



Health & Medical Treatment Menu

Prices until 31 August 2025

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.

Assessments

Mini-Assessment

The mini-assessment is included in many of our packages already and can be added to the Lifestyle Health Core package for R 1 100pp.

It consists of small series of blood tests, a simple urinalysis, blood pressure measurement, oxygen saturation measurement, body composition scale reading and waist to height ratio measurements.

The consultant will use these tests together with your medical history and an unrushed interview, to help shape and plan the balance of your stay and help to make sure you get the most out of your time at Hoogland.

The blood tests include: Full blood count, erythrocyte sedimentation rate (inflammation marker), CRP (inflammation marker), HbA1c (indication of average blood sugar over the last 6 weeks), lipogram (cholesterol – HDL & LDL, triglycerides)



We recommend that guests do these as soon as possible after arrival to help assess their overall 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.

Comprehensive Assessment

With Dr André, the Fast Doctor
R 5 000

If you feel that a more in-depth health assessment is what you need, this is ideal.

It consists of a comprehensive blood and urinalysis plus thorough medical consultation with Dr Andre. These blood tests are done same-day at our on-site laboratories and after you have reviewed the results and compiled questions, a consultations with Dr Andre of between 1 and 2 hours follows.

A list of possible blood tests which Dr Andre will do is included on the last few pages of this price list. Any tests done at Hoogland in our on-site laboratory is included.

If Dr Andre feels that additional tests at other medical facilities will be in your interest, he will discuss this with you and his medical team will help to arrange this. All external tests will be for your own account. Should you have a medical aid which will cover these, we will assist in getting authorization.

If you feel after the mini-assessment that the additional tests and consultation with Dr Andre will benefit you, the top-up rate is R 4 500.

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 R935*

Follow-up Assessment R755*

Health Consultant on Duty:

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

- ✿ Blood pressure, Pulse Rate, Weight Oxygen Saturation - no charge
- ✿ Urinalysis - R 40
- ✿ Selection of finger-prick tests (see charges last few pages)



Consultations

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 R1 600*

Follow-up first 45 min/ part of R1 200*

Every 15min thereafter R400/15min*

Ad-hoc Consultations R550/15min*

Medication issued, or materials used will be charged extra.

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	R625*
55 min	R1 050*

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	R965
Follow-up sessions up to 45min	R660
25 min consultation	R535



Physiotherapist

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	R580*
55 min consultation & treatment	R1 015*
Dry-needling upper body 25min	R580*
Dry-needling multiple areas 45min	R715*

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

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	R580*
55 min Consultation	R1 015*

Medication issued will be charge extra, between R 130 – R 350 per preparation.



Emotional and Vocational Wellbeing

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 1 250*
85min session	R 1 750*
110min session	R 2 100*

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 session	R 500
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Life Coaching

Life coaching draws upon a variety of tools and techniques with the aim towards helping clients identify and achieve specific personal goals. Each life coaching session gears itself towards the client's unique needs. A life coach is like a personal training for the mind, working as a facilitator of change to help the client find a solution focused approach to personal development

55min session	R 880
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How many Sessions?

Life coaching could last for one 50min session or continue for 6 or more, depending on the individual,

Lifestyle Health Consultant

Lifestyle Health is a wide subject and although most people have an idea of what they need to do, it is not always easy to know where to start. Meet with the Lifestyle Health Consulting to discuss practical and individualized methods on how to improve physical activity, diet, gut microbiome, inflammation levels, sleep quality, willpower and personal motivation.

55min session	R 880
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Physical Training & Exercise Programmes

Personal Training

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 340**
50min Training Session	R 200
25min Training Session	R 110

One-on-one exercise classes including pilates, stretch and aqua-aerobics R 180 per class

One-on-one exercise classes including breathing and meditation R 100 per class.

** If you have any mobility restrictions caused by injury, operations, osteopenia or osteoporosis, this consultation needs to be with a biokineticists.

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 940
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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

Guided Hikes	Up to 2 hours	R 220
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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 170*
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Posture Assessment	10min	R 170*
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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 170*
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Electronic scale measuring weight, body fat%, muscle %, Rm Kcal, Visceral fat

Body Composition – Complete	25min	R 330*
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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.



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 965*
25min Myofascial Spasm Relief	R 510*
55min Lymph Drainage Massage	R 965*
55min Stretch Massage	R 965*

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 beforehand, 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.

Urine

Urine dipsticks	R40
10-criteria dipstick Sugar, bilirubin, ketones, protein, specific gravity, pH, RBC, WBC, Nitrite, Urobilinogen	
Microscopic examinations	R100
This is only if necessary based on dipstick	

Finger-prick tests:

Glucose* ("Blood sugar" : one essential form of energy)	R50
Ketones (Energy when the body burns lipids/fat)	R50
Lactate* (Forms when glucose use is higher than oxygen supply)	R50
Uric Acid* (The buildup of which causes gout)	R60
Triglycerides* (Main component of lipids/fat)	R100
Cholesterol* (Another kind of lipid/fat)	R80

* These are included in the Blood Chemistry Profile



Hematology

Full blood count R300

Measures of inflammation

CRP (A measure of current / recent inflammation) R300

Sedimentation Rate / ESR (longer term / chronic inflammation measure) R50

Blood Chemistry

Full available assay R2000

- ✿ Blood sugar (Glucose)
- ✿ Liver functions
- ✿ Seven enzymes (Reflecting the integrity and function of the organs)
- ✿ Kidney functions
- ✿ Lipogram (blood fats, including cholesterol and triglycerides)
- ✿ Bone Minerals

Add Glycoprotein to this profile for R 200#

Metabolism Profile

Glucose R300

Insulin R50

Glycoprotein# (Indication of average blood sugar levels last 2 weeks) R300#

HbA1c (Indication of average blood sugar levels last 6 weeks) R300

Serology

IgE (Screening test for overall allergic tendency) R300

TSH (Screen for thyroid functions) R300

These tests can be combined into various profiles which will work out more economically.