



Packages & Rates

Price List - Valid from 1 December 2016 – 30 September 2017

U\$ rates are based on exchange rates on 6 May 2017 where 1U\$ = R 13.60 and subject to change

Frequent Visitor rates apply to guests who have stayed a total of more than 16 nights.

Packages structures serve as a guideline only and guests are encourage to personalise it either in advance or during their stay. Additional treatments and consultations may be added to any packages, and treatments included as standard in packages may be exchanged for others.

All packages include the following:

- ❁ Private En-suite accommodation. We have single rooms for guests visiting on their own, and double or twin rooms for guests who prefer to share. Upgrade rates for single occupancy in double rooms or to suits are available on request.
- ❁ Full use of all facilities such as: sauna, steam rooms, steam cabinets, sitzbaths, Jacuzzi's, jet pool, swimming pools and exercise facilities
- ❁ Unlimited mineral water and herbal teas
- ❁ Daily health advice and monitoring
- ❁ Balanced health Buffet (8am to 7:30pm)
- ❁ 24 hour fresh fruit and salad bar
- ❁ Daily guided meditation or Breathing training class
- ❁ Two guided nature walks daily
- ❁ Three exercise classes daily (yoga or stretch, aqua aerobics, dance or pilates bearing)
- ❁ Demonstrations, talks and workshops

Relaxing Retreat Packages

This is our core package. It includes everything you need to enjoy a beneficial stay at Hoogland, but does not include massages, beauty treatments or consultations.

	Standard Rates:	Frequent Visitor:
2-Day Visit	R 3 500pp (U\$ 275*)	R 3 100pp (U\$ 245*)
3-Day Visit	R 5 000pp (U\$ 395*)	R 4 475pp (U\$ 355*)
4-Day Visit	R 6 550pp (U\$ 515*)	R 5 850pp (U\$ 460*)
5-Day Visit	R 8 050pp (U\$ 635*)	R 7 200pp (U\$ 570*)
6-Day Visit	R 9 550pp (U\$ 750*)	R 8 575pp (U\$ 675)
7-Day Visit	R 10 975pp (U\$ 865*)	R 9 900pp (U\$ 780*)
9-Day Visit	R 13 950pp (U\$ 1100*)	R 12 550pp (U\$ 990*)
Additional Day	R1 450pp (U\$ 115)	R 1 330pp (U\$ 105)
14-Day Visit	R 18 650pp (U\$ 1 115)	R 18 650pp (U\$ 1 115)
Additional days	R 1 330 pp (U\$ 105)	R 1 330pp (U\$ 105)

Long-term stays will are quoted on an individual basis.



Pamper packages

Many health and wellbeing problems stem from excessive long-term stress, lack of physical activity and poor diets and this is addressed in all packages. Massage therapies help with circulation, combatting stress symptoms, relieving pain, improving immune responses and improving mood. We recommend some therapeutic massage therapies as part of any programme.

2-Day Pamper Package	Standard: R4 650pp (U\$ 345*)	Member rates: R4 200 (U\$ 310*)
<ul style="list-style-type: none"> ❁ 1 Full Body Swedish Massage ❁ 1 Aromatherapy Full Body Massage ❁ 1 Scalp and Neck or Back and Neck Massage 		
3-Day Pamper Package	Standard: R6 525pp (U\$ 480*)	Member rates: R6 050 (U\$ 445*)
<ul style="list-style-type: none"> ❁ 2 Full Body Swedish Massages ❁ 1 Aromatherapy Full Body Massage ❁ 1 Scalp and Neck or Back and Neck Massage 		
4-Day Pamper Package	Standard: R 8 500pp (U\$ 625*)	Member rates: R7 800 (U\$ 575*)
<ul style="list-style-type: none"> ❁ 2 Full Body Swedish Massages ❁ 2 Aromatherapy Full Body Massages ❁ 1 Scalp and Neck or Back and Neck Massage 		
5-Day Pamper Package	Standard: R 10 275pp (U\$ 760*)	Member rates: R 9 425 (U\$ 695*)
<ul style="list-style-type: none"> ❁ 2 Full Body Swedish Massages ❁ 2 Aromatherapy Full Body Massages ❁ 2 Scalp and Neck or Back and Neck Massages 		
6-Day Pamper Package	Standard: R 12 175pp (U\$ 895*)	Member rates: R11 225 (U\$ 825)
<ul style="list-style-type: none"> ❁ 3 Full Body Swedish Massages ❁ 2 Aromatherapy Full Body Massages ❁ 2 Scalp and Neck or Back and Neck Massages 		
7-Day Pamper Package	Standard: R14 050pp (U\$ 1 035*)	Member rates: R 12 975 (U\$ 955)
<ul style="list-style-type: none"> ❁ 3 Full Body Swedish Massages ❁ 3 Aromatherapy Full Body Massages ❁ 2 Scalp and Neck or Back and Neck Massages 		
9-Day Pamper Package	Standard: R 17 675pp (U\$ 1 300*)	Member rates: R 16 300 (\$1 200)
<ul style="list-style-type: none"> ❁ 4 Full Body Swedish Massage ❁ 3 Aromatherapy Full Body Massages ❁ 3 Scalp and Neck or Back and Neck Massage 		
Additional Day:	R 1 450pp (U\$ 110)	R 1 330pp (U\$ 100)
14-Day Pamper Package	Standard: R 24 250pp (U\$ 1 785)	Member rate: R 24 250 (U\$1 785)
<ul style="list-style-type: none"> ❁ 5 Full Body Swedish Massages ❁ 5 Aromatherapy Full Body Massages ❁ 5 Scalp and Neck or Back and Neck Massages 		
Additional Day:	R 1 330pp (U\$ 100)	R 1 330pp (U\$ 100)

Health and Wellness Packages

4 – 7 day Kick-start Wellbeing

This programme can be adapted to individual needs and to focus on a variety of wellbeing aspects:

- Stress Management
- Weight Management
- Pre-op preparation and post-op recuperation
- Detox
- Fatigue / Burn-out treatment
- Stop smoking
- Trauma support
- Lifestyle disease management
- Auto-Immune disease management

4-day Kick-Start

Standard Rate: R 11 500pp (U\$ 845*) Frequent visitor rate: R 10 850pp (U\$ 800*)

Including everything in our core package, the Relaxing Retreat, as well as:

- ✿ Complete Physical Wellbeing Assessment
- ✿ Clinical Examination
- ✿ Comprehensive Blood and Urinalysis
- ✿ 2 Additional consultations with any of the following:
 - Medical Doctor
 - Psychologist
 - Biokineticist
 - Physiotherapist
 - Stress Counsellor
 - Nutritionist
 - Hypnotherapist
 - Homeopath
 - Traditional Healer
 - Life Coach
 - Personal Trainer
- ✿ 2 Full Body Swedish Massages
- ✿ 1 Iketla Foot Massage
- ✿ 1 Iketla Hand Massage

7-day Kick-start

Standard Rate: R 17 300 pp (U\$1 275*) Frequent visitor rate: R 16 200 (U\$1 195*)

Including everything as above as well as

- ✿ 3 Additional nights
- ✿ 1 Additional consultation
- ✿ 2 Additional Full Body Swedish Massages

Additional treatments may be added, and the massages may be exchanged for any other therapy you may prefer, and the balance will just be added to your final account.



Water-Fasting Packages

Under the leadership of Dr Andre Kruger, our team of medical and health professionals will supervise and support a safe, beneficial fast.

Fast therapy has been used successfully to treat and support the healing of many illnesses and health events including:

- ✿ Auto-immune disorders such as psoriasis, lupus, osteo-arthritis, celiac disease etc.
- ✿ Irritable Bowl Syndrome
- ✿ Type II diabetes
- ✿ Obesity
- ✿ High Cholesterol
- ✿ Pre-op and Post-op fasting for improved healing
- ✿ Fasting before and during chemotherapy reduces side effects and improves effectiveness

Some tests and consultations can be claimed back from medical aids.

First 7 days:

Standard: R 13 450pp (U\$ 990) Frequent visitor rate: R 12 200pp (U\$900)

Including:

- ✿ Everything from the core health package
- ✿ Complete Physical Wellbeing Assessment
- ✿ Clinical Examination
- ✿ Comprehensive Blood and Urinalysis including insulin
- ✿ 3 x Follow-up Uninalysis
- ✿ Metabolic test

Thereafter the weekly rate is:

Standard: R 11 150 pp (U\$ 820) Frequent visitor rate: R 11 150pp (U\$ 820)

Including:

- ✿ Everything from the core health package
- ✿ Follow-up Clinical Examination
- ✿ Follow-up blood tests including
 - Blood sedimentation rates
 - Blood count
 - Electrolytes
 - Blood Chemistry
- ✿ 3 x Follow up Urinalysis



Recommended extras during the fasting programme may include:

Follow up lab tests

Should any abnormalities be detected in initial tests. This often includes:

- ✿ Insulin Test R 200
- ✿ IgE Test R 200
- ✿ Urine Microscopy R 35
- ✿ External laboratory tests – any test such as hormones, tumour markers and specific allergens not done on our on-site laboratory - these costs vary

Cleanprep / Movi-prep

For guests who would like a safe and medically supported colon cleanse, a dose of cleanprep or moviprep is available.

This is polyethylene glycol and electrolytes which, added to water, acts as a bowel cleansing agent and allows a total cleansing in 4 to 6 hours.

R 120 per dose, 1 to 2 doses recommended.

Consultation with a psychologist or life coach

Fasting can trigger big emotional responses and our highly trained and experienced psychologists, life coaches and counsellors. Examples of rates include:

- ✿ Life coaching 55 min R 615
- ✿ Hypnotherapy 55 min R 615
- ✿ Consultation with Psychologist
 - 55 min R 680
 - 85min R 975
 - 110min R 1 250

Additional consultations with our medical and health professionals.

During

- | | |
|----------------------|---|
| ○ Medical doctor | from R 320 (15min) to about R 850 (1hr 15min) |
| ○ Biokineticist | R 400 – R 680 |
| ○ Nutritionist | R 340 – R 615 |
| ○ Physiotherapist | R 400 – R 680 |
| ○ Psychologist | R 680 (55min) to R 1 250 (110min) |
| ○ Chiropractor | R 400 – R 680 |
| ○ Homeopath | R 400 – R 680 |
| ○ Traditional Healer | R 615 initial consultation |
| ○ Life Coach | R 615 |
| ○ Power-nap Training | R 350 |



Nice To Haves:

✿ Massage Therapies

- Benefits include:
 - Improved circulation
 - Lowers stress and depression
 - Improved mobility
 - Reduced tension and pain
- Some examples of available massages:
 - 80 min Heavenly Earth Massage – R 660
 - 55 min Aromatherapy Massage – R 450
 - 55 min Full Body Massage – R 425
 - 25 min Back and Neck Massage – R 310
 - 25 min Iketla Foot, Hand or Head Massage - R 140

✿ Beauty Treatments

A selection of beauty treatments is available daily. There is much to be said for caring for the aesthetics of your body. Our team of beauty professionals are experienced and passionate.

Fasting programme:

Water-fasting periods range from 3 – 40 days. The length of fast will depend on many individual factors, including the total length of stay. A fasting period will be discussed and provisionally decided on after consultation. Bear in mind that this may change depending on your response and progress.

A period of guided re-feeding will follow the fast. The sequence of this re-feeding is usually soft fruit followed by mixed fruit, then raw vegetarian and then a standard balanced diet.

Hoogland's focus is to support and improve your body's natural processes, which means many aspects of the programme will benefit you.

As holistic "destination spa", the emphasis at Hoogland is to treat each person as a unique individual, and the programme is continually adapted to ensure your needs are met. Our aim is to book all consultations and treatments around your chosen schedule.

Stress Management Packages

Stress needs to be managed effectively to ensure that its impact remains positive. Equally, physical and mental health are of utmost importance, and ill health, even when not necessarily sick, can impact dramatically on your life as a whole

Sometimes underlying health problems are not diagnosed effectively because doctors don't have enough time to spend with the patient as a whole, or don't have the necessary equipment on site to ensure quick and appropriate testing. Dr André and our team of professionals are passionate about health, and is revered the world over for the thorough, caring way in which we approaches every individual. His on-site laboratory is constantly expanding to ensure that we are able to offer up to date testing quickly and cost effectively.

3-day Stress Management

Standard rate: R 9 175 pp (U\$ 675*) Frequent visitor: R 8 650 pp (U\$ 640*)

Including everything in our core package, the Relaxing Retreat, as well as:

- ✿ Complete Physical Wellbeing Assessment
- ✿ Clinical Examination
- ✿ Comprehensive Blood and Urinalysis
- ✿ 2 Additional consultations with any of the following:
 - Medical Doctor
 - Psychologist
 - Homoeopath
 - Physiotherapist
 - Stress Counsellor
 - Nutritionist
 - Hypnotherapist
 - Biokineticist
 - Traditional Healer
 - Life Coach
 - Personal Trainer
- ✿ 1 Full Body Swedish Massage
- ✿ 1 Iketla Foot Massage
- ✿ 1 Iketla Hand Massage

6-day Stress Management

Standard rate: R 14 700pp (U\$ 1 085*) Frequent Visitor: R 13 750pp (U\$ 1015*)

Including everything in the 3 day Stress Management as well as:

- ✿ 1 Additional consultation
- ✿ 1 Additional Full Body Swedish Massage

9-day Stress Management

Standard rate: R 19 650 pp (U\$ 1 445*) Frequent Visitor: R 18 375 pp (U\$1 355*)

Including everything in the 3-day Stress Management as well as:

- ✿ 2 Additional consultation
- ✿ 2 Additional Full Body Swedish Massages

Additional treatments may be added, and the massages may be exchanged for any other therapy you may prefer, and the balance will just be added to your final account.

7 day Holistic Detox Package

Prof David A Bender points out in an article of the British Society of Biology's journal, The Biologist, we already have an excellent system for getting rid of potentially harmful substances — it is called the human body. All we need to do, is to support the human body naturally and it will do the work it is designed to do. Even if you have put your body and mind through the abuse of modern life, it can bounce back quickly and effectively, unless there are major medical reasons preventing this.

This is what makes Hoogland so successful at providing a truly holistic detox programme. We have a comprehensive, caring medical team to ensure that there are no underlying medical factors and a wide range of supportive staff and facilities to provide the ideal environment for improved mental and physical vitality.

Detox is actually a bit of a misnomer. A toxin is a poison, and the only time we have poisons is if we get them in somehow, either through eating it or by being bitten, stung or injected with poison in another way. What we are really referring to are wastes, and sometimes an excess build-up of wastes due to poor circulation, lack of exercise, bad eating habits, constipation, excess stress or other factors. We will keep with the 'layman's term' of 'detox' as it is a term made popular by many spas and publications.

Many detox regimes include a number of therapies which are either untested, or have been proved to have more potential side effects than benefits. Please let us know if you would like copies of our research on "colonic_irrigation" and why we don't offer it, as well as some of the articles on the "dangers of dietary supplements".

Costs:

Standard R 18 200 pp (U\$ 1 300)

Frequent visitor: R 17 150pp (U\$1 225)

Additional day: R 1 450pp (U\$105)

R 1 330pp (U\$95)

Including:

- ✿ One Complete Physical Wellbeing Assessment
- ✿ One Clinical Examination
- ✿ One Comprehensive Blood and Urinalysis
- ✿ Insulin test, thyroid test and follow-up insulin test if required.
- ✿ 2 Additional consultations with any of the following:
 - Medical Doctor
 - Psychologist
 - Homoeopath
 - Physiotherapist
 - Stress Counsellor
 - Nutritionist
 - Hypnotherapist
 - Biokineticist
 - Traditional Healer
 - Life Coach
 - Personal Trainer
- ✿ Eight Swedish Massages

Additional treatments may be added, and the massages may be exchanged for any other therapy you may prefer, and the balance will just be added to your final account.

10 - 21 day Weight Management Package

Weight-management success in day-to-day living

Reading about weight management is not going to make you lose or gain the weight you need for a healthier you. It is something which has to be physically experienced and taught. There is no better place for this than Hoogland.

Hoogland has almost 40 years' experience in supporting people in their transition to a healthier life. Although the retreat has a basic structure, each person is treated as an individual, and courses are continually adapted to unique needs.

10-day Weight Management

Standard rate: R 23 975pp (U\$ 1 720*)

Frequent visitor: R 22 050pp (U\$1 575*)

Additional days R 1 450pp (U\$ 105*)

R 1 330pp (U\$ 95*)

Including everything in our core package, the Relaxing Retreat, as well as:

- ✿ One Complete Physical Wellbeing Assessment
- ✿ One Clinical Examination
- ✿ One Comprehensive Blood and Urinalysis
- ✿ One Follow-up Physical Wellbeing Assessment or Clinical Examination
- ✿ Insulin test, thyroid test and one follow-up insulin test if required
- ✿ Six Additional consultations with any of the following:
 - Medical Doctor
 - Psychologist
 - Homoeopath
 - Physiotherapist
 - Stress Counsellor
 - Nutritionist
 - Hypnotherapist
 - Biokineticist
 - Traditional Healer
 - Life Coach
 - Personal Trainer
- ✿ Two Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

21-day Weight Management

Standard and Frequent visitor rate: R 42 250pp (U\$ 3 050*)

Additional days: R 1 330pp (U\$ 95*)

Including everything in the 10 day Weight Management as well as:

- ✿ Eleven Additional days
- ✿ One Additional follow-up Wellbeing Assessment or Clinical Examination
- ✿ Six Additional consultations with any other professional as required
- ✿ One additional follow-up insulin test if required, two additional urinalysis.
- ✿ Two Additional Full Body Swedish Massages

Some preparation is beneficial before arrival. The doctor may request certain medical reports and test to ensure that underlying physiological factors can be addressed adequately

Prices valid from 1 Dec 2016 – 30 September 2017

*U\$ rate an estimate based on 1U\$=R13.60

Diabetes Treatment Programme

The great news is that type 2 diabetes is not inevitably progressive and life-long. Type 2 diabetes is reversible in most cases through the correct natural intervention for people who have had the condition for 4 years or less.

This is not through surgery, medication or some other radical intervention. Through major weight loss insulin secretion can return to normal.

Hoogland has seen anecdotal evidence of reversal of type 2 diabetes throughout our long history of improving health and wellbeing, and now the scientific studies to support our experience is emerging all over the world.

Too much fat within liver and pancreas prevents normal insulin action and prevents normal insulin secretion. Both defects are reversible by substantial weight loss.

Our professional staff, lead by Dr André, have many years of experience in supporting people on an individual basis. Our 3 to 6 week *Type 2 Diabetes Treatment Programme* will bring positive long-term improvement to the lives of many people from all over the world.

21-day Diabetes Treatment Programme

Standard and Frequent visitor rate: R 42 250 pp (U\$ 3 050*)

Additional days: R 1 330pp (U\$ 95)

Including everything in our core package, the Relaxing Retreat, as well as:

- ✿ One Complete Physical Wellbeing Assessment
- ✿ One Clinical Examination
- ✿ One Comprehensive Blood and Urinalysis
- ✿ Two Follow-up Physical Wellbeing Assessments or Clinical Examination
- ✿ Insulin test, Thyroid test, Two follow-up insulin tests if required, 3 follow-up urine tests
- ✿ Twelve Individual consultations with any one of the following:
 - Medical Doctor
 - Psychologist
 - Homoeopath
 - Physiotherapist
 - Stress Counsellor
 - Nutritionist
 - Hypnotherapist
 - Biokineticist
 - Traditional Healer
 - Life Coach
 - Personal Trainer
- ✿ Four Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

Every 7 days thereafter

Standard and Frequent visitor rate: R 13 100 pp (U\$ 935*)

Including:

- ✿ Seven Additional days
- ✿ One Additional follow-up Physical Wellbeing Assessment or Clinical Examination
- ✿ Three Additional consultations with any other professional as required
- ✿ Two Additional Full Body Swedish Massages

Prices valid from 1 Dec 2016 – 30 September 2017

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