

Packages & Rates

Price List - Valid to 30 November 2018

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

All packages include the following:

- Private En-suite accommodation.
- 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
- Medically supervised water-fasting and guided refeeding for guests who choose to fast
- 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, stretch, aqua aerobics and light aerobics)
- Demonstrations, talks and workshops

Accommodation:

Hoogland provides single rooms for guests visiting on their own, and double or twin rooms for guests who prefer to share. Upgrade rates may apply for single guests in double rooms or guests wishing to stay in a Wild Orchid room.

Mountain Karee are single rooms on the south of the building. They are comfortable rooms with a $\frac{3}{4}$ bed, table and chair plus recliner. The huge sliding windows overlook a natural forest and the southern mountain.

Bush Willow are rooms on the north of the building. They are large comfortable rooms with either a queen size and $\frac{3}{4}$ bed, or only a queen size bed. They have a dresser, table and chairs and two recliners. Huge sliding doors either provide direct access to the garden or spectacular views of the lawns and hills on the north of the building. Single guests who prefer a Bush Willow room are charged R250 single surcharge.

Wild Orchid are rooms with spectacular tall ceilings on the south of the building. They have separate lounges and a queen size bed in a spacious bedroom. Windows covering the entire southern wall of the lounge has great views of the natural forest and mountain on the south of the building. Upgrade fee to the Wild Orchid is R 500 per night.



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.

Rates from 1 October 2017 – 30 November 2018

	Standard Rates:	Frequent Visitor:
2-Day Visit	R 3 700pp (U\$ 250*)	R 3 285pp (U\$ 220*)
3-Day Visit	R 5 300pp (U\$ 360*)	R 4 750pp (U\$ 320*)
4-Day Visit	R 6 950pp (U\$ 465*)	R 6 200pp (U\$ 415*)
5-Day Visit	R 8 550pp (U\$ 570*)	R 7 650pp (U\$ 510*)
6-Day Visit	R 10 150pp (U\$ 680*)	R 9 100pp (U\$ 610)
7-Day Visit	R 11 650pp (U\$ 780*)	R 10 500pp (U\$ 700*)
9-Day Visit	R 14 800pp (U\$ 990*)	R 13 300pp (U\$ 890*)
Additional Day	R 1 535pp (U\$ 105)	R 1 410pp (U\$ 95)
14-Day Visit	R 19 775pp (U\$ 1 320)	R 19 775pp (U\$ 1 320)
Additional days	R 1 410 pp (U\$ 95)	R 1 410pp (U\$ 95)

Long-term stays will be 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.

These package includes everything needed for a beneficial stay at Hoogland as well as a selection of massage therapies, these massage therapies may be exchanged for other treatments from our menu and should there be a difference in cost, the amount will be added or subtracted from final invoice.

2-Day Pamper Package Standard: R4 950pp (U\$ 330*) Frequent Visitor: R4 465 (U\$ 300*)

- ✿ 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 950pp (U\$ 465*) Frequent Visitor: R6 450 (U\$ 430*)

- ✿ 2 Full Body Swedish Massages
- ✿ 1 Aromatherapy Full Body Massage
- ✿ 1 Scalp and Neck or Back and Neck Massage

4-Day Pamper Package Standard: R9 050pp (U\$ 605*) Frequent Visitor: R8 290 (U\$ 555*)

- ✿ 2 Full Body Swedish Massages
- ✿ 2 Aromatherapy Full Body Massages
- ✿ 1 Scalp and Neck or Back and Neck Massage

5-Day Pamper Package Standard: R10 925pp (U\$ 730*) Frequent visitor: R10 000 (U\$ 670*)

- ✿ 2 Full Body Swedish Massages
- ✿ 2 Aromatherapy Full Body Massages
- ✿ 2 Scalp and Neck or Back and Neck Massages

6-Day Pamper Package Standard: R12 950pp (U\$ 865*) Frequent Visitor: R11 950 (U\$ 800*)

- ✿ 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 950pp (U\$ 1 000*) Frequent Visitor: R13 795 (U\$ 920*)

- ✿ 3 Full Body Swedish Massages
- ✿ 3 Aromatherapy Full Body Massages
- ✿ 2 Scalp and Neck or Back and Neck Massages

9-Day Pamper Package Standard R18 650pp (U\$ 1 245*) Frequent Visitor: R 17 325 (U\$ 1155*)

- ✿ 4 Full Body Swedish Massage
- ✿ 3 Aromatherapy Full Body Massages
- ✿ 3 Scalp and Neck or Back and Neck Massage

Additional Day R 1 535pp (U\$105) Frequent Visitor: R 1 410pp (U\$ 95)

14-Day Pamper Package R25 775pp (U\$ 1720*) Frequent Visitor: R25 775pp (U\$ 1 720*)

- ✿ 5 Full Body Swedish Massages
- ✿ 5 Aromatherapy Full Body Massages
- ✿ 5 Scalp and Neck or Back and Neck Massages

Additional Day R 1 410pp (U\$ 95)





Health & Wellbeing Packages

Hoogland's Health and Wellbeing packages are wholistic integrative medically focussed retreats under the guidance of Dr Andre Kruger

This price list has a brief summary of what is included in our packages. Details of available consultations and what the various tests consist of can be found at the end of the price list.

The number of days can be adapted to any number of days to suit guests' individual needs. Additional treatments may be added, and the treatments included as standard may be exchanged for any other therapy you may prefer, and the balance will just be added to your final account.

Prices are based on single guests in single rooms, and guests sharing in double or twin rooms.

Medical and Health Professionals available for consultations at Hoogland:

Each health package includes a clinical examination, selection of blood tests, urinalysis and physical wellbeing assessment which serve as comprehensive information about which professional can best serve the needs of guests. Consultations can be booked with the sister on duty, who can further advise on which to choose.

Medical and Health Professionals include:

- | | |
|---------------------------|----------------------|
| ✿ Holistic Medical Doctor | ✿ Stress Counsellor |
| ✿ Biokineticist | ✿ Chiropractor |
| ✿ Physiotherapist | ✿ Homoeopath |
| ✿ Nutritionist | ✿ Life Coach |
| ✿ Personal Trainer | ✿ Hypnotherapist |
| ✿ Psychologist | ✿ Traditional Healer |

Individual rates and professional details available on our website and on request.

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: R12 225pp (U\$ 815*) Frequent Visitor: R11 550pp (U\$ 770*), Including:

- ✂ Four nights' accommodation with everything included as per our core package details
- ✂ One Complete Physical Wellbeing Assessment**
- ✂ One Clinical Examination**
- ✂ One Comprehensive Blood and Urinalysis**
- ✂ Two Additional consultations with medical and health professionals**
- ✂ Two Full Body Swedish Massages
- ✂ One Iketla Foot Massage
- ✂ One Iketla Hand Massage

7-day Kick-Start

Standard: R18 400pp (U\$ 1 230*) Frequent Visitor: R17 200pp (U\$ 1 150*), Including:

- ✂ Seven nights' accommodation with everything included as per our core package details
- ✂ One Complete Physical Wellbeing Assessment**
- ✂ One Clinical Examination**
- ✂ One Comprehensive Blood and Urinalysis**
- ✂ Three Additional consultations with medical and health professionals**
- ✂ Four Full Body Swedish Massages
- ✂ One Iketla Foot Massage
- ✂ One Iketla Hand Massage

**Details of these available on the last 2 pages of this price list



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

First 7 days Fasting Package:

Standard: R14 300pp (U\$ 955*) Frequent Visitor: R12 975pp (U\$ 865*), Including:

- ✿ Seven nights' accommodation with everything included as per our core package details
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ Three Follow-up Urinalysis**

Weekly rate thereafter

Standard: R11 850pp (U\$ 790*) Frequent Visitor: R11 850pp (U\$ 790*), Including:

- ✿ Seven nights' accommodation with everything included as per our core package details
- ✿ Follow-up Clinical Examination**
- ✿ Follow-up limited panel blood test including**:
 - Blood sedimentation rates
 - Blood count
 - Electrolytes
 - Blood Chemistry
- ✿ Three Follow up Urinalysis**

**Details of these available on the last 2 pages of this price list



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
- ✿ IgE Test
- ✿ Urine Microscopy
- ✿ 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 total cleansing in 4 to 6 hours.

Consultation with a psychologist or life coach

Fasting can trigger big emotional responses and our highly trained and experienced psychologists, life coaches and counsellors.

Additional consultations with our medical and health professionals.

Please see the last 2 pages of this price list for the list of professionals available

Nice To Haves:

Massage Therapies

Benefits include Improved circulation, Lowers stress and depression, Improved mobility, Reduced tension and reduced pain

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 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 Professional Stress Management

Standard: R9 750pp (U\$ 650*) Frequent Visitor: R9 200pp (U\$ 620*), including:

- ✂ Three nights' accommodation with everything included as per our core package details
- ✂ One Complete Physical Wellbeing Assessment**
- ✂ One Clinical Examination**
- ✂ One Comprehensive Blood and Urinalysis**
- ✂ Two Additional consultations with medical and health professionals**
- ✂ One Full Body Swedish Massage
- ✂ One Iketla Foot Massage
- ✂ One Iketla Hand Massage

6-day Professional Stress Management

Standard: R15 625pp (U\$ 1 045*) Frequent Visitor: R14 625pp (U\$ 975*), including:

- ✂ Six nights' accommodation with everything included as per our core package details
- ✂ One Complete Physical Wellbeing Assessment**
- ✂ One Clinical Examination**
- ✂ One Comprehensive Blood and Urinalysis**
- ✂ Three Additional consultations with medical and health professionals**
- ✂ Two Full Body Swedish Massage
- ✂ One Iketla Foot Massage
- ✂ One Iketla Hand Massage

9-day Professional Stress Management

Standard: R20 900pp (U\$ 1 395*) Frequent Visitor: R19 550pp (U\$ 1 300*), including:

- ✂ Nine nights' accommodation with everything included as per our core package details
- ✂ One Complete Physical Wellbeing Assessment**
- ✂ One Clinical Examination**
- ✂ One Comprehensive Blood and Urinalysis**
- ✂ Four Additional consultations with medical and health professionals**
- ✂ Three Full Body Swedish Massage
- ✂ One Iketla Foot Massage
- ✂ One Iketla Hand Massage

**Details of these available on the last 2 pages of this price list



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".

7-day Package

Standard: R19 350pp (US\$ 1 290*) Frequent Visitor: R18 230pp (US\$ 1 220*), including:

- ✿ Seven nights' accommodation with everything included as per our core package details
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ Two Additional consultations with medical and health professionals**
- ✿ Eight Full Body Swedish Massage

**Details of these available on the last 2 pages of this price list



10 - 21 day Weight Management Packages

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 Packages

Standard: R25 485pp (U\$ 1 700*) Frequent Visitor: R23 925pp (U\$ 1 595*), including:

- ✚ Ten nights' accommodation with everything included as per our core package details
- ✚ One Complete Physical Wellbeing Assessment**
- ✚ One Clinical Examination**
- ✚ One Comprehensive Blood and Urinalysis**
- ✚ One Metabolic Test**
- ✚ One Follow-up Physical Wellbeing Assessment to measure progress**
- ✚ Six Additional consultations with medical and health professionals**
- ✚ Two Full Body Swedish Massage
- ✚ One Iketla Foot Massage
- ✚ One Iketla Hand Massage

21-day Weight Management Packages

Standard: R44 900pp (U\$ 3 000*) Frequent Visitor: R44 900pp (U\$ 3 000*) including:

- ✚ Twenty one nights' accommodation with everything included as per our core package details
- ✚ One Complete Physical Wellbeing Assessment**
- ✚ One Clinical Examination**
- ✚ One Comprehensive Blood and Urinalysis**
- ✚ One Metabolic Test**
- ✚ Two Follow-up Physical Wellbeing Assessment to measure progress**
- ✚ Twelve Additional consultations with medical and health professionals**
- ✚ One Follow-up Metabolic Test
- ✚ Four Full Body Swedish Massage
- ✚ One Iketla Foot Massage
- ✚ One Iketla Hand Massage

**Details of these available on the last 2 pages of this price list

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

Test and Consultation Details

Clinical Examination Details

Clinical Examinations are done by one of our medical doctors or by request, a homoeopath. Clinical examinations are top to toe physical health assessment including taking a medical history and giving advice on how to best use the Hoogland services to address any health concerns.

The clinical examination assesses health of a guest's entire body including

- ✿ Nervous system
- ✿ Organs
- ✿ Reflexes
- ✿ Eyes, Ears and Throat
- ✿ Skin
- ✿ General health and concerns.

Physical Wellbeing Assessment

This comprehensive physical wellbeing assessment is offered by a Biokineticist or other trained professional. Should you want to use this assessment for your Discovery Vitality Health Assessment, please let the sister on duty know to book it with the appropriate staff member.

The Assessment includes:

- ✿ Body Composition
- ✿ Balance and Proprioception
- ✿ Fitness and muscle strength
- ✿ Posture and myofascial triggers
- ✿ Flexibility and Dexterity
- ✿ Stress Levels

This assessment gives an excellent indication of how to use facilities at Hoogland to improve your physical wellbeing.

Medical and Health Professionals available for consultations:

The clinical examination, blood tests and physical wellbeing assessment serve as comprehensive information about which professional can best serve the needs of guests. Professionals can be booked with the sister on duty, who can further advise on which consultations to choose.

Medical and Health Professionals include:

- | | |
|---------------------------|----------------------|
| ✿ Holistic Medical Doctor | ✿ Stress Counsellor |
| ✿ Biokineticist | ✿ Chiropractor |
| ✿ Physiotherapist | ✿ Homoeopath |
| ✿ Nutritionist | ✿ Life Coach |
| ✿ Personal Trainer | ✿ Hypnotherapist |
| ✿ Psychologist | ✿ Traditional Healer |

Individual rates and professional details available on our website and on request.

Metabolic Test

Individual base metabolism is calculated by measuring the amount of carbon dioxide produced. Early in the morning, before a meal, guests breathe through an instrument while reclining comfortably. This accurate metabolic test is helpful to indicate possible metabolic disorders, and helpful for people who wish to calculate an accurate calorie controlled diet.

Blood tests

Our on-site laboratory is equipped to accurately and quickly process a large range of blood tests. Blood is typically drawn before 8am, ideally fasting. Results are available from around 10am on the same day and a complete report and detailed feedback is given during the course of the day. These tests are hugely beneficial in many ways, even if it is just to confirm that all systems are normal.

These tests include:

- ✿ Blood sedimentation rate – an indication of inflammatory protein in the serum
- ✿ Blood Count
 - Red Blood Cells
 - Red Cell Distribution Width – gives an indication of the age of the red blood cells
 - Haemoglobin
 - Haematocrit
 - White Blood Cells
 - Monocytes – swallow debris and germs
 - Neutrophils – typical first responders to infection
 - Eosinophils – attracted to inflamed areas but also cause allergy symptoms
 - Basophils – respond to parasites but can also cause allergy symptoms
 - Platelet count – Platelets help stop bleeding
- ✿ Blood Electrolytes
Sodium, Potassium, Chloride
- ✿ Blood Chemistry including:
 - Glucose
 - Lactic Acid
 - Liver function
 - Enzymes including: GGT, ALT, AST, CK, ALP, LDH, Amylase
 - Kidney function including Urea, Creatinine, Uric Acid
 - Lipogram including Triglyceride, Cholesterol, HDL, LDL (Calculated)
 - Minerals including Total Magnesium, Serum Magnesium, Serum Phosphorus
- ✿ Thyroid Stimulating Hormone (TSH).
- ✿ Allergy Screen
- ✿ Insulin

Urinalysis

Standard urine dipsticks are used and read by an electronic urinalysis machine in the lab. Results form part of the total report issues when doing blood tests, but ad hoc or follow up urinalysis is available any time. Test includes:

- | | |
|--------------------|----------------|
| ✿ Glucose | ✿ PH |
| ✿ Billirubin | ✿ Proteins |
| ✿ Ketones | ✿ Urobilinogen |
| ✿ Specific Gravity | ✿ Nitrites |
| ✿ Red Blood Cells | ✿ Leucocyte |

