

## OUR MOST POPULAR SPA PAMPER PACKAGES: (since 2006)

### DE-STRESS MASSAGE PACKAGE 60min R750

By the time you are in need of a massage, it means your back alignment is out.

- 30min back, neck & shoulders massage (may be extended at extra charge)
- 30min electronic acupressure massage bed for back alignment, with guided visualizations to calm a busy mind. A tense mind = tense body = inflammation (max weight restriction of 100kg's on electronic bed)

### COPLES SPECIAL CELEBRATION PACKAGE 90min R950 p/person

- Start with a jacuzzi spa bath overlooking mountains & vineyards, sipping champagne cocktails or non-alcoholic drinks and light snacks.
- 2x 60min full body massages
- Very popular for a romantic couples ,birthday, anniversary celebrations or just girlfriends catching up!

### RECHARGE PACKAGE 60min R750

- 30min ozone steam pod to rejuvenate a tired body & mind with potent oxygen into the blood, organs, cells, boosting immune system and energy levels. The far-infrared calms the central nervous system and release inflammation.
- 30min Back Neck & Shoulders Massage (may be extended at extra charge)
- Great for post sports events & recovery, inflammation, circulation, Detoxification, muscle tension, aches & pains, reduce stress, improve sleep, immune boost.
- Add optional visualisations to calm a busy mind.

**Add on: full body loofah scrub & 2min medical rebounder trampoline session to boost lymph detox & circulation for extra R150**

### STRESS BUSTER PACKAGE 90min R1250

- 30min back, neck & shoulders massage (may be extended at extra charge)
- 30min electronic acupressure massage bed (max weight restriction of 100kg's) for back alignment, with guided visualizations to calm a busy mind to relax the body.
- 30min ozone steam pod to rejuvenate a tired body & mind with potent oxygen into the blood, organs, cells, boosting immune system & energy levels. The far-infrared calms the central nervous system and release inflammation.

**Add on: full body loofah scrub & 2min medical rebounder trampoline session to boost lymph detox & circulation for extra R150**

### HALF GODDESS 2HRS R1250

- Start with optional forest hike at own leisure
- 30min Back, neck & shoulders massage
- 30min Facial with mini head massage
- 30min Hand soak, scrub & massage OR 30min Foot soak, scrub & massage
- Includes light snacks & champagne or non/alcoholic drinks
- Add jacuzzi spa bath with mountain & vineyard view for extra R350pp
- Boost immune system by adding 30min ozone steam pod for extra R350pp

### FULL GODDESS 4HRS R2500

- Start with optional forest hike at own leisure
- 60min Full Body Massage
- 45min Facial with face & head massage
- 45min Manicure OR hand ritual soak, scrub, massage
- 45min Pedicure OR foot ritual soak, scrub, massage
- Includes chicken or vegetarian wrap & cake with champagne/non alcoholic drinks
- Full body scrub, wrap & jacuzzi spa bath with mountain & vineyard view
- Boost immune system by adding 30min ozone steam pod for extra R350pp

## 5 DAY / 4 NIGHT WELLNESS RETREAT

- Herbal teas, organic fruit & veggie juices, smoothies & soups
- En-suite accommodation - 4 nights -Stellenbosch Winelands
- 1x life blood analysis, blood pressure, blood sugar, alkaline/acid test/ checking oxidative stress
- Daily Rebounder trampoline for lymphatic stimulation
- 2 x optional Pilates somatic stretch exercise classes (all levels)
- Free forest bathing -safe walking trail in the adjacent private woods Vision board workshop
- 1x creative art class
- 3x TRE tension, trauma, anxiety release & management training
- 5x Ozone & far-infrared therapy sessions
- 5x 45min full body Swedish massages
- Optional chiropractic alignment massage sessions with "calming of the mind" visualisations
- Motivational workshops, movies, meditations, discussions
- Life/spiritual coaching releasing negative mindset and emotions, changing your perspective
- Nutritional coaching, how to boost your immune system 37% within 20 days
- Outdoor pool and jacuzzi use
- Add on's: pre-book any of our beauty treatments such as facials, mani's & pedi's at an extra charge.
- We can arrange airport pick up and drop off and day tours to our beautiful area, at an extra charge.

**Investment from R19 000 single and from R15 000 per person sharing (price depends on season & room type)**

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.

### WEIGHT MANAGEMENT & COUPLES RETREAT: MORE INFO ON WEBSITE

### WE CATER FOR CORPORATE TEAM BUILDING EVENTS, BRIDAL & BABY SHOWERS, BIRTHDAY PARTIES FOR GROUPS 2-8MAX. PLEASE EMAIL US TO GET YOUR INDIVIDUALISED QUOTE

**CONTACT US:**  
Easiest, fastest way to make your booking enquiry, is via our SPA Whatsapp: +27 (0)72 846 1280, After hours / Emergency line: +27 (0)76 055 1472 or email us on [info@chichisretreats.com](mailto:info@chichisretreats.com)

### CHI-CHI'S WELLNESS RETREAT & MINDSPA STELLENBOSCH WINELANDS

located on the corner of R44 & Klein Helderberg Road between Somerset West & Stellenbosch.

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Follow us on Facebook: Chi-Chi's MindSpa Stellenbosch  
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Youtube: chi-chi's retreats and spas



### SPA PAMPER & WELLNESS RETREAT MENU

"Chi" means high, vibrant, positive energy, offered at our intimate boutique day and overnight Wellness Retreat & Spa, with the most beautiful views of the Stellenbosch mountains and vineyards. We specialize in stress and lifestyle management, offering wellness therapies and techniques, in combination with the usual spa pamper, deeply relaxing the mind and body. A tense mind = tense body = inflammation. Boost the immune system, release inflammation, toxins, aches & pains, which help you sleep and feel better, with a stronger connection to your higher self, whatever your belief system may be.

We offer you optional (highly recommended) breathing and visualisations techniques with headsets 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 digest" part of your central nervous system for profound mental & physical relaxation, finding your balance physically, mentally, emotionally, energetically and spiritually. Add ozone sauna therapy to boost oxygen for optimum rejuvenation.

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

### MASSAGES

We are very well known for the best massages in the area since 2006, combining various techniques. Hot stones, cupping and sound bowls, available upon request. You pay for time. Please inform the therapist which areas of the body to focus on during this time.

- 30min Back, Neck, Shoulders/Foot/Head/Hand R400
- 45min Full Body R550
- 60min Full Body R750
- 90min Full Body R950
- 45min Electronic Acupressure Massage Bed R350
  - 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)

### Popular ADD ON to massages:

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

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

## LOYALTY PROGRAM:

BOOK 5 MONTHS CONSECUTIVELY AND RECEIVE THE 6<sup>TH</sup> 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)**