

Before commencing with your massages, enjoy a jacuzzi spa bath session on the patio overlooking the beautiful Stellenbosch mountains and vineyards, whilst sipping on champagne, wine or non-alcoholic drinks and light snacks for R350per person sharing the jacuzzi or R500 single booking.

FACIALS:

• Luxurious Deep cleanse /hydrating/steam/exfoliate/mask(incl. up to decollete, hand scrub, face, head, neck, shoulder, & hand massage)	60min	R750
• Standard cleanse, exfoliation, mask, hydrating facial & head massage	30min	R450

WAXING & TINTING upon request:	15min	R150
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MANICURES:

• Lux (1HR) (incl. Soak, scrub, cuticle work, massage, paint)	R500
• Add Gel	R100
• Mini (cut & file, cuticles, no paint)	R300
• Soak off -Gel	R100

PEDICURES:

• Lux (1HR) (incl. Soak, scrub, foot file, nail/cuticle work, massage, paint)	R550
• Mini (cut & file, cuticles, no paint)	R350
• Add Gel	R100
• Gel soak off	R100
• Medi-pedi Treatment for hard, rough skin feet/heels (add on to pedi)	R250
• Medi-pedi Application only for hard, rough skin, callouses (30-45min)	R450
• Foot Ritual (45min) soak, scrub, pressure point massage with hot stones	R500

LOYALTY PROGRAM:

BOOK 5 MONTHS CONSECUTIVELY AND RECEIVE THE 6TH MONTH TREATMENT AT A 50% DISCOUNT.

(terms & conditions applies only to full priced items)

HEALING THERAPIES

DE-COMPRESS & FIND YOUR CALM WITHIN THE STORM PACKAGE:
R750 per hour (first session minimum 2 hrs)

Are you feeling overwhelmed and burned out? Stressed, sick & tired? We offer coaching, various perspectives and easy to learn stress & trauma release management, meditation, visualization & breathing techniques. Learn how to cleanse, recharge, protect & balance your energy, how to fill and recharge your cup after every day, releasing the stress and negativity of the day and learn to set boundaries. Find balance physically, mentally, emotionally, energetically and spiritually.

NUTRITIONAL GUIDANCE & LIVE BLOOD ANALYSIS
60min R500

Boost your immune system by 37% within 20 days for optimum physical performance & mental alertness. Includes live blood analysis, PH alkaline/acidic test/blood sugar test/blood pressure test/lymphatic toxicity/ oxidative stress & cellular hydration analysis & guidance.

TRE STRESS, TRAUMA & ANXIETY RELEASE & MANAGEMENT
60min R750

Incorporating daily TRE exercises to de-compress and self-regulate your central nervous system, will result in profound deep relaxed state of mind for better sleep, inner peace & calm, manage anxiety, depression, burnout, adrenal fatigue recovery, boosting the immune system, improved cognitive functioning, lower HP, cholesterol, manage sugar levels, lower heart & stroke risk, manage anger and negative emotions, balance hormones & weight, boost circulation & libido, assist with addiction, ADHD, bi-polar, enhanced creativity, tune deeper into your “higher self” and intuition, decision-making.

PILATES & YOGA

Somatic stretches, strength training exercises & breathwork: join a group class at R250pp or private session at R500

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

Ozone Sauna 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, lymph drainage & circulation, release inflammation and excess weight toxins. (180kgs restriction)

Investment for a 30min session is R500
Special promotion:
Buy 10 sessions upfront at a discounted price of R350 p/session for max benefit.
Add on to any of your spa treatment: R350

ACCOMMODATION

Overnight en-suite accommodation (depending on season and room type) from R750per person sharing, or from R1500 single occupancy

MEALS

- There is an organic vegan restaurant at our property (only open week days)
- We are surrounded by the most amazing wine estates & restaurants next door to us.
- We cater for individual needs with pre-arrangement eg. Diabetics, keto, vegan, halal.
- Our wellness retreat programs of 2 and more days, receives organic fruit/vegetable juices, smoothies and soups. You can choose to add to this by purchase meals from the organic vegan restaurant on site.

GIFT VOUCHERS AVAILABLE

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

WELLNESS RETREAT PROGRAMS

Chronic stress, anxiety, overwhelm, burnout, exhaustion, insomnia grief, general rejuvenation and finding your balance on all levels, learning coping skills and techniques to cope with any challenge in life, healing the root cause for your imbalance and diagnosis.

1 DAY WELLNESS RETREAT

For anyone feeling burned out, stressed, overwhelmed, anxious, sick, & tired, come blow off steam with us, fill you cup again in just one day, feel better by de-compressing the central nervous system, learning easy techniques to keep your balance physically, mentally, emotionally, energetically & spiritually.

- Learn TRE tension, trauma & anxiety release & stress management techniques and exercises managing your central nervous system by decompressing and self-regulating the pressure cooker of your stress hormones building up daily making you feel like you are going to explode. Release, de-compress. Balance your endocrine system, emotional and mental health.
- Breathwork & visualisations & re-programming of sub-conscious mind of new neuropathways
- Emotional release therapy and cleansing negative energy, teaching you how to cleanse, recharge, protect your energy and fill your cup after each day. Release inflammation.
- Ozone & far-infrared sauna therapy for detox, achy/tired body, improved mental & physical wellbeing, better circulation & sleep.
- Healthy lunch and light snacks and drinks throughout the day.
- Full body massage with optional hot stones & cupping & sound bowls.
- Spine alignment electronic massage bed session (optional-max weight restriction 100kgs)

Investment from R3000 single and if more guests attend same time, it's from R2500 pp sharing (4.5 hrs)

2 DAY / 1 NIGHT WELLNESS RETREAT

- Herbal teas, organic fruit & veggie juices, smoothies & soups
- 2x 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
- 2x Ozone & far-infrared sauna therapy for detox, achy/tired body, improved mental & physical wellbeing
- Live blood analysis,blood pressure,blood sugar,alkaline/acid test,check for oxidative stress
- Daily Rebounder trampoline for lymphatic circulation
- 2x Full body massage with optional hot stones & cupping & sound bowls
- Optional Spine alignment on an electronic massage bed with calming of mind visualisations
- 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
- One night En-suite accommodation Stellenbosch Winelands
- Free adjacent Forest hikes at own leisure
- You may request to add extra night's accommodation, pilates and spa beauty treatments at an additional charge

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