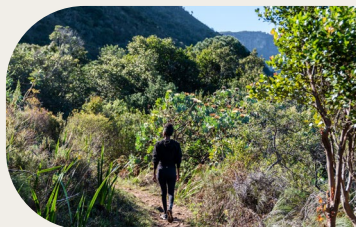




BY
NEWMARK

WHOLEBEING WELLNESS MENU

RISE



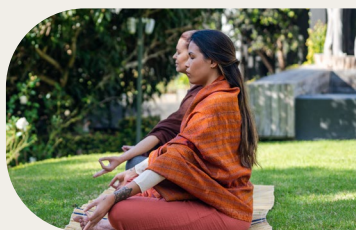
- ☐ GUIDED HIKE from the property (Available on request and Subject to availability) – R865 Per Person
- ☐ VINYASA YOGA Single or Couple – 60 MINS – R2185
- ☐ VINYASA YOGA Group – 60 MINS – R3450
- ☐ GUIDED MEDITATION – 60 MINS – R1260 Per Person
- ☐ BIOKINETICIST ASSESSMENT – 60 MINS – R2700 Per Person
- ☐ PERSONAL TRAINING – 60 MINS – R2070 Per Person
- ☐ PERSONAL TRAINING Couple– 60 MINS – R3450

REALIGN



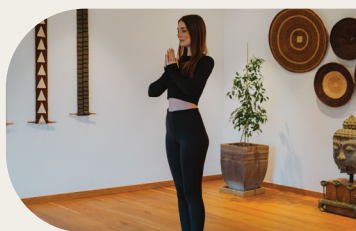
- ☐ ACUPUNCTURE – 60 MINS – R2600 Per Person
- ☐ SOUND HEALING – 90 MINS – R3450 Per Person
- ☐ SOUND HEALING COUPLE – 90 MINS – R5520
- ☐ KINESIOLOGY – 90 MINS – R2070 Per Person
- ☐ KINESIOLOGY COUPLE – 90 MINS – R3450

REFLECT



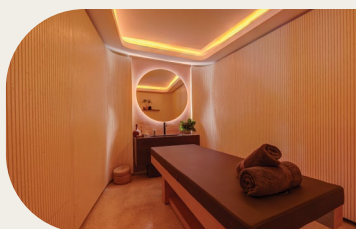
- ☐ TAI CHI – 60 MINS – R2700 Per Person
- ☐ CONSCIOUS BREATHWORK – R3680 Per Person
- ☐ CONSCIOUS BREATHWORK Couple – R4140
- ☐ MIDDLE EASTERN MUD RITUAL – 30 MINS – R600 Per Person

REST



- ☐ GROUP SOUND HEALING – 60 MINS – R6000 Per Group
- ☐ RESTORATIVE YIN YOGA – 60 MINS – R1400 Per Person

SENSORIUM SPA



TREATMENT MENU | Please arrive 15 minutes prior

- ☐ 60 MIN MASSAGE – R1700
- ☐ 90 MIN MASSAGE – R2250
- 60 90 TRADITIONAL FULL BODY MASSAGE
- 60 90 DEEP TISSUE MASSAGE
- 60 90 HOT STONE AND HEALING CRYSTALS MASSAGE
- 90 SIGNATURE WHOLEBEING ENERGY THERAPY MASSAGE

FACIAL TREATMENT MENU | Please arrive 15 minutes prior

- ☐ 30 MINS – R1700 Per Person
- ☐ 60 MINS – R2300 Per Person

Our spa and wellness offerings are available between 8am - 7pm. Whilst every effort is made to accommodate last-minute bookings, a minimum of 24-72 hours' notice period is required for booking and cancellation of all wellness and spa experiences, as we utilize private facilitators who are experts in their fields. Late arrivals will result in a reduction of the treatment time. All treatments are payable on checkout. A 100% cancellation charge will be applied within 24 hours of the booking time. After-hours bookings can be arranged for an additional surcharge.