

OUR POPULAR HEALING PACKAGES & SPECIALS

CHI CHI'S BEACH RESORT SPA, STRAND



COUPLES RETREAT

3 Nights self-catering accommodation. 1st day - 2.5Hr stress buster spa massage & ozone. Relax at the beach & winelands. 2-day workshop with our transformation coach specializing in stress management & couples counseling. Food excluded.

INVESTMENT: R10 000 p/couple

ONE DAY HEALING PACKAGE

for De-Stress, Calm, Inner Peace

An unbalanced endocrine / chakra system leads to all types of discomfort & disease. It is essential to manage stress & balance your energy / chakra system on the path to healing. Become aware of the release of negative emotions, thought processes & the central nervous system being overwhelmed, causing trauma.

PACKAGE INCLUDES: 45 min acupressure, spine alignment from root to crown with jade stones in combo with a chakra balancing guided meditation. Full body massage with chakra oils: Himalayan salt hot stones. Ozone steam therapy with chakra-coloured far-infrared lights and rife electrotherapy - breathing and meditation techniques - TRE tension, trauma & anxiety therapy, EFT negative emotional release therapy. Epsom salts bath soak. Healthy lunch, snacks & veggie juices, supplements & herbal teas.

R2500 when 1 guest books or R2250 pp when 2 or more guests book at the same time. Add overnight accommodation at R1000 for 1 or 2 guests and receive a free breakfast

2 & 5 DAY WELLNESS RETREAT

2 DAY: R5000 for 1 person or R8000 for 2 sharing
5 DAY: R13 000 for 1 person or R20 000 for 2 sharing

PACKAGE INCLUDES:

Accommodation & Detox Food
Live Blood Analysis, Colon Hydro therapy, supplements, herbal teas, chiropractic electronic massage with acupressure & far-infrared, full body massages, ozone sauna therapy, tension trauma & anxiety releasing exercises, negative emotional release therapy, daily rebounder medical trampoline, beach walks, indoor heated pool, gym, steam room, breathing & meditation techniques

TRE TENSION, TRAUMA & ANXIETY RELEASE THERAPY

Tension & Trauma Releasing exercise (TRE) were developed by Dr. David Berceli, Mother Theresa's right hand man. It's a wonderful natural technique (yoga like stretches) to release the build-up stress hormones in the body. It is highly effective to manage your stress and anxiety naturally and to release trauma.

Benefits: release anxiety, lower back pain, improve sleep, feeling more grounded and calmer, better libido, balance hormones. A minimum package of 3 sessions required at a total of R1000 and get 1 live blood analysis free.

UNIQUE ACUPOINT HEALING

done by our chinese practitioner

Acupressure point massage to unblock meridians. Ear acupressure. Individualized yoga session. Nutritional consultation & advice. The ultrasonic multi-functional & beauty device with supersonic functions. Gua Sha traditional chinese lymphatic drainage - ideal for detox, slimming certain areas of the body (fatty deposits), rejuvenation in the face or shoulder, back and other body pain, spasm & blockages in the body and coughs.

INVESTMENT: R1500 for the super 4hr treatment (with breaks & drinks in between)

COLON HYDROTHERAPY

We have a wonderful unique new system where we do the colonics in a more dignified way instead of the traditional colon hydrotherapy - only one of its kind in SA! When you experience chronic stress, the bowels contract and you feel bloated, lethargic and not your usual vibrant self. Colonics are essential as part of a detox program to cleanse the colon and assist with weight management, more energy, concentration and overall well being.

It takes 5 days for a new colon lining to regenerate. We offer you 3 sessions over 5 days with colon cleanse supplements at R2000 and a free live blood analysis.

OZONE SAUNA THERAPY

For Detox, Recharge, Revitalize, Energise, Improved Sleep & Circulation. Due to chronic stress, lack of exercise and toxicity all day, our cells tend to become oxygen-deprived. When our blood cells do not have enough oxygen, we struggle to absorb and transport our nutrition and fluids. This results in a toxic build-up in our cells. Every night when we sleep, our bodies make trillions of new cells, based on the current state or our cells, keep them healthy with Ozone. Buy 5 sessions at R350 each and get 1 live blood analysis free.



chi-chi's

HOLISTIC WELLNESS RETREATS & MINDSPA GROUP
EST SINCE 2006

DAY & OVERNIGHT SPA & WELLNESS RETREAT
FOR DE-STRESS, DETOX, INNER CALM & PEACE

CHI-CHI'S MINDSPA STELLENBOSCH WINELANDS



LOCATED AT THE BELLEVUE MANOR GUESTHOUSE,
R44/STRAND RD, STELLENBOSCH

CHI-CHI'S BEACH RESORT & SPA STRAND, CAPE TOWN



LOCATED AT 212 HIBERNIAN TOWERS,
1ST FLOOR, STRAND BEACH, WESTERN CAPE

FOR BOOKINGS:

072-846 1280, debi@chichisretreats.com
www.chichisretreats.com

CHI-CHI'S GIFT VOUCHERS AVAILABLE

OUR POPULAR SPA PACKAGES & SPECIALS



FACIALS:

- Esse Organic Range Pamper facial with neck, head, hand & foot massage 60 min - R500
- Mini Facial (without massage) 30 min - R250

MASSAGES:

- Chi-Chi's Signature Full body massage a combination of all techniques adjusted to suit individual needs, such as Swedish, Deep Tissue, Hot Stones, Aromatherapy, Reflexology, Cupping, energy balancing & breathing techniques to calm the mind. 30min - R300
- 45min - R400
- 60min - R500
- 90min - R650

WAXING & TINTING (by time):

- 15min - R100
- 30min - R200
- 45 min - R250
- 60 min - R350

MANICURES:

- Full Luxury - R300
- Mini (no paint) - R200
- Add Gel - R100
- Add Soak-off - R100

PEDICURES:

- Full Luxury - R400
- Mini (no paint) - R250

STRESS BUSTER PACKAGE

From chronic stress & trauma, your central nervous system gets overwhelmed and the whole body tenses up with symptoms such as irritability, struggling to sleep peacefully, fatigue, not feeling your happy "self", in need of some TLC.

Add 30min OZONE sauna/steam therapy to our de-stress massage package. 45min chiropractic spine alignment far-infrared electronic massage bed. 45min aroma, deep tissue, hot stone massage, champagne / non-alcoholic drinks & snacks. INVESTMENT for 2H30 - R1000 p/person and when 3 guests book this package at the same time, get it for R800 each! This package is only available at our Chi-Chi's Beach resort & Spa branch. You are welcome to book one of our lovely sea-facing units for a good night's rest after this treatment.

CORPORATE INCENTIVES & TRANSFORMATIONAL HEALING & COACHING

Experience transformational coaching by our expert with several PhD's offering guidance re. corporate burnout & stress management, couples therapy, life coaching in general, cancer and disease support, spiritual healing, ordained ministry for births, weddings, funerals, energy clearance & balancing, grief counselling, spiritual support & assistance with transitioning "to the other side". We offer individual & group transformational workshops as part of teambuilding & inspiration. Contact us for a quote.



OUR GODDESS PAMPER SPA PACKAGES

HALF DAY

3 Hrs - Full body massage, facial, mani OR pedi. Drinks & snacks. Use of the pool facilities before and after treatments. R1250 for 1 guest or R1000 p/p when 2 guests book at the same time.

FULL DAY

6 Hrs - Full body scrub and spa bath/shower. Full body massage, facial, mani & pedi, lunch, tea, coffee, cake, champagne / non-alcoholic options & use of the pool facilities before and after treatments. R2250 for 1 guest or R2000 p/p when 2 guests book at the same time. (book overnight accommodation & receive free breakfast)

BEST SELLER DE-STRESS MASSAGE PACKAGE

By the time you feel in need of a massage it means your back's alignment is out and this combo of massage techniques is guaranteed to align & relax tight muscle spasm in the neck, shoulders & back which includes: 45min chiropractic spine alignment, far-infrared massage. 45min aroma, deep tissue, hot stone massage. Champagne / non-alcoholic drinks & snacks. INVESTMENT for 90min - R650 or R600 p/p when 2 guests book at the same time for this package.

BUY 1 GET 1 FREE ONLY ON WEEK DAYS TUES-THURSDAYS

ROMANTIC EVENING SPA PACKAGES 6-8PM COUPLE'S SPECIAL CELEBRATION PACKAGE



Start with a Romantic candlelit mineral spa bath followed by a heavenly massage. By the time you feel in need of a massage, it means your back's alignment is out and this combo massage techniques is guaranteed to align, relax tight muscle spasms in the neck, shoulders & back. Which includes: 45 min chiropractic spine alignment far-infrared electronic massage bed. 45 min aroma, deep tissue, hot stone massage. Champagne / Non-alcoholic drinks & snacks.



INVESTMENT: R1500 p/couple (2h30min) (Add overnight accommodation for R1000 p/couple & get free breakfast)



CHI CHI'S BEACH RESORT & SPA, STRAND



CHI CHI'S MINDSPA, STELLENBOSCH WINELANDS



NO WALK-IN'S, ALL BOOKINGS STRICTLY BY APPOINTMENT WHATSAPP/CALL 072-8461280