



STRAND BEACH & STELLENBOSCH WINELANDS, WESTERN CAPE, SOUTH AFRICA

SPA PAMPER & WELLNESS RETREAT MENU

We are a boutique day and overnight Wellness Retreat & Spa, specializing in stress and lifestyle management, offering wellness therapies in combination with the usual spa pamper, deeply relaxing the mind, body & soul, whilst boosting the immune system.

Detox physically, mentally, emotionally, energetically & spiritually to ground, rejuvenate, revitalize, energize and find your balance & calm again.

During your spa treat, you may opt for various healing techniques, treatment & therapies to calm the mind from an overactive/overwhelmed beta brain wave/ fight/flight state, into a calming, alpha/theta frequency and thus activating the "rest and restore" part of your central nervous system for profound mental & physical relaxation.

We only use natural, non-toxic, vegan friendly products in our spas.

MASSAGES

We massage with a natural massage cream ointment, which is very hydrating and soothing to especially eczema or sensitive skins, instead of messy, sticky oils.

	Single	PPSharing
• 30min Back, neck, shoulders/foot/head/hand	R350	
• 45min Full body	R500	
• 60min Full body	R650	
• 90min Full body	R850	
• 45min electronic acupressure massage bed, back alignment, far- infrared, Energy balancing, guided visualizations, Ideal for golfers, body & back pain/muscle spasm/scoliosis/period pain (max weight restriction of 100kg's)	R500	
• Combine sound healing & a energy balancing massage, visualizations, breath, cupping, hot stones, chakra oils & sprays & crystals)	60min R750 90min R950	
• Midweek Special - Full body massage (only valid during off peak season - T&C apply)	60min R500	

Our Best Seller DE-STRESS Massage package (90min)	R750	R700
Combo between 45min massage & 45min electronic acupressure massage bed for back alignment, Far-infrared muscle/pain release, energy balancing, guided visualizations (max weight restriction of 100kg's)		
Midweek Special -(only valid during off peak season - T&C apply)	R650	R500

FACIALS

● Luxurious: Deep cleanse /hydrating/steam/exfoliate/mask (incl. up to decollete, hand scrub, face, head, neck, shoulder, & hand massage)	60min	R650
● Standard: cleanse, exfoliation, mask, hydrating facial & head massage	30min	R400
● Back facial -steam, extractions, scrub, mask, massage	45min	R500
● Cellular Renewal Ozone Facial -cleanse, exfoliation, mask, ozone ointment	75min	R1000

Treating skin from the outside & within with oxygen. Immerse your full body into an ozone & far- infrared sauna pod, for Ozone to enter the skin via the the pores, into the blood to all cells & organs, for optimum cellular renewal. Ozone Sauna Therapy is incredibly soothing for any skin conditions, elasticity, boost collagen, circulation, eczema, psoriasis, rejuvenation, energizing, deeply relaxing & anti-ageing, lymphatic drainage, alert mind, muscular aches & pains, deeply calming, improves sleep. During your facial massage, we use an oxygen ointment.

MANICURES

	Single	PPSharing
● Lux (1HR) (incl. Soak, scrub, cuticle work, massage, paint)	R400	
● Add gel	R150	
● Mini (30min)	R250	
● Gel Application (incl mini manicure)	R400	
● Soak off -gel	R100	
● Soak off -acrylic	R200	
● Acrylic New Set	R500	
● Acrylic 3 week fill (after 3 weeks, considered as new set)	R380	
● Paraffin dip for soothing, soft skin	R250	
● Midweek Special - Valid off season only (T&C apply) Manicure with free gel	R350	

PEDICURES

● Lux (1HR) (incl. Soak, scrub, foot file, nail/cuticle work,massage, paint)	R450
● Add gel application	R150
● Mini (30min)	R350
● Add Gel	R150
● Gel soak off	R100
● Footlogix medi-pedi treatment for hard, rough skin feet/heels (add on to pedi)	R200
● Footlogix medi-pedi application only for hard, rough skin,callouses (30-45min)	R350
● Foot ritual (45min) soak, scrub, pressure point massage with hotstones	R400
● Paraffin dip for soothing, soft skin	R250
● Midweek Special - Valid off season only (T&C apply) Pedicure with free gel	R350

WAXING HAIR REMOVAL

Full Face (brows, lip, chin, cheeks)	R350
Lip/Brows/chin	R100
Underarms	R150
Half leg	R250
Full leg	from R350
Standard Bikini	R250
Chest or Back	from R350
Arms	from R250
Special intimate areas upon request (female only)	

BROWS & LASHES

BROW SHAPE	R100-R150
BROW TINT	R100
BROW SHAPE AND TINT	R180-R220
LASH TINT	R100
BROW & LASH TINT	combo special R175
LASH Extensions	Full Set R650
	2/3 week fill R450

OUR MOST POPULAR SPA PAMPER PACKAGES: (since 2006)

Single P.P.Sharing

Best Seller Destress Massage Package

90min R750 R700

- Combo between 45min massage & 45min electronic acupressure massage bed for back alignment, Far infrared muscle/pain release, energy balancing, guided visualizations
- (max weight restriction of 100kg's)
- Includes a drink & snack (bubbly cocktail)
- **Midweek Special** -(only valid during off peak season - T&C apply)

R650 R500

Couples Special Celebration Package

120min R1800 per couple

- Our 90min Best Seller De-stress Massage Package or 2x 60min full body swedish massages combined with a romantic candlelit spa bath, champagne cocktails/snacks/robes/slippers)
- Free back scrub included
- Very popular for a romantic couples ,birthday, anniversary celebrations
- Overnight accommodation is available, ask us for prices.
- Romantic night spa option also available if you pre-arrange from 6-8pm
- **Midweek Special**-(only valid during off peak season - T&C apply)

R1650 per couple

Maintenance Package

3.5hrs R1950 R1650

- 45min Facial
- 30min (wax & tint of choice face, underarm, half leg)
- 45min Full Body Massage
- 45min Manicure
- 45min Pedicure
- Includes a drink & snack (bubbly cocktail)
- **Midweek Special**-(only valid during off peak season - T&C apply)

R1750 R1500

Recharge Package

60min R750 R650

- 30min Ozone & Far-infrared Steam Pod & 30min Back Neck & Shoulders Massage
- Great for post sports events, release lactic acid, inflammation, best for circulation, Detoxification, muscle tension, aches & pains, reduce stress, improve sleep, immune boost
- Includes a drink & snack
- **Midweek special** - (only valid during off peak season - T&C apply)

R650 R500

Stress Buster Package

2.5hrs R1250 R1150

- Combo between 45min full body massage & 45min electronic acupressure massage bed for back alignment, Far-infrared muscle/pain release, energy balancing, guided visualizations
- (max weight restriction of 100kg's)
- Ozone steam pod to rejuvenate a tired body & mind with potent oxygen into the blood, organs, cells
- Includes a drink & snack (bubbly cocktail)
- **Midweek Special** -(only valid during off peak season - T&C apply)

R1150 R1000

Half Day Goddess (2H30min)

R1500 R1350

- 45min Full Body Massage
- 45min Lux Facial
- Manicure or Pedicure
- Snacks & drinks (bubbly cocktails)
- **Midweek special** -(only valid during off peak season -T&C apply)

R1350 R1250

Full Day Goddess (4.5HRS)

R2500 R2250

- 45min Full Body Massage
- Full body scrub & water cleanse
- 45min Lux Facial
- 45min Manicure
- 45min Pedicure
- 45min Lunch, snacks & drinks (bubbly cocktails)
- **Midweek special** -(only valid during off peak season -T&C apply)

R2350 R2150

ADD ON's to your treatments & packages:

Single P.P.Sharing

● Medi Pedi treatment -30-45min (for problem feet eg callouses, rough skin, cracked & dry heels, etc.)	from R200-R350		
● Candle-lit magnesium mineral spa bath with jets (30min, incl drink/snack)	R350		R250
● Hydrating hair treatment with hot compress & head massage (30min)	R350		
● Ozone steam/far-infrared capsule for full body detoxification & lymph drainage	R450		
● Back scrub, hot compress, hydrating ointment	R150		
● Foot/lower legs or hand/forearm soak/scrub & hydrating massage (30min)	R350		
● ADD pure Magnesium mineral supplement into your massage cream (for eczema, aches/pains/lactic acid release, deep sleep, post sport)	R100		
● ADD pure Ozone ointment into your facial or massage treatment (for acne, problem skin, rejuvenation, anti-wrinkle, pigmentation, anti-ageing)	R100		
● Breakfast, lunch or picnic basket options	from R150		
● Sound healing using various singing bowls, tingshas, tuning forks, gong 30min	R350		R250
● Yoga – various styles is available upon request (must be pre-booked)	R500		R350
● Free use of pool facilities, labyrinth walk, meditations			

HEALING THERAPIES

Are u feeling burned out, overwhelmed, stressed, sick and tired? Or do you just need a refresher/reminder/polishing/dusting with our magical wand, to remind you of what a powerful being you are? We can help you find you inner strength and balance again physically, mentally, emotionally, energetically & spiritually.

● Increase your vibration & abundance Package:	120min	R1000	R650
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Spiritual Life coaching, discussions on various meditation, visualization, breathing, energy balancing techniques- how to cleanse, recharge, protect & balance your energy field, set boundaries. Learn how to raise your frequency/vibration to attract more abundance into your life physically, mentally, emotionally, energetically, spiritually & financially. Learn how important it is to upgrade & reprogram your DNA, sub conscious programming for optimum healing & balance and how to actually do it!

● Nutritional guidance & Live blood analysis	90min	R750	R500
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Boost your immune system by 37% within 20 days for optimum physical performance and mental alertness. Includes live blood analysis, PH alkaline/acidic test/blood sugar test/blood pressure test/lymphatic toxicity/oxidative stress & cellular hydration analysis & guidance. Includes supplements, tastings & demos.

● Stress, trauma & anxiety Release & management	- 1 st session	120 min	R1250	R1000
	Follow up sessions	60 min	R750	R 500

Stress, anxiety, trauma release, lifestyle management explanations & solutions, negative emotional release therapy/coaching, demonstrating various breathing/ tapping/"shaking it out" visualization exercises & techniques from the overactive Beta/fight/flight mode into Alpha/theta/rest/restore mode, resulting in a profound deep relaxed state for better sleep, anxiety, stress, trauma release, inner peace & calm, burnout, adrenal fatigue recovery, boosting immune system. Improved cognitive functioning, lower HP, cholesterol, manage sugar levels, lower heart & stroke risk, manage anger and negative emotions, balance hormones & weight.

● Yoga Yin/Restorative & also other styles of yoga upon request	60min	R500	R350
● Colonics -only as part of the 5 day + retreats to cleanse colon	30min	R500	
● Sound healing therapy: deeply relaxing, energy balance, raise vibration	30min	R350	R250
● Combine sound healing & an energy balancing massage (incl. cupping, hot stones, chakra oils, sprays, crystals, musical instruments)	60min 90min	R750 R950	

Neurofeedback Therapy

Neurofeedback is often used to treat brain wave dysregulation associated with traumatic memories. It helps to re-train your brain and address the dysregulation head-on. Through this training, your brain creates new pathways so that it can go back to functioning normally and you find long-term relief from the symptoms you're experiencing. Neurofeedback is an effective, FDA-approved, safe, non-invasive, and non-pharmacological intervention that should be considered as a type of therapy for mental health struggles, in addition to therapy and medications. Neurofeedback therapy may enhance your memory & focus, decrease impulsivity & anxiety and help you achieve mental clarity, restful sleep, improved mood, it trains your brain to work more effectively.

1st session – 120min – R1500

Follow up sessions – 60min – R750

QEC – Quantum Energy Coaching

An effective, healing method to free you from past trauma, internal stress and the effects of self-limiting beliefs at a subconscious level. Doing so has the potential to free us up to be in alignment with our conscious goals. The QEC process involves a combination of neuroscience, Gestalt therapy, focused intention, neuroplasticity, and kinesiology. Within sessions, the therapist and client work together to identify limiting thoughts and beliefs that the client holds about him or herself, to release & replace with what does serve the client.

1st session – 120min – R1500

Follow up sessions – 60min – R750

● Our CHINESE practitioner/ Eastern medicine massage packages

1. Acupressure point massage for full body and ears to stimulate & unblock the body's meridians & get the energy flowing to organs and cells. She will also guide you through various yoga stretches to unblock these specific meridians, (advise on nutrition) 120min R1250
2. Supersonic pain release massage therapy to release deep meridian blockages & release mucus/inflammation in the muscles, fascia, organs & cells (excellent for pain, muscle spasm, coughs, frozen shoulder, etc. (advice on nutrition) 60min R 750

IV INFUSION THERAPY -Supercharge your health & wellness

A nurse will have a consultation with you and via a drip in your arm, she will infuse a specific or a combination of vitamins into your veins for quick absorption into the blood stream.

Various guests use this option when they are feeling extremely tired, after or before a sports event or wanting to boost their immune system, energy levels, anti-ageing, weight loss, reduce inflammation, muscle recovery.

It can take 1 to 2 hours. Your investment starts from R1250 per infusion.

Choose from Vitamin BCo, B12, C, Glutathione, Magnesium Sulphate, Meyer's Cocktail, NAD, Zinc Sulphate, a range of homeopathic remedies, Blitz Booster, Skin Rejuvenator, Fat Burner, Covid Recovery, Immune Supporter, Sport Recovery, Flu Fighter, Fat & Metabolism Booster Plan.

ACCOMMODATION, MEALS, SNACKS & DRINKS

- Overnight en-suite accommodation (depending on season) from R1500 R650
- Strand Beach or Stellenbosch Winelands braNches
- Breakfast/ Lunch/ Dinner/Snack Platter incl. Drinks (pre-arrange) from R150pp
(tell us what your budget is and we will tell you what we can prepare for you, otherwise, we are surrounded with the best restaurants and you are also welcome to bring your own picnic basket)

OZONE SAUNA THERAPY - Oxygen is the single most important nutrient for the body!

Ozone Sauna is a new sauna technology that infuses oxygen through steam and hot air into your skin and body in a special cabin. The Oxygen is absorbed through your pores and transferred to your blood system, lymph & fat tissues. It's a natural, effective way to overall health, anti-ageing, increased immunity, overall wellbeing. Our pod is the only pod in the Stellenbosch area that can fit 180kg's, all the other pods can take max 120kg's.

Benefits:

Relaxes and loosens tight, tense muscles, excellent for fibromyalgia, Oxidizes toxins so they can be eliminated through the skin, lungs, kidneys, colon. Stimulates the immune system, increases white blood cells, Increases flexibility & elasticity of red blood cells, purifies blood and improves blood oxygenation & circulation especially for diabetics, dramatically increases oxygenation of tissues & cells including heart, pancreas, kidneys, spleen, lungs. Disinfects wounds & speeds up recovery & healing. Decreases inflammation, swelling & helps relieve pain. Neutralizes toxins & impurities and kills viruses, bacteria & parasites. Detoxes cells & the lymphatic system through oxidation of toxins. Revitalizes & enhances lymphatic drainage & eliminates waste, reduces uric acid, breaks down acid crystals, Promotes metabolism, increases energy & combats chronic fatigue. Enhances brain, concentration & memory function, relieves stress & tension & combats anxiety & depression. Improves athletic performance ie relaxes and loosens muscles and reduces build up of lactic acid. Improves collagen and cartilage production, promotes healthy skin tone & texture, helps unclog arteries, breakdown of cholesterol, reduces risk of diabetes complications caused by oxidative stress, strengthens immunity, better sleep, energy levels, enhance a better self-image, very healing & soothing for eczema & psoriasis & skin scars

Investment for a 30min session is R500

Special promotion:

Buy 5 sessions at R500 each, and get 6th for free (R416 each) **OR** Buy 10 sessions at R350 each (paid upfront)

WELLNESS RETREAT PROGRAMS

Our wellness retreat programs stem from our CEO Debi Rossouw, who lived a very exciting adrenalin pumping lifestyle & business career for many years running her business's Head Office from Dubai, with offices in Europe and South Africa and over 60 representative offices all over the globe. The chronic fight & flight pressure cooker completely crashed her immune system ended up bed ridden for 3 years. The best specialists could not help her or even medicate her complicated case of developing Hashimoto's auto immune disease, severe fibromyalgia, adrenal & chronic fatigue, etc.

Debi had a huge awakening & went on an international search to find God created natural healing modalities, natural foods, stress & lifestyle management tools & techniques to reach homeostasis, finding balance physically, mentally, emotionally, energetically, spiritually and financially.

Her healing journey was a miracle, and it became her "calling" to teach all she had learned to whomever was willing to listen and this is how Chi-Chi's Wellness Retreat Programs & Spa started in 2006. We are delighted to share our knowledge, lessons & techniques we learned from the world's best wellness retreats, trainers, mentors, therapists, doctors & medical centers.

Oxidative stress, inflammation, cellular de-generation, "man-made" processed foods, toxic soils & environment, in combination with our rat-race fight/flight lifestyles, always on-the-go, wi-fi connected, fear based sub-conscious programming, is a sure recipe for losing your balance. Chronic stress, cause anxiety, overwhelm, burnout, exhaustion and not sleeping well, negatively affecting our health, such as high blood pressure, diabetes, stokes, heart & circulation issues, cholesterol, etc. Most people we know, is on chronic medication, which is only a plaster and is not fixing the "root cause" of the situation. We can help you find your balance the natural way to homeostasis and balance with our stress & lifestyle management programs and spa pamper.

1-Day Stress Buster & Immune Booster Retreat

Investment from R3000 single and if more guests attend same time, it's R2500 pp sharing

For anyone feeling burned out, stressed, overwhelmed, anxious, sick, & tired, come blow off steam with us, even if it's just for one day, we promise we can make you feel better!

- Hot and cold hydrotherapy boosting all the happy hormones serotonin, oxytocin, tryptophan, dopamine by 200-400% -bring your bathing suit & pool towel
- TRE tension, trauma & anxiety release & stress management techniques to move from an overwhelmed Beta state of mind/ fight/flight into Alpha/theta rest & restore mode
- Breathwork & visualisations & re-programming of sub-conscious mind techniques
- Experience the calming power of a sound healing in combo with your massage
- Supplements, nutrition talk how to boost your immune system by 37% within 20 days with tasters.
- Ozone & far-infrared sauna therapy for detox, achy/tired body, improved mental & physical wellbeing
- Live blood analysis, blood pressure, blood sugar, alkaline/acid test
- Daily Rebounder trampoline for lymphatic stimulation
- Healthy lunch, fruit/veggie juices/smoothies, herbal teas
- Full energy body massage with chakra sprays, oils, crystals, hot stones & cupping
- Spine alignment massage with jade stone and far infrared for aches & pains & balancing meridians
- Organic Canadian vulvic acid mineral foot soak bath
- Spiritual & Life coaching how to lift & raise your vibration & frequency to attract abundance & balance physically, mentally, emotionally, energetically, spiritually & financially

2 day/1 night Wellness Retreat Program

Investment from R8000 single and from R6000 per person sharing (depending on season)

Day 1

- Ginger shot, herbal teas, supplements, organic fruit & veggie juices, smoothies & soups
- TRE tension, trauma & anxiety release & stress management techniques to move from overwhelmed Beta state of mind/ fight/flight into Alpha/theta rest & restore mode
- Various Breathwork, meditations, visualisations & motivational workshops & movies
- Experience the calming power of sound healing, in combination with your massage
- Ozone & far-infrared sauna therapy for detox, achy/tired body, improved mental & physical wellbeing
- Hot and cold hydrotherapy boosting all the happy hormones serotonin, oxytocin, tryptophan, dopamine by 200-400%
- Live blood analysis, blood pressure, blood sugar, alkaline/acid test
- Daily Rebounder trampoline for lymphatic circulation
- Full energy body massage with chakra sprays, oils, crystals, hot stones, cupping, sound healing
- Spine alignment with jade stone and far infrared for aches & pains & balancing meridians
- Life coaching, guidance, re-programming sub-conscious mind techniques
- Lift & raise your vibration & frequency to attract abundance & balance physically, mentally, emotionally, energetically, spiritually & financially
- Enjoy pool facilities afterwards – bring your bathing suit
- organic Canadian vulvic acid mineral soak bath
- En-suite accommodation Strand Beach or Stellenbosch Winelands

Day 2:

- Ginger shot, herbal teas, supplements, organic fruit & veggie juices, smoothies & soups
- Hot and cold hydrotherapy boosting all the happy hormones serotonin, oxytocin, tryptophan, dopamine by 200-400%
- 1x restorative/yin yoga session (or other style pre-requested)
- Ozone & far-infrared sauna therapy -improved energy, sleep, mental alertness
- Full body massage
- chiropractic spine alignment massage, jade stone & far-infrared, energy balancing & visualisations
- TRE stress, tension, anxiety release exercises -recap
- EFT tapping, Emotional Freedom Technique, negative emotion release & management
- Breathing, Visualisation techniques to raise your vibration & frequency to attract abundance
- check out between 1-3pm

5 day/ 4night Wellness retreat program

Investment from R16 000 single and from R13 000 per person sharing (depends on season)

Everything mentioned in the 2 day retreat program, adding the following:

- Ginger shot, herbal teas, supplements, organic fruit & veggie juices, smoothies & soups
- En-suite accommodation for 5 days/4 nights -Strand Beach or Stellenbosch Winelands
- 1x life blood analysis, blood pressure, blood sugar, alkaline/acid test
- Daily Rebounder trampoline for lymphatic stimulation
- Daily hot & cold hydrotherapy boosting all happy hormones
- 2 x restorative/ yin yoga sessions (other styles also available at an extra charge for other days)
- Vision board workshop
- 3x TRE tension, trauma, anxiety release & management training to move from overwhelmed Beta state of mind/ fight/flight into Alpha/theta rest & restore mode
- 3x Ozone & far-infrared therapy sessions
- 1x Energy balancing massages with sound healing 90min
- 2x 45min full body Swedish massages
- 2x 45min chiropractic far-infrared energy balancing, alignment massage session, visualisations
- 2x organic volcanic acid mineral bath soaks
- 2x Epsom salts & bicarb of soda mineral bath soak – for magnesium, relaxing, cleanse aura
- Daily motivational workshops, movies, meditations
- 2x 90min life/spiritual coaching how to raise your vibration & frequency to attract more abundance
- Nutritional coaching, how to boost your immune system 37% within 20 days
- Day 4 colonics flush to cleans the colon (you may add more colonics at extra charge of R500 each)
- Labyrinth intro & walk
- Beach & winelands walks
- Indoor heated & outdoor pools, steam room, spa bath with jets, use for free
- Add on, custom & pre-book any of our other healing modalities, medical doctor, homeopath, psychologist appointments, sightseeing & beauty treatments to your program, at an extra charge.

You are welcome to request a quote for longer stays, we have had many guests staying 10 days, 14 days, 30 days, up to 3 months.

We work with a variety of integrative medical doctors, homeopaths, and psychologists. The psychologists love to check themselves into our programs as they always tell us how they do the “head work” and we do the “body work”, the perfect alliance as they always send their clients to check into our retreats!

Our medical doctors mostly refer their patients on chronic medications with stress & lifestyle related diseases to learn about stress & lifestyle management techniques from us, which help them to regulate and eventually wean off all the heavy chemicals once they become strong enough into homeostasis.

WEIGHTLOSS PACKAGE

There is a lot of factors involved with regards to managing weight. A few points to focus on:

- Excess weight = Inflammation in the body.
- Lower inflammation by detoxing the body, not just physically, but mentally, emotionally, energetically and spiritually.
- Stress & trauma release & management – you are going to find it extremely difficult to balance your weight if you don't manage your stress hormones
- Lifestyle management – very important to balance a fast paced or “digital” lifestyles of today.
- You need to re-program your subconscious mind of new programming, serving you.
- Everything is energy, learn how to raise your vibration/frequency
- Tune into your higher aligned “self”. Excess weight is blockages in your energy system.
- Thoughts, company you keep, what you listen to, the energy vibration and frequency of what you allow into your body or into your energy field will affect you.
- Negative emotions and filling your emptiness, sadness, etc with food
- Good quality nutrition - I did top research! Hunger = nutrition
- Lack of minerals and oxygen has a huge influence on your weight.

The above pointers is just a few subjects we will discuss for this package. Each person is different, call me for your personalized quote. Visit as a day visitor or check into our overnight 5 day retreat for me to teach you my success formula which will change your daily awareness for the rest of your life, there is no quick fix!

COUPLE'S THERAPY PACKAGE

Couples often check into our retreat or visit as a day visitor complaining that they have lost their spark in between paying bills, hectic work schedules, children in school and all their activities, homework, feeling stressed and overwhelmed, is a sure recipe for your MO-JO to disappear.

Once you start dealing with 80% problems in your relationship, you start having a "problem-some" relationship. Learn to truly "listen" and "hear" your partner for optimum communication, which is guaranteed to positively enhance the relationship. (IMAGO couple's therapy with a psychologist -optional).

Check into our couple's retreat for a weekend and we will de-compress your central nervous system, and calm you so all systems can "work" better. Learn a few new techniques such as how to massage your partner, etc.

Each quote is individualized, upon request.

We cater for CORPORATE TEAM BUILDING events, bridal & baby showers, birthday parties for groups 2-10max. Please email us to get your individualised quote.

GIFT VOUCHERS

Chi-Chi's Gift Vouchers are very popular and is an ideal gift for any occasion.

Here is how to:

- please e-mail or whatsapp us requesting a voucher
- we will send you the banking details,
- together with the proof of payment, send us the voucher recipient name & your email so we can email you the voucher.
- The vouchers are valid for 6 months.

CANCELLATION POLICY

- During peak season times such as weekends, public holidays, season time, we require a 50% deposit to secure your booking.
- If you need to cancel your booking, we will refund you the deposit amount, less a 15% handling/admin fee. ONLY if canceled within 24hours before the booking date/time.
- If you cancel less than 24hrs before your booking, you will forfeit your full deposit paid.
- If you arrive late for your treatment, you will be liable for the full charge and your treatment will be adjusted to the balance of the scheduled booking time.
- If you are a NO SHOW, you forfeit the full deposit amount you paid and you are liable to still pay us the full balance outstanding.

GENERAL SPA GUIDELINES

- Please only arrive 10min prior to your appointment time. We do not have a facility for your to wait if you arrive 30-60minutes early. You are welcome to wait at the pool area, if you like or we are surrounded by amazing restaurants, where you can relax before or after treatments.
- We are not responsible for any personal items missing or damaged, please ensure you put all jewellery into your handbag, the minute you remove it and double check before you depart that you take your scarf, jacket, umbrella, etc.
- We will keep anything left behind for 30days but thereafter we will donate it to charity.
- All prices are VAT inclusive and subject to change without prior notice.
- Disclaimer – terms & conditions are subject to change.
- If you are feeling ill, please inform us in advance. Please wear a mask if not sure.
- Please ensure that your cell phones are turned on silent during treatment.
- We only cater for children if they actually have a booking themselves, otherwise children's behaviour can be disruptive in the spa and it not allowed.

CONTACT US:

Easiest, fastest way to make your booking enquiry for both branches, is via our SPA WHATSAPP line (+27) 072-8461280

Or email us on info@chichisretreats.com

Landline: 021-8801465

Our 2 branches:

CHI-CHI'S BEACH RESORT – STRAND, WESTERN CAPE

Hibernian Towers Level 1, office 212.

Behind the coffee shop on the ground floor level is a lift, once you exist the 1st level, turn left and you will see our spa/office.

STELLENBOSCH WINELANDS

Bellevue Manor Guesthouse, located on the R44/Strand Road between Somerset West & Stellenbosch.

Right at Val De Vine's entrance, you will see 2 cream pillars with a 100m gravel road leading you up to our green Bellevue Manor Gate, press the SPA button and we will open for you. Follow the rooms/spa signs and park in front of the SPA cottages, next to the Guest Rooms. Only knock and enter the spa 10min before your appointment time.

SOCIAL MEDIA LINKS

Keep in contact with us, by "like" & "follow" our Social Media pages. We often post activities, specials, educational information, competitions to win our treatments and other interesting information.

Facebook

Chi-Chi's Holistic Wellness & Spiritual Retreats – South Africa

Chi-Chi's Beach Resort & Spa Strand South Africa

Chi-Chi's MindSpa Stellenbosch

Instagram

Chichisretreatsandspas

Tiktok

@chichi_spas

LinkedIn

Debi Rossouw

You Tube Channel

chi-chis retreats and spas