

OUR MOST POPULAR SPA PAMPER PACKAGES: (since 2006)

COUPLES OR BESTIE SPECIAL CELEBRATION PACKAGE 90min R1250 p/person (R2500 p/couple)

- Start with a jacuzzi spa bath overlooking mountains & vineyards, sipping champagne cocktails or non-alcoholic drinks and cake of the day.
- 2x 60min full body massages
- Very popular for a romantic couples ,birthday, anniversary celebrations or just friends catching up!
- **Ask about our POPULAR DATE NIGHT EVENING SPA PACKAGES for couples or small groups (6-8pm)**

RECHARGE,IMMUNE BOOSTER PACKAGE 60min R850

- 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.
- Listen to optional soothing "calming of the mind music/meditations" for deep relaxation
- 30min Massage -inform the therapist which areas you want massaged eg. Head, back, feet, legs, etc (massage time may be extended at an extra charge)
- Great for post sports events and recovery, inflammation, circulation, lipoedema, diabetics, deep relaxation of body and mind & toxin release.
- Detoxifying, muscle tension, aches & pains, stress release, improve sleep, eczema, fibromyalgia, boost immune system

HALF GODDESS

2HRS R1350

- 30min Back, neck & shoulders massage
- 30min Facial
- Choose between 30min Hand soak, scrub & massage OR 30min Foot soak, scrub & massage
- Includes cocktails or non/alcoholic drinks and cake of the day

FULL GODDESS

4.5HRS R2500

- 60min Full Body Loofah scrub & 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 of the day, cocktails or non alcoholic drinks

POPULAR ADD'ON'S TO YOUR PACKAGES AT AN EXTRA CHARGE:

- Add jacuzzi spa bath with mountain & vineyard view for extra R500 pps or R750 single
- Boost immune system by adding 30min ozone steam pod for extra R500pp
- Extend your massage with extra time/charge
- Full body loofah scrub & 2min medical rebounder lymphatic trampoline - Trampoline session to boost lymph detox & circulation for extra R250
- Klein Helderberg hiking trail next door to our spa



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, checking oxidative stress under microscope
- 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
- 3x TRE tension, trauma, anxiety release exercises
- 5x Ozone & far-infrared therapy sessions
- 5x 60min full body Swedish massages
- Motivational workshops, movies, meditations during evenings via Netflix in your room
- Life/spiritual coaching releasing negative mindset and emotions, changing your perspective, healing from depression, anxiety, grief, shame. Build self-esteem
- Nutritional coaching, how to boost your immune system
- Outdoor pool use
- 2x Jacuzzi/hydrotherapy hot and cold sessions
- 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 R23 000 single and from R17 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 THERAPY RETREAT: MORE INFO ON WEBSITE

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

CONTACT US:

For SPA Bookings, Whatsapp or Call: +27 (0) 72 846 1280
For WELLNESS RETREAT Bookings,
Whatsapp or Call: +27 (0)76 055 1472
or Email us on info@chichisretreats.com

CHI-CHI'S HOLLISTIC WELLNESS & SPIRITUAL RETREATS
STELLENBOSCH WINELANDS - SOUTH AFRICA
located on the corner of R44 & Klein Helderberg Road between
Somerset West & Stellenbosch.
www.chichisretreats.com

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SPA PAMPER & WELLNESS RETREAT MENU

Chi" means high, vibrant, positive energy *country style, intimate boutique day and overnight Wellness Retreat & Spa,*beautiful mountain & vineyard views *specialize in stress and lifestyle management*burnout prevention & recovery *nervous system regulation *trauma release *negative emotional release *depression & anxiety recovery*ozone sauna steam pod *far infrared * couple's therapy & special celebration packages * weight management * sleep therapy * pain management *inflammation release* gut health *boost immune system *release toxins *renewed energy & rejuvenation *stronger connection to your higher self/inner will power *renewed inspiration/motivation/self-empowerment *raise vibration & frequency *spa pamper *best massages in town *facials with red light therapy * manicures * pedicures * jacuzzi spa bath with drinks and cake of the day*alpha theta breathing and visualisations to calm the nervous system, upon request *reprogram sub-conscious mind with new neuro pathways to form new believe systems, which changes your emotions, your habits, your personality, your identity and your actions to serve you. Check into one of our life changing wellness retreats.

Find your balance physically, mentally, emotionally, energetically and spiritually again with us!

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

MASSAGES

Combining various techniques, offering optional hot stones, cupping and sound bowls and meditations, available upon request. You pay for time. Please inform the therapist which areas of the body to focus on during this time

- 30min R450
- 45min R650
- 60min R850
- 90min R1200

Buy a package of 10 massages upfront and receive the 11th for FREE

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 cocktails or non-alcoholic drinks and cake of the day for R500 per person sharing the jacuzzi or R750 single booking.

FACIALS:
natural & botanical ingredients

• Luxurious 60min R850
Deep cleanse/exfoliate/mask/serum/moisturize
(with face, head, neck, shoulder massage incl red light therapy)

• Standard 30min R550
cleanse, exfoliation, mask, serum, moisturize

WAXING & TINTING upon request: 15min R150

MANICURES:

• Lux (1HR) (incl. Soak, scrub, cuticles, cut/file, paint, massage) R500

• Add Gel R150

• Mini (cut & file, cuticles, no paint) R350

• Soak off -Gel R150

• Hand ritual: soak, scrub, pressure point massage 45min R450

PEDICURES:

• Lux (1HR) R600
(incl. Soak, scrub, foot file, nail/cuticle work, massage, paint)

• Mini (cut & file, cuticles, no paint) R450

• Add Gel R150

• Gel soak off R150

• Medi-pedi Treatment R350
treatment for hard, rough skin feet/heels (add on to pedi)

• Medi-pedi Application R500
only for hard, rough skin, callouses (30-45min)

• Foot Ritual (45min) R550
soak, scrub, pressure point massage with hot stones

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

BURNOUT RECOVERY AND STRESS & LIFESTYLE
MANAGEMENT PACKAGE WITH DEBI, OWNER OF CHICHIS
R750 per hour (first session minimum 2 hrs)

Are you feeling overwhelmed and burned out? Stressed, sick & tired? Is there a diagnosis? Are you feeling anxious, depressed, irritable, moody, struggle to get proper sleep or just not feeling your joyful self? Are you healthy but would like to keep your balance physically, mentally, emotionally, energetically and spiritually?
We offer 20+ years of international studies, teaching you an easy formula to incorporate into your daily routine for stress, anxiety & trauma, negative emotional release. Combine visualizations, breathwork, TRE tension, anxiety and trauma release exercises. Boost your immune system and mental health. Re-program the sub-conscious mind to a new believe system which will change your habits, personality, identity, emotions and actions. Nothing in your life will change from the same platform it was created. Pour every day from a filled cup again. Keep your energy levels super charged. Experience deeper creativity and intuition, tap into your own air traffic control, guiding you through life, with less drama and problems, aches and pains, joyfully!
NUTRITIONAL GUIDANCE & LIVE BLOOD ANALYSIS
60min R750
Boost your immune system, get out of oxidative stress, it's the common denominator of all diagnosis. Includes live blood analysis, blood sugar, blood pressure test. View under a microscope the state of your lymphatic toxicity levels, oxidative stress levels, cellular hydration & guidance how to improve it and boost immune.

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, anger, 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

Somatic stretches, strength training exercises & breathwork: join a group class at R250pp or private session can be arranged. Price upon request.

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, where your body is immersed inside the cabin, whilst your head is outside the cabin. Listen to optional alpha theta music/visualisations, calming a busy mind. 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, releasing inflammation and excess weight. Up to 180kgs. Toxins in our lymphatic system, causes oxidative stress, which is the common denominator of all diagnosis. The lymphatic system is your sewage system, which is your immune system.

Investment for a 30min session is R500
Buy 10 sessions up front at a discounted price of R350 p/session for max benefit.



ACCOMMODATION

Overnight en-suite accommodation (depending on season and room type) from R1000per person sharing (excl breakfast) depending on room type & season

MEALS

- We have an organic vegan restaurant located 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 purchasing extra meals from the organic vegan restaurant on site. They do offer free-range egg dishes too.

WELLNESS RETREAT PROGRAMS

Release chronic stress, anxiety, anger, overwhelm, burnout, exhaustion, insomnia grief, general rejuvenation, depression and finding your balance on all levels, learning coping skills and techniques to cope with any challenge in life, healing the root cause of your anger, 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 find your balance physically, mentally, emotionally, energetically & spiritually.

- Learn TRE tension, trauma & anxiety release & stress management techniques and exercises manage your central nervous system by decompressing and self-regulating your stress hormones, calming your energy and emotions
- Breathwork & visualisations & re-programming of sub-conscious mind of new neuropathways that will help you change your mindset, habits, personality, emotions and actions.
- Emotional release therapy.
- Cleanse, recharge and protect your energy field.
- Release inflammation, aches and pains, boost immune system
- Learn how to bio-hack your biology and get out of oxidative stress, which is the common denominator of all diagnosis.
- Ozone & far-infrared sauna steam pod for detox, achy/tired body, inflammation, circulation, deep rest & recovery.
- Full body massage with optional hot stones & cupping.
- Healthy lunch & drink

Investment from R3500 single and if more guests attend same time, it's discounted R3000 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, out of oxidative stress, boosting the immune system.
- Various Breathwork, meditations, visualisations techniques.
- 2x Ozone & far-infrared sauna therapy for detox, achy/tired body, improved mental & physical wellbeing
- Live blood analysis,blood pressure,blood sugar,check for oxidative stress under microscope
- Daily Rebounder trampoline for lymphatic circulation
- 2x Full body massage with optional hot stones & cupping & sound bowls
- Life coaching, guidance, re-programming sub-conscious mind techniques, creating new neuropathways for new habits, personality, identity, emotions, actions, change.
- Cleanse, recharge, protect your energy field, to lift & raise your vibration & frequency to attract abundance instead of seeing doom & gloom everywhere
- Negative emotional release therapy
- Find balance physically, mentally, emotionally, energetically, spiritually & financially
- One night En-suite accommodation
- 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 R8500 single and from R6500 per person sharing (depending on season & room type)

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