

Packages & Rates

Price List - Valid from 16 Dec 2022 to 15 Dec 2023

This list does not include our speciality packages which are:

- 🌿 Water-Fasting Packages
- 🌿 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. *Please see the room options on the last page.*
- 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 or lifestyle health consultants.
- Medically supervised water-fasting for up to 3 days and guided refeeding for guests who choose to fast. *Longer fasts are available if the Test, Assess and Advise Bundle is added, with possible other tests as required to ensure it remains safe.*
- 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, yoga, stretch, aqua aerobics)
- Demonstrations, talks and workshops

Check-in is from 14:00 and check-out by 13:00. Early arrival or late departure is available for R 600pp



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.

Rates valid to 15 December 2023

	Standard Rates:	Frequent Visitor:
2-Day Visit	R 4 650pp (U\$ 275*)	R 4 300pp (U\$ 255*)
3-Day Visit	R 6 850pp (U\$ 405*)	R 6 350pp (U\$ 375*)
4-Day Visit	R 9 000pp (U\$ 530*)	R 8 350pp (U\$ 495*)
5-Day Visit	R 11 100pp (U\$ 655*)	R 10 300pp (U\$ 605*)
6-Day Visit	R 13 150pp (U\$ 775*)	R 12 190pp (U\$ 720*)
7-Day Visit	R 15 150pp (U\$ 890*)	R 14 080pp (U\$ 830*)
Additional days	R 1 950pppd (U\$ 115)	R 1 840pppd (U\$ 110)
14-Day Visit	R 28 690pp (U\$ 1 700)	R 26 960pp (U\$ 1 585)
Additional days	R 1 840 pppd (U\$ 110)	R 1 840pppd (U\$ 110)

Periods exceeding one month will be calculated on R 1 840pppd

This option does not include consultations, tests, massage or beauty treatments. These may be added either in advance or during the stay but are not required to benefit from the package.

Please let us know if you require price lists for these in advance.

The reservations office can assist you in pre-booking or quoting on various additional options before your arrival, or the health consultant who is available daily during your visit can assist while you are at Hoogland. This is based on your unique personal requirements and we do not pressure anyone into adding anything to their package.

Add a Test, Assess and Advise Bundle for R 4 200 which includes:

- Clinical Examination with a wholistic medical doctor
- Comprehensive blood tests and urinalysis.
- Physical Wellbeing Assessment with either a biokineticist or a personal trainer.

Additional details are provided on page 7 and 8 of this price list.



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.

Each health package includes a Test, Assess and Advise bundle which comprises of a clinical examination, selection of blood tests, urinalysis and physical wellbeing assessment. This serves to provide comprehensive information to help set clear goals and treatment advice.

Medical and Health Professionals available for consultations at Hoogland:

- | | |
|---------------------------|-------------------------------|
| ✿ Holistic Medical Doctor | ✿ Stress or Trauma Counsellor |
| ✿ Biokineticist | ✿ Chiropractor |
| ✿ Nutritionist | ✿ Homoeopath |
| ✿ Personal Trainer | ✿ Life Coach |
| ✿ Psychologist | ✿ Lifestyle Health Coach |

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

Consultations can be booked with the sister on duty, who can further advise on which to choose.



Kick-Start Wellbeing

Comprehensive investment in health.

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.
- Trauma support.
- Auto-Immune disease management.

3-day Kick-Start

Standard: R12 850pp (U\$ 755*) Frequent Visitor: R12 275pp (U\$ 725*), including:

- 🌿 Three nights' accommodation, meals and facilities. *Please see bedroom options on the last page.*
- 🌿 One Complete Physical Wellbeing Assessment**
- 🌿 One Clinical Examination**
- 🌿 One Comprehensive Blood and Urinalysis**
- 🌿 One Additional consultation with medical and health professionals**
- 🌿 One Full Body Swedish Massage
- 🌿 One Iketla Foot Massage
- 🌿 One Iketla Hand Massage

Additional night

Standard: R 2 150pp

Frequent Visitor: R 2 000pp

5-day Kick-Start

Standard: R18 500pp (U\$ 1 090*) Frequent Visitor: R17 525pp (U\$ 1 030*), Including:

- 🌿 Five nights' accommodation, meals and facilities. *Please see bedroom options on the last page*
- 🌿 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

Additional night

Standard: R 2 050pp

Frequent Visitor: R 1 890pp

**Details of these available on pages 8 and 9 of this price list

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7-day Kick-Start

Standard: R23 995pp (U\$ 1 415*) Frequent Visitor: R22 695pp (U\$ 1 335*), Including:

- ✿ Seven nights' accommodation, meals and facilities. *Please see bedroom options on the last page*
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ Three Additional consultations with medical and health professionals**
- ✿ Three Full Body Swedish Massages
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

Additional night:

Standard: R 1 950pp

Frequent Visitor: R 1 840pp

10-day Kick-Start

Standard: R31 175pp (U\$ 1 835*) Frequent Visitor: R29 590pp (U\$ 1 740*), including:

- ✿ Ten nights' accommodation, meals and facilities. *Please see bedroom options on the last page.*
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ Four Additional consultations with medical and health professionals**
- ✿ Four Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

Additional night

Standard: R 1 950pp

Frequent Visitor: R 1 840pp

14-day Kick-Start

Standard: R42 925pp (U\$ 2 525*) Frequent Visitor: R41 295pp (U\$ 2 430*), including:

- ✿ Fourteen nights' accommodation, meals and facilities. *See bedroom options on the last page.*
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ One Follow-up Physical Wellbeing Assessment**
- ✿ One Follow-up Clinical Examination**
- ✿ One Limited Panel follow-up Blood and Urinalysis**
- ✿ Five Additional consultations with medical and health professionals**
- ✿ Five Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

Additional night

Standard: R 1 840pp

Frequent Visitor: R 1 840pp

**Details of these available on pages 8 and 9 of this price list

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21-day Kick-Start

Standard: R59 175pp (U\$ 3 480*) Frequent Visitor: R57 475 (U\$ 3 380*), including:

- ✿ Twenty one nights' accommodation, meals and facilities. *See bedroom options on the last page.*
- ✿ One Complete Physical Wellbeing Assessment**
- ✿ One Clinical Examination**
- ✿ One Comprehensive Blood and Urinalysis**
- ✿ One Follow-up Physical Wellbeing Assessment**
- ✿ One Follow-up Clinical Examination**
- ✿ One Limited Panel follow-up Blood and Urinalysis **
- ✿ Seven Additional consultations with medical and health professionals**
- ✿ Seven Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

Additional night

Standard: R 1 840pp

Frequent Visitor: R 1 840pp

**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: R34 825pp (U\$ 2 050*) Frequent Visitor: R32 995pp (U\$ 1 940*), including:

- ✿ Ten nights' accommodation, meals and facilities. *Please see bedroom options on the last page.*
- ✿ 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**
- ✿ Daily 30min Personal Training
- ✿ Two Full Body Swedish Massage
- ✿ One Iketla Foot Massage
- ✿ One Iketla Hand Massage

21-day Weight Management Packages

Standard: R59 950pp (U\$ 3 525*) Frequent Visitor: R57 650pp (U\$ 3 395*) including:

- ✿ Twenty One nights' accommodation, meals and facilities. *See bedroom options on the last page.*
- ✿ 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**
- ✿ Daily 30min Personal Training
- ✿ 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 | ✿ Chiropractor |
| ✿ Biokineticist | ✿ Homoeopath |
| ✿ Nutritionist | ✿ Life Coach |
| ✿ Personal Trainer | ✿ Hypnotherapist |
| ✿ Psychologist | ✿ Lifestyle Health Consultant |
| ✿ Stress Counsellor | |

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

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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:

The bedrooms form a only small part of the Hoogland package and because of our sprawling grounds and buildings you do not have to escape to your room for privacy or solitude. There are a few different rooms options to consider.

To help guests make the most of their health investment at Hoogland, none of the rooms have TVs and only a small number of rooms have WiFi.

If you require WiFi for work, please let us know during the booking and we will book a room with WiFi if available.

There is uncapped, fast WiFi in the central lounge for ad-hoc needs.

TVs can be organized for guests who are significantly mobility impaired such as those visiting us post-op. The additional charge is R 50 per day.

Smoking is not allowed in or near the building. Please enquire about our smoking policy to ensure you are comfortable with it before booking.

Room types:

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

Mountain Karee

Mountain Karee rooms are single rooms. They are cool, quiet, south-facing rooms with a double bed.

Bushwillow

Bushwillow rooms can be used as a twin or double room for guests sharing. They have a queen size and three-quarter bed. Single surcharge to these rooms is R 300 per night.

Red-leaf Rock-Fig

Red-leaf Rock-Fig rooms are on the ground floor and are reserved for guests with significant mobility issues such as post-op care and obesity. The single surcharge on these is R 400 per night and the upgrade fee is R 100ppn but can only be booked by able bodied guests at short notice.

Wild Orchid

Wild Orchid rooms are cool, south-facing rooms with a separate lounge. Single surcharge is R 600 per night and upgrade fee R 250ppn for guest sharing. They have one king-sized bed.

Complementary room upgrades for our frequent visitors, Olienhout members and extended stay guests are subject to sufficient availability and at the discretion of management.