

Packages & Rates

Price List - Valid from 1 December 2021 to 30 June 2022

This list does not include our speciality packages which are:

- 🌿 Water-Fasting Packages
- 🌿 Cancer Care
- 🌿 Type II Diabetes Treatment
- 🌿 Pre-Diabetes Treatment

For more on these more specialised packages please:

Call us on + 27 (0) 12 023 0224

Call / WhatsApp / Signal / Telegram : + 27 (0) 84 830 4000

Email us on info@hoogland.co.za

Have a look at our website www.hoogland.co.za/packages

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 by nurses and biokineticists
- 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
- Breathing training class
- Two guided nature walks daily
- Three exercise classes daily (pilates, stretch, aqua aerobics)
- Demonstrations, talks and workshops



Lifestyle Health Core

The Lifestyle Health Core package includes everything you need to enjoy a beneficial stay at Hoogland, with the focus on preventing and treating lifestyle diseases.

To personalise your experience at Hoogland, a variety of consultations, tests and treatments and therapies may be added for maximum benefit. The reservations office can assist you in pre-booking or quoting on various additional options in advance, or the health consultant who is available daily during your visit can assist while you are at Hoogland, based on your unique personal requirements.

Rates valid to 30 June 2022

	Standard Rates:	Frequent Visitor:
2-Day Visit	R 4 200pp (U\$ 290*)	R 3 800pp (U\$ 265*)
3-Day Visit	R 6 150pp (U\$ 425*)	R 5 525pp (U\$ 380*)
4-Day Visit	R 8 050pp (U\$ 555*)	R 7 165pp (U\$ 495*)
5-Day Visit	R 9 900pp (U\$ 685*)	R 8 875pp (U\$ 615*)
6-Day Visit	R 11 775pp (U\$ 815*)	R 10 550pp (U\$ 730*)
7-Day Visit	R 13 500pp (U\$ 935*)	R 12 200pp (U\$ 840*)
9-Day Visit	R 17 150pp (U\$ 1 185*)	R 15 450pp (U\$ 1 065*)
Additional Day	R 1 800pp (U\$ 125)	R 1 630pp (U\$ 115)
14-Day Visit	R 22 900pp (U\$ 1 580)	R 22 900pp (U\$ 1 580)
Additional days	R 1 630 pp (U\$ 115)	R 1 630pp (U\$ 115)

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

Included is 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 by nurses and biokineticists.
- 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
- Breathing training class
- Two guided nature walks daily
- Three exercise classes daily (pilates, stretch, aqua aerobics)
- Demonstrations, talks and workshops



Comprehensive 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:

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

4-day Kick-Start

Standard: R14 200pp (U\$ 980*) Frequent Visitor: R13 550pp (U\$ 935*), 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: R21 475pp (U\$ 1 485*) Frequent Visitor: R19 825pp (U\$ 1 370*), 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 page 8 and 9 of this price list



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: R11 635pp (U\$ 805*) Frequent Visitor: R11 000pp (U\$ 760*), 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: R18 650pp (U\$ 1 290*) Frequent Visitor: R17 425pp (U\$ 1 200*), 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: R24 900pp (U\$ 1 720*) Frequent Visitor: R23 200pp (U\$ 1 600*), 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 pages 8 and 9 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: R28 650pp (U\$ 1 975*) Frequent Visitor: R27 000pp (U\$ 1 865*), 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 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: R50 750pp (U\$ 3 500*) Frequent Visitor: R50 750pp (U\$ 3 500*) 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**
- ✿ Two Follow-up Physical Wellbeing Assessment to measure progress**
- ✿ Twelve Additional consultations with medical and health professionals**
- ✿ Four Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

**Details of these available on pages 8 and 9 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.



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 |



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.