

## WHOLEBEING WELLNESS MENU

### RISE



- GUIDED HIKE – 90 MINS – from the property (Available on request and Subject to availability) – R865 Per Person
- GUIDED HIKE – 90 MINS – from the property (Available on request and Subject to availability) – R1730 Per Couple
- VINYASA YOGA Single – 60 MINS – R2185 Per Person
- VINYASA YOGA Couple – 60 MINS – R2185 Per Couple
- VINYASA YOGA Group – 60 MINS – R3450 Per Group
- GUIDED MEDITATION Single – 60 MINS – R1260 Per Person
- BIOKINETICIST ASSESSMENT Single – 60 MINS – R2700 Per Person
- PERSONAL TRAINING Single – 60 MINS – R2070 Per Person
- PERSONAL TRAINING Couple– 60 MINS – R3450 Per Couple

### REALIGN



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

### REFLECT



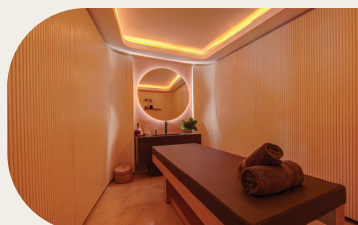
- TAI CHI Single – 60 MINS – R2700 Per Person
- TAI CHI Couple – 60 MINS – R2700 Per Couple
- CONSCIOUS BREATHWORK Single – 60 MINS – R3680 Per Person
- CONSCIOUS BREATHWORK Couple – 60 MINS – R4140 Per Couple
- MIDDLE EASTERN MUD RITUAL Single – 30 MINS – R600 Per Person

### REST



- SOUND HEALING Group – 60 MINS – R6000 Per group
- RESTORATIVE YIN YOGA Single – 60 MINS – R1400 Per Person

### SENSORIUM SPA



TREATMENT MENU | Please arrive 15 minutes prior

- 60 MIN MASSAGE – R1700 Per Person
- 90 MIN MASSAGE – R2250 Per Person
- 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.