium the mind and body. The journey centers around a hot stone massage, using warm volcanic stones to soothe aches and pains, relieving muscle tension. The Balancing Journey continues with a nurturing Jade facial. Known as the healing stone, the Jade crystal wands help to relieve tension in the muscles, encourage blood flow, and help eliminate fine lines. You will leave feeling restored and emotionally balanced.

GAIA Calming Journey
A truly tranquil experience, the Calming Journey has been developed to offer complete relaxation and peace within. Your journey will begin with a serene back, neck, and shoulder massage to ease muscle tension and calm the mind and body. This is followed by an Indian head massage which includes a facial cleanse, tone, and a beautifully relaxing facial massage, focusing on pressure points to relieve tension. The journey includes a hand and arm massage, helping to release stress and find total relaxation.

COUPLE'S EXPERIENCES

Santé's exclusive and elegant couple's treatment rooms are the perfect place to escape to - together! Enjoy private spaces and indulge your senses!

Both couple's experiences include Santé's signature Day Spa lunch – exquisite honestly healthy cuisine - and guests are invited to enjoy the use of the heated indoor pool, jacuzzi and sauna as well as walk through our labyrinth.

Full Day - including lunch R5 650 per person

- Kneipp therapy or hot & cold plunge to boost immunity and stimulate lymphatic flow
- Couple's Rasul experience combines heat, steam and mud to detoxify, cleanse and condition the skin
- Double Citrus soak in the giant tub
- Signature couple's massage
- Hydra Memory Facial
- Finished off with a healthy snack and organic bubbly

Half Day - including lunch R4 100 per person

- Couple's Rasul experience combines heat, steam and mud to detoxify, cleanse and condition the skin
- Signature couple's massage
- Head & Scalp therapy

FULL DAY SPA PACKAGES

R5 600

Each full day package includes Santé's signature Day Spa lunch as well as a delicious healthy snack with complimentary Organic bubbly at the end of the day to complete each package.
Guests are invited to enjoy the use of the heated indoor pool, jacuzzi, saunas, steam rooms and hot & cold plunge, as well as walk through our labyrinth.

Longevity

Renew and add radiance!

- Full body enzymatic exfoliation resurfaces and results in a smooth & radiant skin.
- Re-mineralising body wrap infuses precious minerals & trace elements to bring about balance.
- Red Light Therapy - Reduces fine lines, improves skin quality and increases collagen production.
- Full body massage eases muscle tension and improves flexibility.
- Comfort zone's Sublime skin double peel facial addresses the top 5 factors affecting the way we age – pigmentation, immunity, hydration, glycation and cell regeneration.

Rejuvenate

Refresh, revitalize and invigorate!

- Full body exfoliation to remove the build -up of dead skin cells leaving the skin soft and moist.
- Kneipp therapy or hot & cold plunge to boost immunity and stimulate lymphatic flow.
- Classic full body massage including a foot zone massage and foot mask to uplift & invigorate.
- Hydra Memory facial - the ultimate treatment for deep hydration and radiance.

FULL DAY PACKAGES

FULL DAY PACKAGES

Purify

Cleanse, purify, stimulate and achieve a sense of lightness.

- Invigorating full body scrub exfoliates leaving the skin radiant with a healthy glow
- Rasul experience with a powerful seaweed wrap to stimulate circulation and purify the skin.
- Detox massage improves lymphatic drainage and blood circulation achieving a feeling of lightness.
- Comfort zone's Urban Longevity facial fights free radical damage, removes impurities and clarifies. The Charcoal mask instils luminosity for a visibly brighter, radiant appearance.

Relax

Calm the mind and body and achieve a profound sense of rest and relaxation.

- A grapefruit infused full body exfoliation gently and effectively removes dry skin and hydrates.
- Floral profusion hydrotherapy bath massages and ozonates to bring about a sense of total relaxation and calmness.
- Fire & Ice massage - Any remaining tension simply melts away as your spine is nestled between warm stones to enhance the release of tension during our hot stone and cold marble massage.
- Comfort zone's Hydra Memory facial infuses moisture while the unique massage techniques and customised mask replenishes the skin.

Fire & Ice

Awaken your senses with an invigorating journey to re-energize your body and enhance your mind.

- GAIA detoxifying mud cocoon
- Hot & Cold plunge immersion baths
- Red Light NIR Therapy
- Hot stone massage (60 min)
- Comfort zone Hydra Memory Facial

HALF DAY SPA PACKAGES R4 100

Morning and afternoon options both include Santé's signature Day Spa lunch – exquisite honestly healthy cuisine.
Guests are invited to enjoy the use of the heated indoor pool, jacuzzi, saunas, steam rooms and hot & cold plunge as well as walk through our labyrinth.

Longevity Renew, restore, nourish and add radiance!
- Full body enzymatic exfoliation resurfaces and results in a smooth & radiant skin
- Re-mineralising body wrap infuses precious minerals & trace elements to bring about balance
- Comfort zone's Sublime skin double peel facial is the ultimate treatment to address the top 5 factors affecting the way we age – pigmentation, immunity, hydration, glycation and cell regeneration.

Rejuvenate Refresh, revitalize and invigorate!
- Full body exfoliation to remove the build -up of dead skin cells leaving the skin soft and moist
- Classic full body massage to uplift & invigorate
- Hydra Memory facial – the ultimate treatment for deep hydration and radiance.

Purify Cleanse, purify, stimulate and achieve a sense of lightness!
- Invigorating full body scrub exfoliates leaving the skin radiant with a healthy glow
- Powerful seaweed wrap to stimulate circulation and purify the skin
- Detox massage improves lymphatic drainage and blood circulation achieving a feeling of lightness.

Relax Calm both mind and body and attain deep rest and relaxation
- A grapefruit infused full body exfoliation gently and effectively removes dry skin and hydrates
- Floral profusion hydrotherapy bath massages and ozonates bringing total relaxation and calmness.
- Comfort zone's Hydra Memory facial infuses moisture while the unique massage techniques and customised mask replenishes and nourishes the skin.

Fire & Ice Awaken your senses with an invigorating journey which will re-energize your body and enhance your mind.
- Hot & Cold plunge immersion baths
- Hammam ritual to exfoliate & cleanse
- Red Light NIR Therapy
- Fire & Ice massage (90 min)

HALF DAY RITUALS

GAIA HALF DAY RITUALS R4 100 Includes lunch

GAIA rituals are designed to identify three levels of the importance of a person's wellbeing recognising this as a holistic one in which the total person is treated across mental, physical and spiritual domains. All GAIA rituals start with a welcome foot ritual and consultation with your therapist followed by aftercare advice and a herbal tea. The Santé Signature Day Spa lunch - 3 courses of exquisite honestly healthy cuisine is included with the rituals.

GAIA Crystal Therapy Ritual

The ultimate goal of crystal healing is to bring the whole body back to a state of pure unconditional love.
This treatment is personalised using crystals to discover which chakras are blocked and includes meditation, full body massage, facial using Jade crystal wands and a nurturing scalp massage. Aftercare, product advice and a crystal prescription will be recommended by your therapist.

GAIA Total Holistic Ritual

A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance.
Using advanced GAIA and Lomi Lomi techniques, originating from Hawaii, the body is exfoliated followed by an application of our nourishing GAIA mud. Once showered, a GAIA blend of your choice is poured warmly onto the body for a muscle easing massage. The GAIA rejuvenating face treatment will complete this ritual leaving a natural feeling of wellbeing, whilst skin is left smooth and replenished.

FACIAL TREATMENTS

Facial Treatments
"Everything shows up on your face and skin. We can read the health of our inner organs, we see the emotions, the stress and overall vibrancy of a person on their face. Our inner nourishment and our outer nurture integrate into the wholeness & wellness."
Janette Bronee, CCHC Nourishment counsellor, Meta-medicine coach

All facial treatments performed are suitable for both men and women.

Hydra Memory Lymphatic Drainage 60 mins R1 950
The ultimate treatment for deep hydration and radiance. The unique and pleasurable facial massage transports precious Moringa Oil and the Hyaluronic Acid fragments into the skin, leaving the skin moisturised and luminous.

Sublime Skin Healthy Aging 60 mins R2 100
An anti-aging, re-densifying and peeling treatment for the face and neck. The AHA peel intensity is selected according to your needs while the specific Active-lift™ massage and biphasic peel off mask restores fullness and brings about luminosity and radiance to the skin.

Purifying facial 60 mins R1 850
Refines pores, targets imperfections and mattifies thanks to the powerful combination of advanced active ingredients.

FACIAL TREATMENTS

Facial Remedy 60 mins R1 850
The ideal treatment to calm a sensitized and irritated skin. Effective in stengthening the skins defense barrier thanks to the high concentration of natural origIn Prebiotic and Moringa oils.

Urban longevity™ 60 mins R2 100
The perfect antidote to modern fatigue and urban lifestyle. This treatment combines effective facial techniques with highly potent actives to rapidly and deeply cleanse, saturate with moisture and instil luminosity to the skin, resulting in a visibly brighter and more youthful-looking appearance.

Luminant Brightening facial 60 mins R1 950
Targets pigmentation, brightens and illuminates the skin.

AMI rejuvenation facial Acoustic Meridian Intelligence 60 mins R2 100
An exclusive and powerful facial treatment which includes the use of Organic rose and rosehip oils in a specialized facial massage. The effective combination of ancient reflexology techniques together with cutting edge sound technology, offers the optimal solution for stimulating cell regeneration - vital for the enhancement of a youthful appearance. Includes a Collagen boost mask.

Facials - Optional add-on's:
High performance anti-wrinkle eye treatment 30 mins R820

GAIA FACIALS

GAIA Jade Facial 60 mins R2 100

This healing massaging facial will leave your skin feeling rejuvenated and glowing… GAIA's natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

Gaiyoga Lifting Facial 90 mins R2 300

As much as we know exercising our body is good for us, well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.

FACIAL TREATMENTS

RESULT DRIVEN THERAPIES

ADVANCED RESULT DRIVEN THERAPIES

Micro-Dermal needling

Make your skin glow and reduce the appearance of fine lines and wrinkles. Stimulate the production of collagen and elastin, treat sun damage and scars. Completely safe and effective.

Micro-Dermal needling	60 mins	R2 100
Micro-Dermal needling incl recovery kit		R2 650

Collagen Stimulating Red Light Facial 90 mins R2 500

This non-invasive facial treatment enhances skin texture, reduces fine lines and improves overall complexion by stimulating cellular processes and increasing collagen production.
The Red Light Therapy is extended to include the full body for optimal results.

GAIA Affinity Experience 60 mins R2 150

An individually tailored, relaxing experience developed to be safe for those undergoing medical treatment, including cancer treatment. Deeply nurturing and spiritually healing.
The experience includes a foot ritual and personalized wellness routine, allowing guests to be naturally comforted and protected.

FULL BODY EXFOLIATIONS

Body exfoliations 30 mins R850

Thoroughly cleanse and remove the build up of dead skin cells. The skin emerges refreshed, soft and radiant.

Your choice of:

Resurfacing enzyme rich gel

Grapefruit infused cream exfoliation

Santé granular Salt scrub

Body wrap treatments 45 mins R950

Be cocooned in a comforting envelopment of therapeutic muds and masks.

Your choice of:

Firming Mask

An intensive treatment based on essential oils to fight cellulite imperfections.
Enjoy an immediate sensation of lightness and the reactivation of the legs.

Detoxifying seaweed wrap

A powerful combination of seaweed extracts is recommended for bodies in need of detoxification, improvement of acidic conditions, arthritis and water retention. An effective treatment in improving circulation and lymph flow.

Re-mineralising cream wrap

A delightful wrap rich in minerals, vitamins and active enzymes that assist the body in strengthening the immune system.

GAIA BODY TREATMENTS

The Gaia collection of body treatments will relax your mind and body, bringing you in to the present moment. The power of touch combined with the use of essential oils have therapeutic benefits on a physical and emotional level.

GAIA Restorative Treatment 60 mins R1 620
Experience a therapeutic back cleanse followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils; Awakening, Balancing or Calming.

GAIA Mud Cocoon 90 mins R2 100
Offering a protective, cocooning treatment to emerge from awakened. This treatment includes whole body, face, and scalp therapy for a truly indulgent experience; following a sea salt exfoliation, a deeply nourishing body mud is applied, while the face & scalp is gently massaged. The treatment is completed with our Awakening Body Cream, with nourishing coconut oil and shea butter.

GAIA Indian Head Massage 45 mins R1 250
GAIA's Indian head massage is a treatment combining massage on the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.

GAIA Salt and Oil Scrub 45 mins R1 250
Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

HYDROTHERAPY FACILITIES

Hydrotherapy bath Menu 30 mins R750

Seaweed Hydro bath
A seaweed rich bath to aid in elimination of toxins,
greatly improving circulation & drainage.

Floral Profusion
A heavenly blend of Rose, Jasmin and Sandalwood uplifts the mood,
relaxes the mind and brings about a sense of peace and calm.

Citrus Soak
Ginger and citrus soak boosts immunity, increases vitality strengthens and invigorates.

Magnesium Soak
The magnesium bath is highly effective for those experiencing sore and stiff muscles.

Cold Plunge Immersion
Join the trend in cold water bathing with an immersion in icey water! Wonderful to
reduce inflammation and improve circulation.

Couples Bath experience's 30 mins R990
Choose a Floral profusion or Citrus soak and
connect with your partner in the Santé giant tub.

HYDROTHERAPY

Kneipp therapy — 30 mins R750

Stimulate blood flow and detoxification by alternating the feet between hot and cold tubs.

Rasul — 60 mins R1 600 / R2 100 per couple

Combine the health enhancing properties of heat, steam and mud to detoxify, cleanse and condition the skin.

Hammam — 45 mins R1 250

An adaptation of the traditional hammam treatment, experience our own & unique Winelands cleansing ritual to leave you thoroughly cleansed, exfoliated and invigorated.

MASSAGE THERAPY

A therapeutic massage session achieves much more than merely targeting sore, tense muscles. Stimulation of the soft tissue assists with the release of toxins, re- charging the body's natural defence system. The resultant released endorphins brings about happiness & enhances the mood.

Classic 60 mins R1 650 90 mins R2 150
A world famous classic, combining various massage techniques aimed at soothing and relaxing tired, fatigued muscles. It stimulates and invigorates circulation and promotes a wonderful sense of well-being.

Muscle ease 60 mins R1 650 90 mins R2 150
This focused massage treatment targets accumulated stress and tension. Firm, deep pressure is utilised to alleviate chronic patterns of tension, reducing pain and relieving muscle tightness.

Detox 60 mins R1 650 90 mins R2 150
A customised massage therapy, addressing lymph flow and elimination of toxins through a fusion of varying massage techniques using medium to firm pressure.

Aroma therapeutic 60 mins R1 650 90 mins R2 150
Deeply therapeutic, this holistic massage uses a blend of pure essential oils to calm the nervous system and release tension. The gentle, rhythmic and flowing massage techniques gently encourages the lymphatic flow, resulting in a feeling of lightness.

Signature Poultice massage 90 mins R2 300
Santé's bespoke poultice massage has been created to alleviate stress and tension. An experience that uses your choice of poultice blend – muscle release, rejuvenating or calming. Includes a face exfoliation and massage plus Collagen mask as well as a full body massage – a true top to toe experience!

MASSAGE THERAPY

Mom-to-be - Mother Gaia 60 mins R1 650
Designed specifically for mothers-to-be, specialised positioning ensures ultimate comfort and relaxation. This treatment greatly assists in alleviating an aching back while reducing peripheral swelling.

Fire & Ice 90 mins R2 300
With the spine comfortably nestled between warm stones to induce deep relaxation, specialised movements with hot stones and cold marble complete this unique massage experience.

Pro Sleep 60 mins R2 150
Santé Spa is one of only a few selected Spa's in SA that offers this exceptional massage. The combination of soft mask brushes, unique music and Tranquillity oil™ brings about profound relaxation and a calm mind.

Foot Zone 45 mins R1 250
A therapeutic massage method which brings balance and relaxation by stimulating predefined pressure points on the feet.

Deluxe Hand & Foot Zone Therapy 60 mins R1 550
An exquisite relaxing foot and leg treatment which includes a focused massage of hands and arms to relieve tension. Complimented with a refreshing herbal tea of your choice.

GROOMING OF HANDS & FEET

Our beautifully decorated and glass fronted Nail studio overlooks olive and lemon trees and offers a vibrant environment in which to enjoy any of our luxurious hand and foot treatments.

Classic Manicure	60 mins R770
Classic Pedicure	60 mins R850
Gel Manicure	60 mins R880
Gel Pedicure	60 mins R950
Gel Application	45 mins R700
Soak off and nail care	30 mins R350

Advanced heel peel & callus treatment 45 mins R590

A revolutionary foot care therapy that effectively eliminates callused skin and cracked heels.

WAXING AND GROOMING

We use the finest quality professional hot and strip wax

Full Leg Wax	50 mins R600
Half Leg Wax	30 mins R490
Arm Wax	30 mins R490
Chest Wax	30 mins R540
Back Wax	30 mins R540
Bikini Wax	20 mins R420
Brazilian Wax	30 mins R630
Hollywood Wax	45 mins R790
Underarm Wax	20 mins R300
Lip/ Chin, Brow Wax	20 mins R220
Full Face Wax	30 mins R490

Finishing touches

Lash Tint	15 mins R250
Brow Tint	15 mins R250
Lash & Brow Tint	25 mins R390

THE SANTÉ BIO-ENERGY CENTRE

Santé embraces the healing and balancing attributes of magnetic fields, colour, sound, light and crystals, while utilizing what modern science has allowed us to develop and understand. These aspects are combined and introduced through the latest in innovative products and devices in the Santé Bio-Energy Center.

When the body is provided with a healthy energy resonance, distressing patterns are neutralized, reducing their disruptive effects and facilitating natural healing processes.

Heart Rate Variability/ HRV 45 min R 990

An advanced, non-invasive assessment evaluating stress, resilience, and regulatory health factors. Analyze how your stress and habits are impacting overall health and longevity and get targeted insight on how to improve your health. Your report will cover indications on your Autonomic Nervous System balance, Brain health, Biological Age, Meridians, Circadian Rhythm, Energy balance, Hormonal and Cardiovascular Systems, and more.

BIO ENERGY CENTRE

HOCATT™

The HOCATT™ uses a combination of modalities to detox the body, improve circulation, boost energy and strengthen the immune system. Each 30 minute session can boost your athletic performance, improve skin elasticity, detox the body on a cellular level, promote weight loss, boost immune system function and reduce stress & anxiety.

The HOCATT™ modalities include transdermal ozone, carbonic acid, FIR & steam sauna, high-intensity PEMF, frequency specific microcurrents, passive exercise with oxygen, UV irradiation, essential oils & colour photon therapy.

HUGO™

The HUGO™ utilises high-intensity PEMFs (Pulsed Electromagnetic Fields) to alleviate pain, accelerate healing & regeneration, enhance circulation & oxygenation and more! High-intensity PEMFs flood your cells with energy allowing your whole body to function more optimally - from improving nutrient absorption, energy levels and detox mechanisms.

Treatment options:

HOCATT™	30 mins	R600
HOCATT™ with HUGO™	30 mins	R770
HUGO™	20 mins	R495

Packages of 5 sessions

HOCATT™	R2 700
HOCATT™ with HUGO™	R3 465
HUGO™	R2 225

Photobiomodulation – Red Light Therapy NIR 20 min R620
Enhance relaxation, resilience, circulation, and promote recovery. Reduce fine lines, improve skin quality, increase collagen production, promote weight loss and improve mood. Red Light therapy has many specific and systemic benefits.

O2 Meditation Chair 20 min R 620
Stimulate vitality by enhancing oxygen absorption and energy flow through guided meditation and deep breathing in a zero gravity chair. Leads to physical relaxation and relieves anxiety and stress.

Cell Regulation (PEMF) & Body Stimulator combo 20 min R 620
Enhance cellular activity and optimally support the body's own regulation and regeneration mechanisms. PEMF can improve circulation, reduce pain, improve the functioning of the immune system, improve physical and mental performance and enhance relaxation and sleep patterns.

Theragem Crystal Light Therapy 30 min R 620
Brings deep relaxation, improved energy and a balanced human energy field. Crystal Light Therapy uses the resonating properties of crystals, combined with light, colour and natural healing frequencies, that positively influence the vibrational rates and energy of living cells in tissue, bone, organs and glands.

Cymatherapy - Sound Frequency Treatment 30 min R 620
A powerful therapeutic tool which treats stress, enhances vitality, optimizes relaxation and is particularly effective in alleviating pain and inflammation. Treatments are performed through the use of specialised vibrational sound frequencies designed to interact with the brain and the body's energy fields.

Theragem Crystal Light & CymaTherapy combo 30 min R 910
A complimenting double treatment to ensure the most effective results are achieved.

New

FULL DAY WELLNESS PACKAGES

At Santé, we believe that true wellbeing comes from nurturing the body, calming the mind, and supporting your long-term health.
Enjoy a full day with us where you do exactly, and only that – for the whole day!
Our Wellness Day experiences combine high-tech advanced assessments and treatments, nourishing gourmet cuisine, and restorative spa treatments to help you feel renewed and supported.

Each full day package includes a light breakfast, our Signature 3 course Day Spa lunch - honestly healthy gourmet cuisine, a late afternoon snack plus the use of Santé's beautiful hydrotherapy facilities.

Radiant Longevity R5 950

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.

Treatments included
- Mini Wellness Assessment (45min EIS)
- HOCATT
- Hot & Cold Plunge
- Red Light Therapy
- Monocrom brain stimulation
- Cell Regulation Mat
- Collagen Facial

Deflame R5 950

Create an inflammation free body!
Calm the body, restore mobility, and encourage natural repair and renewal with targeted treatments, anti-inflammatory nutrition, and supportive therapies Perfect for those struggling with inflamed joints, injuries, pain, chronic illness, gut inflammation or hormonal imbalance.

Treatments included:
- Mini Wellness Assessment (45 min EIS)
- Papimi (30-45 mins)
- Cell Regulation Mat
- Hot & Cold Plunge or Hydrotherapy bath
- Red Light Therapy
- Cymatics
- Detox or Classic Massage

Rebalance R5 950

Rediscover your centre with a program dedicated to stress reduction and emotional wellbeing.
Quiet the nervous system, release tension, and restore inner harmony through calming therapies, guided relaxation, and gentle restorative practices

Treatments included:
- Mini Wellness Assessment (45min EIS)
- Theragem & Cymatics
- O2 Chair with guided meditation
- Cell Regulation mat
- Monocrom
- Red Light Therapy
- Gaia Calming Journey

HEALTH OPTIMIZING WELLNESS CLINIC

Santé's Health Optimizing focus is to find the root cause of a health challenge, and stimulate your intrinsic self-regulating mechanisms. We use a combination of breakthrough technologies to map out both the primary and secondary causative factors on a physical, biochemical, energetic, emotional, and lifestyle-related level.

Health Optimizing utilizes the latest non-invasive and effective technologies for assessment and treatment, applied at Santé by a team of specially trained doctors and therapists.

With it's origins in the emerging fields of Technology based Functional and Energy Medicine, Health Optimizing is part of a global group of clinics founded in Norway.

ASSESSMENTS & TREATMENTS

Health Optimizing Assessment 120 min R5 600
Performed by a Medical Practitioner, our 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.

Wellness Assessment 60 min R2 950
Performed by an Integrative Practitioner, we assess at a cellular level how the digestive system is functioning, thyroid balance, autonomic nervous system balance, cardiovascular risk factors, cellular and mitochondrial functioning, inflammation levels and more. The Wellness Report gives lifestyle recommendations and treatment protocols for achieving optimal health.

Voice Analysis and Neuro Biofeedback 2 hrs R5 250
The unique Voice Analysis technology detects psychosomatic and emotional triggers and patterns, combined with Neuro-Biofeedback for regulation of brainwaves, subconscious processes, neurotransmitters and activity in different parts of the brain. You will receive personalised sound files for continued treatment to balance brain waves and stabilize subconscious patterns.
Highly effective in the treatment of emotional issues including burnout, anxiety and depression.
Greatly enhances learning and the ability to concentrate.

Biofeedback Technology 2.5 hrs R4 900
Comprehensive programs that stimulate intrinsic mechanisms to resolve a variety of health challenges by sending triggers and resonance for self healing. By stimulating specific mechanisms in the body, you can return to homeostasis, allowing the body to self heal and self regulate again.

Papimi Ion Induction Therapy (High Intensity PEMF) 30 mins R1 150
Improves cell function, reduces inflammation and stimulates repair processes by increasing cellular voltage. Highly effective in the treatment of injuries, inflammation, and improving organ functioning.

Monocrom Brain Stimulation 10 mins R770
The Monocrom stimulates dendritic activity in the brain resulting in improved brain function. The after effect can be a feeling of peace, joy, upliftment, and psychological shifts. It may also produce a strong detoxification response, along with marked improvements for depression, fatigue and forgetfulness.

High-Definition Thermography 20 - 60 min
(Time & price are dependent on the procedure)
Non-invasive thermal imaging which identifies areas of inflammation in the body. Ideal for breast health and other inflammatory screening.

Other treatments available post assessment:
Pulsed Plasma Light Technology 60 mins R1 920
Destroys specific microorganisms and pathogens through a resonance effect, without the use of medication.

Nitric Oxide gas technology 15 mins R900
Increases Nitric Oxide levels within minutes, a critical factor for cardiovascular health and for stimulating the healing of diabetic ulcers.

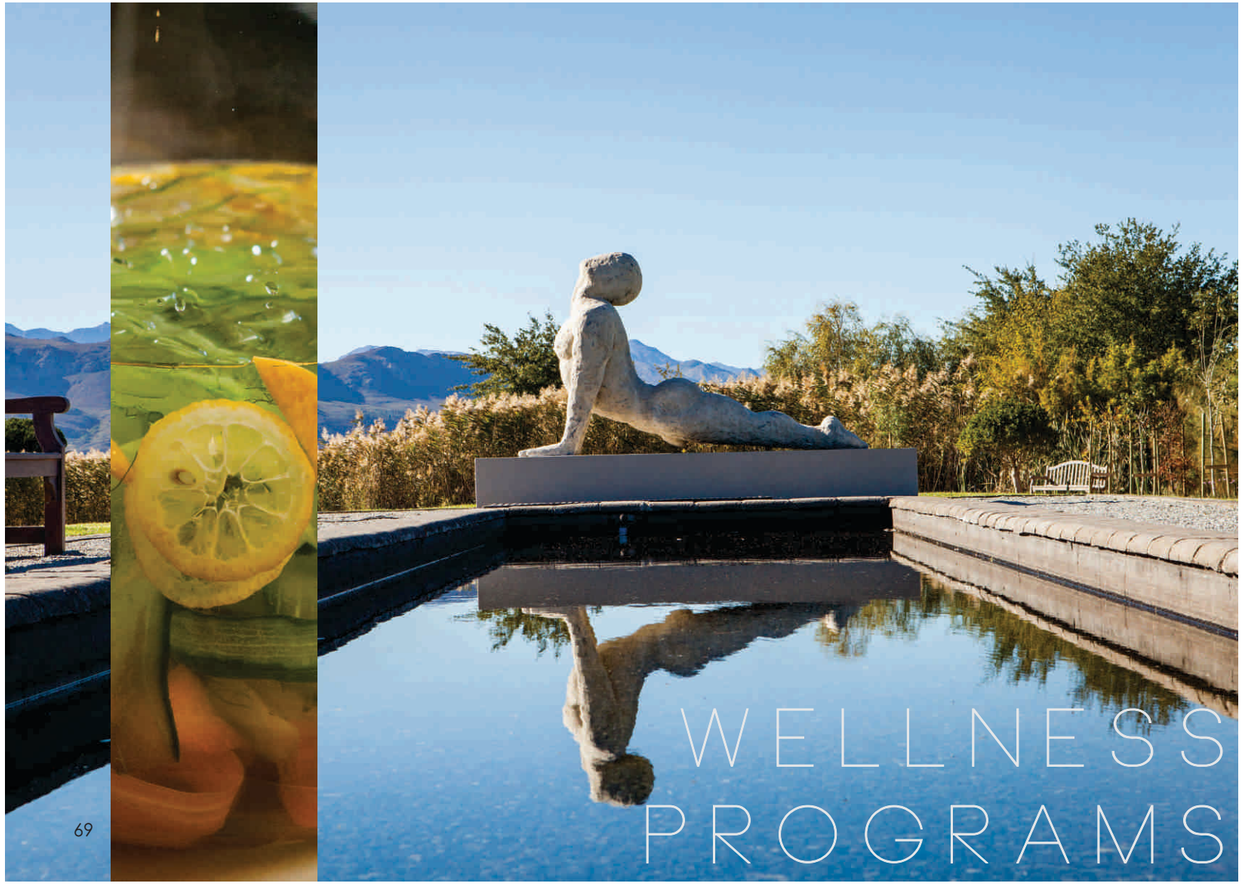
ASSESSMENTS & TREATMENTS

HEALTH OPTIMIZING WELLNESS RETREAT PACKAGES

Totally bespoke and expertly created for guests with a specific health challenge or illness, our Health Optimizing packages combine cutting edge technology and the protocols of Health Optimizing with luxury accommodation, exquisite honestly healthy cuisine and supportive treatments from both the Bio-Energy Centre and Day Spa.

These packages enable our guests to experience highly effective and long lasting treatments and healing during the duration of their stay… an unforgettable and extraordinary experience of recuperation, revitalization and healing.

1, 2 and 3 Week fully inclusive packages are available



SANTÉ'S WELLNESS PROGRAMS

- Goal orientated
- Expertly combined
- World class treatments
- Optimal nutrition
- Lifestyle and nutritional advice
- Individually customized to you

Programs extend from 3 to 21 days and focus on enabling you **to live your optimal life.**

DESTRESS & REJUVENATE
Escape, relax, restore vitality, nourish the body & renew and 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.
Options – 3, 5, 7, 10 and 14 days

DETOX
Cleanse, purify and improve the functioning of your body. Eliminate toxins, stimulate key organs and rediscover your body's ideal balance resulting in increased energy and vitality.
Options – 5, 7, 10 and 14 days

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 our 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.
Options – 5, 7, 10 and 14 days

EMOTIONAL BALANCE
Restore a sense of happiness, calm and clarity of thought. Identify and address the causes of adrenal burn out, reduce anxiety, improve mood and combat fatigue.
Options – 5, 7, 10, 14 and 21 days

IDEAL WEIGHT & HEALTHY EATING
A powerful kick start to longer and permanent weight loss and healthy eating. 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 personalized eating plans to support and enable you to make key lifestyle changes
Options – 7, 10, 14 and 21 days

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.
Options – 3, 5, 7, 10 and 14 days

REST, RELAX & REJUVENATE
Lighter programs created for guests who want a healthy, relaxing break with ample free time to simply be!
Options – 3,5 and 7 days

Current seasonal rates for all of the above programs can be obtained by contacting reservations@santeretreat.co.za or by visiting our website on www.santeretreat.co.za

SANTÉ FACILITIES AND FITNESS OFFERING

Santé's facilities include a **heated indoor swimming pool and jacuzzi, and an outdoor pool.** We have **saunas, steam rooms and a beautiful hot and cold plunge area.** The fully equipped **Fitness Centre** has a range of cardio equipment, weight machines & free weights, as well as pilates equipment and reformers. The Fitness Centre is also home to our Yoga Studio, which overlooks our magical labyrinth and majestic mountains.

Guests have complimentary access to **mountain bikes** and can choose to ride either on the secure estate or on nearby mountain biking trails. These numerous nearby mountain ranges are also home to many **beautiful walking and hiking trails.**

Daily Yoga or Pilates classes are included in our Wellness Program and Health Optimizing packages, and one on one Yoga as well as Pilates sessions can be arranged on request at an additional charge.

One on one **Personal Training sessions** are also available on request at an additional charge. There are 2 world class Golf courses within 15 minutes drive of Santé and both accompanied (by a Pro) or unaccompanied rounds of **Golf** can be arranged.