



Treatment Price Lists

Valid until 31 August 2026

Medical & Health Consultations
Medical Tests
Massage Therapies
Beauty Therapies

The following pages is a summary price list of consultations, tests and treatments available at Hoogland Health Hydro.

Any of these treatments can be added to your stay at Hoogland Health Hydro, but some consultations or treatments are only available on certain days. Please confirm dates when booking.

If you are booked in on a package which includes a selection of treatments, this price lists can be used as a guide should you wish to swap treatments. When choosing to swap treatments, the difference in cost will be added or subtracted from your package.

For additional information on these treatments or available packages, please see the website or contact us:

Email us: info@hoogland.co.za

Call VOIP: +27 (0) 12 023 0224

Call cell: + 27 (0) 84 830 4000

Message us on WhatsApp or Signal: + 27 (0) 84 830 4000



Health & Medical:

Some of these consultations and tests can be claimed back from most medical aids.

Full medical with a selection of blood tests with Dr Andre R3 675
Comprehensive blood tests followed by a detailed clinical examination, medical history discussion and multifaceted health plan development.

Medical doctor consultations

Comprehensive medical with clinical examination, medical history and health plan. 1- 2 hrs R2 100
Ad-hoc medical consultations* R600/15min
Medical procedures (stitches, mole removal)* R600/15min
* Material, equipment and external testing will be charged extra

Psychologist

Consultation and associated treatment modalities	55min	R1 250
	85min	R1 850
	115min	R2 250

Physical Wellbeing Assessment (Biokineticist assessment)

Top-to-toe physical wellbeing assessment	R985
Follow-up physical wellbeing assessment	R795

Biokinetics

Senior Biokineticist treatments, assessments, program development	55min	R1 200
Biokineticist assessment, rehab, consultation, program development.	55min	R1 050
	25min	R660

Chiropractor

Consultation & treatment	25min	R610
Consultation & treatment	55min	R1 065
Dry-needling upper body	25min	R610
Dry-needling multiple areas	45min	R815

Homoeopath

Consultation	25min	R610
Consultation	55min	R1 065

Medication issued will be charge extra, between R 150 – R 400 per preparation.

Nutritionist

Consultation, nutritional development plan.	55min	R1 100
	25min	R625

Life Coach

Consultation, nutritional development plan.	55min	R1 050
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Personal Trainer

Consultation & basic training program development (Add R650 to include biokinetics consult in program development)	55min	R375
Personal training	50min	R250
Personal training	25min	R1 065
Isometric sessions	25min	R160
Isokinetic sessions	25min	R160

Lab Tests									
Choose a panel and add extras by writing the amount in the block next to the price									
Custom Set		Mini-Assessment		Full Assessment		Initial Fasting		Fasting Follow-up	
Price	Add	Price	Add	Price	Add	Price	Add	Price	Add
R	✓	R	✓	R	✓	R	✓	R	✓

Basic Costs

Blood Draw & Report	250	✓	250	✓	250	✓	250	✓	250	✓
Report feedback – lab tech	400		400	✓	-	-	-	-	-	-
Feedback & Clinical – Dr Andre	From 1 000		From 1 000		2 100	✓	1 600	✓	1 600	✓

Basic Blood & Urinalysis

Urine test	40		40	✓	40	✓	40	✓	40	✓
Full Blood Count	200		200	✓	200	✓	200	✓	200	✓
ESR	20		20	✓	20	✓	20	✓	20	✓

Blood Chemistry

Chemistry panel 1: Liver & Lipogram	420		420	✓	420	✓	420	✓	420	
Chemistry panel 2: Kidney & Electrolytes	420		420		420	✓	420		420	✓
Lactate	50		50		50	✓	50	✓	50	✓

Serology

CRP	125		125	✓	125	✓	125	✓	125	✓
HbA1c	110		110	✓	110	✓	110	✓	110	
Insulin	190		190		190	✓	190	✓	190	✓
IgE	190		190		190	✓	190	✓	190	
TSH	110		110	✓	110	✓	110	✓	110	
ft4	110		110		110		110		110	
ft3	110		110		110		110		110	
Vit-D	220		220		220		220		220	
Vit-B12	240		240		240		240		240	
Sub-Total	-		R	1 675	R	4 125	R	3 205	R	2 795
Bundle Discount	-		R	-250	R	-450	R	-355	R	-345
Bundle rate	-		R	1 425	R	3 675	R	2 850	R	2450
Extras	-		R		R		R		R	
Total	R		R		R		R		R	

Massage & Beauty Therapies

Massage therapies

Iketla Treatments

Special massage therapies from our 'background' ladies who have been trained by Dr Heinz to give great caring massage treatments.

Hand massage	25min	R235
Foot massage	25min	R235
Head & neck massage	25min	R235

Hoogland Signature Heavenly Earth Massage	80 min	R1 035
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Full body massages

Swedish-inspired	55min	R685
Aromatherapy	55min	R720
Deep Tissue massage	75min	R980
Hot Stone massage	80min	R1 025
Stretch treatment	25min	R425

Back & Neck massages

Swedish-inspired back & neck or head & neck	25min	R400
Aromatherapy	25min	R425
Hot Stone massage	45min	R675
Back-cleanse – upper half	55min	R975
Back cleanse – full back	80min	R1 275

Facial massage

Gua-sha facial massage	25min	R470
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Foot massage

Reflexology	40min	R620
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Beauty treatments

Facials

Heavenly Earth – Signature Hoogland Facial	80 min	R1 275
Kalahari Honeybush Facial Treatment	55 min	R975
Phyto Enzyme Treatment	25 min	R655
Neck and Décolleté Firming Treatment	45 min	R700*
Boabab – Vitamin C Eye Treatment	25 min	R500*
Eyelash or eyebrow	25 min	R220*
Eyelash and eyebrow	25 min	R280*

*cost is 50% when added to a facial.

Body treatments

Body Scrubs

Relaxing Red Dune Exfoliation	45 min	R690
Kalahari Honeybush Facial Treatment	45 min	R690

Botanical Buffet Scrub	55 min	R830
Body wraps		
Refreshing Tsamma Body Wrap	80 min	R1 325
Detox Buchu Body Wrap	80 min	R1 325
Slimming Coffee Body Wrap	80 min	R1 325
Hand & Foot treatments		
Manicure	55 min	R545
Pedicure	55 min	R575
Manicure and Pedicure	85 min	R985
Paraffin wax hands or feet	20 min	R245
Paraffin wax hands and feet	25 min	R385
Hair removal waxing		
Full leg		R520*
Half leg		R380*
Underarm		R420*
Bikini		R420*
Brazilian		R420*
Facial		R220*

* The higher price is charged in full, and any additional area at 50%