

Health & Medical Treatment Menu

Prices until 30 September 2019

Hoogland's health and wellbeing philosophy is that we only offer treatments that are medically and scientifically proven to help. This means that we also understand the power of placebo and therefore offer a variety of complementary therapies.

We do offer various COMPLEMENTARY treatments, not "Alternatives". The best of both worlds in other words. If you have a genuine medical concern, then medical treatment must be the first consideration and complementary therapies in support.

Our medical staff are registered with the Health Professions Council of South Africa (HPCSA), while some of our complementary health professionals are registered with the Allied Health Professions Council of South Africa (AHPCSA).

Treatments that fall under either HPCSA or AHPCSA can be claimed back from most medical aids. Please request the correct invoice from reception. These treatments are marked with an * on the price list.

Some of the complementary therapists are not registered with regulatory bodies which means that their invoices are not refunded by medical aids. This does not make their knowledge and experience in their fields any less valuable. We offer these treatments with pride.

Health Packages

All our comprehensive health packages include:

1. A complete blood and urinalysis,
2. Clinical examination plus feedback on the lab work
3. Physical wellbeing assessment

We recommend that guests do these as soon as possible after arrival to get a clear indication of the impact their lifestyle has on their health. A follow-up of all of these at the end of the stay at Hoogland can give a clear indication of improvements brought about by their stay at Hoogland.

Relaxing Retreat and Pamper Packages do not include any of the consultations in the following pages, but anything can be added as needed.





For your Body

From the Lab

Our on-site laboratory has a large selection of blood and urine tests available. Some tests can be done by the nurse on duty and she can provide basic feedback. If there is a need for feedback from a medical doctor, additional charges will apply based on how much time is spent in consultation.

Certain tests are only done by the doctors and feedback is provided in consultation. The charges associated with feedback on each individual test depends on the time spent. Results can have large variations and as our doctors treat people in a whole-body environment, rather than individual symptoms, there is no accurate way of quantifying the charge for feedback on these tests.

Certain lab tests cannot be done in isolation in a cost-effective way and are bundled together. Certain tests will only be performed if a specific abnormality is detected in another test. As these are often done during the process of the lab run, the extra charges for these tests are not always discussed with patients before-hand, but the potential reason and costs for these optional tests are clearly indicated on the price lists.

Any tests deemed essential our on-site laboratory cannot perform will be sent to a commercial laboratory only after consultation with the guests. Turn-around time on this is usually very quick but depends on the nature of the tests.

Available from the health consultant on duty

These tests can be done by the health consultant on duty or the medical doctor. Abnormalities that require additional feedback from the doctor will carry a consultation charge depending on time spent.

Urine dipsticks

10-criteria dipstick R 35*
Sugar, bilirubin, ketones, protein, specific gravity, pH, RBC, WBC, Nitrite, Urobilinogen

Finger-prick tests:

Blood sugar	R 35*
Cholesterol	R 60*
Uric Acid	R 40*
Triglycerides	R 80*
Lactate	R 35*

The following tests are available free of charge from the health consultant through-out the day:

- Blood pressure
- Pulse Rate
- Weight
- Oxygen Saturation

On-site Laboratory Tests

Blood is drawn early in the morning before any meals, and results are given within a few hours. The amounts quoted for the tests do not include feedback. Feedback consultation fees depends on the amount of time spent

Blood Sedimentation Rate R 40*

Non-specific measure of inflammation

Full Blood Count – 18 criteria R 230 *

Including: Total WBC, Lymphocytes count and %, Monocytes count and %, Granulocytes count and %, Red Blood Cell count, Haemoglobin, Haematocrit, mean RBC volume, mean cellular Haemoglobin, mean Hb Concentration, RBC distribution width, Platelet count, mean Platelet volume, PlateCrit % of blood, Platelet distribution width.

Electrolytes, Acid/Base (blood pH) R 210*

Na, K, Cl, pH, Ionised Calcium, Calcium Corrected Value, Concentration H+ions.

Serology R 670*

Insulin, IgE, TSH

Blood Chemistry – 22 tests R 2 255*

Including: Glucose (blood sugar), Insulin, Insulin Sensitivity Index, Lactate, T-Protein, Albumin, Globulin, Total Bilirubin, Direct Bilirubin, GGT, ALT, AST, CK, ALP, LDH, Amylase, Urea, Creatinine, Uric Acid, Triglyceride, Cholesterol, HDL, LDL (calculated), Ca, Mg, P, Thyroid (TSH), Allergic tendency (IgE)

Complete Blood & Urinalysis

R 2 100*

This includes the following but excludes consultation fees which depends on the time spent:

-  Urine Dipstick
-  Blood Sedimentation Rate
-  Full Blood count
-  Electrolytes
-  Serology
-  Blood Chemistry

Standard Follow-Up

Blood and Urinalysis R 1 600*

This includes all the above, excluding serology (Insulin, IgE, TSH)

Feedback consultation fees are not included and depends on the time spent.

Serology may be added as an additional extra if required.



Additional Lab Tests or Stand-alone Single Tests

Extended differential WBC **R 90***

This test is automatically done and added should the standard blood count show a high white blood cell count.

Urine Microscopy **R 35***

Should the dipstick indicate infection, this test is automatically added to look for infectious cells, bacteria and involvement of kidney.

Insulin Levels **R 230***

Reliable indicator of insulin resistance – a measure of Diabetes II or Pre-Diabetes

Thyroid Stimulating Hormone (TSH) R 210*

Reflects your brain's satisfaction with your thyroid performance. Thyroid hormones determine your metabolic rate.

Immunoglobulin E (IgE) R 230*

IgE is made when your body is exposed to parasites or allergens (things you are allergic to)

Other useful tests

24-hour BP monitoring **R 700***

By measuring your blood pressure at regular intervals over 24 hours, your doctor is able to get clear pictures of how your blood pressure changes throughout the day. Please bear in mind that you cannot do any hydro therapies with this fitted.

ECG **R 200***

ECG records the electrical activity of the heart over a period of time using electrodes placed on your body.

14-day Blood-Sugar monitoring **R 1 200***

Probe inserted subcutaneously to measure blood sugar at 15min intervals for up to 2 weeks. Readings are taken as often as needed by a non-invasive electronic reader.



Medical Doctors

Clinical Examinations
Consultations
Lab feedback

Our medical doctors have a whole-body approach to their patients and consultations are thorough and unrushed. Clinical examinations can form part of the lab-feedback or can be stand-alone

Clinical Examination includes:

- ✿ Medical history interview
- ✿ Nervous system
- ✿ Organs
- ✿ Reflexes
- ✿ Eyes & Ears

First consultation 1 hr / part thereof R 770*

Follow-up first 45 min/ part of R 595*

Every 10min thereafter R 160/10min*

Ad-hoc Consultations R 320/15min*

Medication issued, or materials used will be charged extra.

Physical Wellbeing Assessment

This comprehensive physical wellbeing assessment is offered by a Biokineticist. Should you want to use this assessment as 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.

Initial Assessment R 695*

Follow-up Assessment R 540*



Biokineticist

The purpose of biokinetics is to improve your physique and quality of life through individualised assessment and working out an exercise programme to both treat acute or chronic physical problems and / or enhance physical performance.

25min	R 445*
55 min	R 750*

Nutritionist

Assistance in analysing nutritional requirements and how to best meet these to fit into your unique lifestyle, likes, dislikes and other personalised factors.

Initial 55min	R 690
Follow-up sessions up to 45min	R 475
25 min consultation	R 385

Physiotherapist

The sooner physiotherapy begins after an injury or once chronic pain has emerged, the better the chance of full recovery. Exercise therapy, manual therapy techniques, strapping, heat treatment etc are used therapeutically to evaluate muscle imbalances and learned postural behaviours.

Hoogland does not currently have a permanent physiotherapist but can arrange for a physiotherapist to come in when needed.

Chiropractor

Chiropractic improves how the nervous system controls the muscles. It does this through the chiropractic adjustments which makes sure the joint movement is supple and flexible.

25min consultation & treatment	R 400*
55 min consultation & treatment	R 700*
Dry-needling upper body 25min	R 400*
Dry-needling multiple areas 45min	R 500*

Dry-needling instantly releases excessive tension in muscular knots, improves blood flow and decreases pain.

Therapeutic Massage Therapies

These are massage therapies offered by appropriately qualified medical professionals, including Chiropractors, Biokineticists or Physiotherapists when available. It has the added benefit of clinical knowledge and experience in their respective fields.

55min Myofascial Spasm Relief	R 690*
25min Myofascial Spasm Relief	R 360*
55min Lymph Drainage Massage	R 690*
55min Stretch Massage	R 690*



Physical Training & Exercise Programmes

Personal Training with Biokineticist

Guests who have been inactive for an extended period of time, or who would like to push their personal fitness, tone and flexibility further, will find this highly beneficial.

Consultation plus programme	R 485*
50min Training Session	R 485*
25min Training Session	R 280*
Book 9 sessions and get 10 th free	

Swimming Training

This is a class purely for those who have never learnt to swim and would like to learn this useful skill in the safe and relaxed environment of Hoogland.

25min One-on-one classes	R 280
Plan on at least 5 lessons.	

One-on-one Yoga

Yoga is a synthesis of breathing and stretch exercises. It develops good posture, balance, physical endurance and flexibility

55min classes	R 650
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One-on-one Guided Nature Walks

If nature walk times don't suit you and you are not comfortable walking on you own. Our guides have some local plant and tree knowledge, birding advice. No additional charge, just book at reception.

Individual Physical Wellbeing Tests

The following 4 tests form part of the physical wellbeing assessment, as well as the follow-up assessment. They can also be done as individual follow-ups to check progress.

Fitness Test	10min	R 120*
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Posture Assessment	10min	R 120*
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Basic posture assessment utilizing a posture app to see if posture rehabilitation is needed or to gauge the progress made during treatment.

Body Composition: Scale only	10min	R 120*
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Electronic scale measuring weight, body fat%, muscle %, Rm Kcal, Visceral fat

Body Composition – Complete	25min	R 235*
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Combining electronic scale with skin fold and circumference measurements. This is an accurate and complete weight, body fat %, Rm Kcal, and visceral fat percentage and fat distribution.



For your mind

Psychologist

Psychotherapy is especially helpful during the hydro stay as clients have the benefit of a supportive environment in which to address difficulties they may be dealing with. Therapy supports the process of change. It can help break free of old ideas, patterns and wounds that are restricting happiness and contentment.

As a highly confidential and collaborative process, a person can develop a greater capacity to be in charge of their life, empowered and self-directing, and experience increasing insight, peace of mind and heart, purposefulness, meaning and self-knowledge.

55min session	R 760*
85min session	R 1 100*
110min session	R 1 395*

Our resident psychologists are not always available, and we have alternative psychologist who travel in to consult with guests. Their rates will vary. Please confirm rates with the health consultant.

Labyrinth Guide or one-on-one Walking Meditation

For first time labyrinth walkers who wish to receive some guidance for their personal labyrinth experience, or those who want some training in the art of walking meditation.

25min	R 400
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Life Enhancing Consultation

Julia Koutzayioutis has a wide skill set which is continually evolving. She combines a variety of modalities in the appropriate combination to assist guest through their life journey.

This includes:

- ✿ Trauma incident reduction
- ✿ Life Coaching
- ✿ Trauma Release Exercise
- ✿ NLP
- ✿ Hypnotherapy

55min session	R 680
85min session	R 975
110min session	R 1 250



Something Different

Consultation with a Traditional Healer

The ritualistic treatment starts with the lighting of candles, reading from the bible, asking guidance from ancestors and angels and then reading the bones. The consultation can be for specific questions or a general consultation.

55 min consultation R 690

15 min medicated steam treatment R 295

20 min medicated bath R 360

Please note steam and bath are only available if the consultation indicates it may be used.

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2 portions bath muthi R 360

Traditional Medicine Walk

A fascinating walk with a traditional healer exploring herbal remedies.

R 150 per 30min

Homoeopath

It is not the virus or bacteria producing symptoms but the immune system's reaction to the virus etc. The responsibility of the homoeopathic medicine is to support or strengthen this response and in so doing overcome the illness.

25min Consultation R 420*

55 min Consultation R 760*

Medication issued will be charge extra,
between R 95 – R 150 per preparation

Breathing Training: One-on-one classes

Simple breathing exercises for both immediate stress relief and deep, lasting physiological benefits.

25min Session R 350

Mindful Eating: One-on-one

Mindful eating is a practice with wonderful lifestyle benefits and one of the most effective ways of improving your relationship with food, your enjoyment of food managing your weight long-term.

55min Session R 680