



**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. Organic mineral range also available.

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.

- 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, R500
Energy balancing, guided visualizations, Ideal for golfers, body & back pain/muscle
spasm/scoliosis/period pain (max weight restriction of 100kg's)
- **Midweek Special** - Full body massage 60min R500
(only valid during off peak season - T&C apply) 45min R400
30min R300

Our Best Seller DE-STRESS Massage package (90min)

R750

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)

from R500-R650

FACIALS (we use natural, organic, mineral based products)

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|--|-------|------|
| ● Luxurious: Deep cleanse /hydrating/steam/exfoliate/mask
(incl. up to décollete, 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 |

MANICURES

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|---|------|
| ● Lux (1HR) (incl. Soak, scrub, cuticle work, massage, paint) | R350 |
| ● Add gel | R100 |
| ● Mini (30min) | R250 |
| ● Gel Application (incl mini manicure) | R350 |
| ● Soak off -gel | R100 |
| ● Midweek Special - Valid off season only (T&C apply) Manicure with free gel | R350 |

PEDICURES

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|---|------|
| ● Lux (1HR) (incl. Soak, scrub, foot file, nail/cuticle work, massage, paint) | R450 |
| ● Add gel application | R100 |
| ● Mini (30min) | R350 |
| ● Add Gel | R100 |
| ● 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 | R450 |
| ● 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	R350
Standard Bikini	R250
Chest or Back	R350
Arms	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)

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|--|----------------|------|
| Best Seller Destress Massage Package | 90min | R750 |
| ● 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) | from R500-R650 | |
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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)

from R1500-R1650 per couple

Recharge Package

60min R750

- 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
- **Midweek special** - (only valid during off peak season - T&C apply)

from R500 -R650

Stress Buster Package

2.5hrs R1250

- 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
- **Midweek Special** -(only valid during off peak season - T&C apply)

from R1000 -R1150

Half Day Goddess (2H30min)

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)

from R1250

Full Day Goddess (4.5HRS)

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)

from R2000

ADD ON's to your treatments & packages:

- Medi Pedi treatment -30-45min (for problem feet eg callouses, rough skin, cracked & dry heels, etc.) from R200-R350
- spa bath with jets (30min, incl drink/snack) R250
- Hydrating hair treatment with hot compress & head massage (30min) R350
- Ozone steam/far-infrared capsule for full body detoxification & lymph drainage R350
- Back scrub, hot compress, hydrating mask R150
- Full body scrub, hydrating mask and shower rinse off R350
- Foot/lower legs or hand/forearm soak/scrub & hydrating massage (30min) R350
- Yoga or pilates – various styles is available upon request (must be pre-booked) R350
- Chicken or vegetarian lunch wraps upon request. R120

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.

- **“Find your CALM amongst the storm” package:** 120min R850

Are you feeling overwhelmed and burnout by life in general. At a cross roads? We offer skilled life coaching, discussions on various stress & trauma release management, meditation, visualization, breathing, energy balancing techniques- how to cleanse, recharge, protect & balance your energy field, set boundaries. And find balance physically, mentally, emotionally, energetically, spiritually & financially. Learn how important it is to upgrade & reprogram your DNA, sub conscious mind and believe systems for optimum healing & balance, biohacking your own body from illness back to healing. A self-help toolbox to use daily to decompress all systems within. Find your CALM amongst the storm.

- **Nutritional guidance & Live blood analysis** 60min R500

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**
 - 1st session 90 min R850
 - Follow up sessions 60 min R500

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 by learning how to “biohack” your own body into recovery.

- **Yoga**, pilates, somatic stretches 60min R350
- **Colonics** -on special request

- **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 850

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.

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 10 sessions from R250-R350 each (paid upfront) -T&C apply, price depending on seasonal rates

ACCOMMODATION, MEALS, SNACKS & DRINKS

- Overnight en-suite accommodation (depending on season) from R950-R1500+
- 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)

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 blessed to share our knowledge, lessons & techniques we learned from the world's best wellness retreats, trainers, mentors, therapists, doctors & medical centers. We even have medical doctors and psychologists checking themselves into our programs and then sending their patients to us after. Our future plans is to start selling Chi-Chi's franchises.

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, strokes, 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.

Every night when you sleep, your body makes trillions of new cells and we teach you how to "biohack" your body into producing rejuvenated, healed cells, instead of degenerated, sick cells and thus soon to find your happy balance again!

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 by teaching you a formula in one day how to "biohack" your own body into balance and healing again!

- 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.
 - Ozone & far-infrared sauna therapy for detox, achy/tired body, improved mental & physical wellbeing
 - Live blood analysis, blood pressure, blood sugar, alkaline/acid test (strand beach location only)
 - Loofah full body scrub & Rebounder trampoline for lymphatic stimulation
 - Healthy lunch and light snacks and drinks throughout the day.
 - Full body massage with optional hot stones & cupping
 - Spine alignment massage with jade stone and far infrared for aches & pains & balancing meridians
 - Spiritual & Life coaching how to lift & raise your vibration & frequency to attract abundance & balance physically, mentally, emotionally, energetically, spiritually & financially, creating new neuropathways to override old habits not serving you any longer.
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2 day/1 night Wellness Retreat Program

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

- Ginger shot, herbal teas, 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
 - 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 (strand beach location only)
 - Daily Rebounder trampoline for lymphatic circulation
 - Daily Full body massage with optional hot stones & cupping
 - Spine alignment with jade stone and far infrared for aches & pains & balancing meridians
 - Life coaching, guidance, re-programming sub-conscious mind techniques, creating new neuropathways overriding old habits not serving you.
 - Lift & raise your vibration & frequency to attract abundance & balance physically, mentally, emotionally, energetically, spiritually & financially
 - Enjoy pool/jacuzzi facilities – bring your bathing suit
 - En-suite accommodation Strand Beach or Stellenbosch Winelands
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5 day/ 4night Wellness retreat program

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

- Ginger shot, herbal teas, 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 (strand location only)
- Daily Rebounder trampoline for lymphatic stimulation
- Daily hot & cold hydrotherapy boosting all happy hormones
- 2 x optional yoga or pilates sessions (optional)
- Vision board workshop
- 3x TRE tension, trauma, anxiety release & management training
- 3x Ozone & far-infrared therapy sessions
- 3x 45min full body Swedish massages
- 3x 45min chiropractic far-infrared energy balancing, alignment massage session, visualisations

- Evening Epsom salts & bicarb of soda mineral bath soak
- Daily motivational workshops, movies, meditations, discussions
- life/spiritual coaching how to raise your vibration & frequency to attract more abundance/blessings
- Nutritional coaching, how to boost your immune system 37% within 20 days
- you may add colonics & IV drips at extra charge
- Beach, winelands, hiking trail walks
- Indoor heated & outdoor pools, steam room, spa bath with jets, use for free on overnight stay
- Add on, custom & pre-book any of our other healing modalities, medical doctor, homeopath, psychologist appointments, sightseeing & beauty treatments, airport pick up and drop off 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.

Retreats without accommodation, as a day visitor, will be charged at a daily estimate from R2500 per day for all therapies, treatment and detox foods, excluding accommodation. Please enquire directly for an individualized quote.

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.
- We also offer natural herbal drops and injections to speed up the weight loss process.

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.

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 .

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 re-schedule your appointment and not refund the deposit ONLY if cancelled within 24hours before the booking date/time for the spa, but for the wellness retreat programs, you need to cancel at least 14days in advance or else the deposit will be held for another available date, no refunds.
- If you cancel less than 24hrs before your booking, you will forfeit your full deposit paid without a re-booking.
- 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. Strictly by appointment only.

STELLENBOSCH WINELANDS

Cnr of the R44 and Klein Helderberg Road on the R44 between Somerset West and Stellenbosch, exactly on the border at In the Vine, next to the Hanger bike shop and Lifeshine Centre.

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

ENTER AT OWN RISK, WE WILL NOT BE HELD RESPONSIBLE FOR ANY LOSS OR DAMAGE OR ACCIDENTS AT OUR PROPERTIES. THANK YOU.