

## Price Lists

Packages — valid until 30 November 2026

Package	Details	Min stay	From (Standard)	From (Frequent Visitor)
Lifestyle Health Core	Basic stay including accommodation, meals, classes, workshops, and facilities.	2 days	R 5 425	R 5 025
Kick-Start Wellbeing	A selection of tests and treatment bundles for a more in-depth retreat.	3 days	R 10 725	R 10 125
Medically-supervised Water-Fasting	Lab tests & consultation with Dr André, as well as selection of treatments.	7 days	R 23 900	R 22 400
Mental Health	Sessions with psychologist and complementary tests & treatments.	7 days	R 23 750	R 22 550
Weight Management	Biokineticist- and nutritionist-guided package for long-term success.	7 days	R 25 575	R 23 950
Type II Diabetes Treatment	Intensive metabolic health package, doctor, biokineticist, nutritionist.	9 days	R 33 845	R 31 950
Neurological Health & Dementia Prevention	Highly-focused multi-team modifiable risk assessment and guidelines.	7 days	R 26 550	R 24 750

## Your Greatest Wealth is Your Health

The world's most successful people understand the value of real self-care.

### Get in Touch

Email [info@hoogland.co.za](mailto:info@hoogland.co.za)

Call +27 (0) 12 023 0224 (VOIP)

+27 (0) 84 830 4000 (cell)

WhatsApp or Signal +27 (0) 84 830 4000

Website [www.hoogland.co.za](http://www.hoogland.co.za)

The signal in our picturesque reserve is not always good, so please be patient or send messages, and we will get back to you.

## What every stay includes:

Whichever package you choose, your stay at Hoogland includes the following as standard.

<b>Accommodation:</b>	En-suite accommodation with single rooms for guests visiting on their own for some quality me-time and double and twin rooms for people who choose to share with a companion. Please see room-details below.  <b>Extra charges:</b> Single surcharge for single occupancy in twin or double room.
<b>Facilities:</b>	Unrestricted use of all facilities: sauna, steam rooms, steam cabinets, sitz baths, jacuzzis, jet pool, swimming pools and exercise facilities. Open from 07:30 to 18:30 daily.
<b>Nurses &amp; Lifestyle Health Consultants</b>	Daily guidance from the consultant on duty from 07:30 to 18:30. They measure blood pressure, oxygen saturation and weight, Book any tests or consultations through them or get advice on how to coordinate your stay.  <b>Extra charges:</b> Urinalysis or finger-prick tests: blood sugar & ketones
<b>Therapeutic Water-fasting</b>	Fasting is not compulsory to any guest but therapeutic water-fasting is available for up to 3 days to almost all guests. Please discuss this with the health consultant.  <b>Extra charges:</b> Longer fasts require tests and a consultation with Dr André (R3 985). Fast mimicking is available after a consultation with the nutritionist (R1 150)
<b>Meals</b>	Meals are served as a balanced health buffet (8:00 to 19:00 – later by prior arrangement) plus a 24-hour fresh fruit and salad bar. Please enquire about our meal philosophy.  <b>Extra charges:</b> Take home some of our wholewheat sourdough bread, muesli, kombucha or fermented veggies. Sufficient notice is needed, please enquire.
<b>Beverages</b>	Unlimited still and sparkling mineral water, and herbal teas at various stations in the building. Coffee or caffeinated tea may be ordered at no additional charge from the kitchen.  No alcohol, juices or smoothies. Please see our meal philosophy.
<b>Guided Hikes and Walks</b>	Hoogland is nestled in the heart of a large, picturesque private nature reserve. Daily guided hiking is included in every stay, with the option of morning or afternoon. A shorter, slower nature walk is available on request.  <b>Extra charges:</b> Individually guided nature walks booked from reception.
<b>Meditation &amp; Breathwork</b>	Daily morning group meditation and afternoon breathwork classes help to keep you grounded and improve sleep and relaxation. It is great for circulation in the brain.  <b>Extra charges:</b> Any of the exercise classes can be booked individually with a personal trainer.
<b>Exercise Classes</b>	A wide selection of group exercise classes are available throughout the day. Improve circulation, mood, metabolic health and sleep.  <b>Extra charges:</b> Any of the exercise classes can be booked individually with a personal trainer.
<b>Talks, demonstrations and workshops.</b>	Daily talks, demonstrations and workshops are held by experienced, dedicated and knowledgeable professionals. This is an opportunity to learn a lot and have contact with our professionals outside of their consultations.  <b>Extra charges:</b> Some of these talks, demonstrations and workshops can be offered on a one-on-one basis or to a small group at a different time.

## Minimum stay

A minimum stay of 2 nights applies for most of the year, with a minimum of 3 nights from 11 December 2026 to 10 January 2027 and on long weekends. First time visitors are encouraged to book at least 4 days to ensure an unrushed healing experience.

## Medically Supervised Water-Fasting at Hoogland

You can choose to do a period of therapeutic water-fasting, but it is not compulsory. Water-fasting is limited to 3 days unless you are under the direct medical supervision of Dr André, “The Fast Doctor” — longer fasts therefore only run on certain dates. Blood tests at our on-site laboratory are required at the start of, and throughout, any fast.

An alternative is fast-mimicking (500–600 kCal per day), available at any time and for any length. It is a gut-friendly, low-risk form of fasting that simply requires a consultation with the nutritionist, who will guide you.

## Groups

Hoogland is primarily focused on individual health, so it is not an ideal venue for large groups. Group sizes are limited to 8 people.

## A typical day

Guests are free to choose which activities to participate in.

Time	Activity	Why it matters
06:30	Morning guided hike	Time in nature helps you feel relaxed and improves focus, circulation, balance and proprioception. A slower, shorter hike is available on request.
07:30	Hydro therapy area opens	The Hydro Therapy Cycle helps your body improve circulation and remove metabolic waste — an integral part of your Hoogland experience.
08:30	Guided meditation	Builds self-awareness and emotional regulation, helping you feel more mindful, focused and calm.
09:15	Pilates	Improves flexibility, strength, balance and posture while building body-awareness.
10:00	African Dance or step aerobics on the lawn	A joyful cardiovascular workout in the open air.
11:30	Aqua aerobics	Boosts lymph drainage and cardiovascular health, muscle tone and strength — without stressing the joints.
14:00	Afternoon talk or workshop	Topics include fasting, nutrition, hydration, stress, dopamine, sleep, gut health and many more.
15:30	Stretch or gut motility class	Stretch classes reduce inflammation and pain while improving strength and flexibility. Gut motility classes aid digestion and peristalsis.
16:15	Breathwork training	A powerful tool for emotional regulation — quickly reduces feelings of agitation or anxiety and improves sleep.
17:00	Afternoon guided hike	Hiking at the end of your day helps you sleep well.
19:30	Evening talk or workshop	In-depth discussions and Q&A with our experts give you tools for long-term health success.

## Check-in / Check-out

Check-in is from 13:00 and Check-out by 12:00, so you can enjoy the full afternoon programme on the day of arrival and make the most of your last morning with us by attending the entire morning programme.

## Accommodation:

Our lovely en-suite bedrooms form only a small part of the Hoogland experience. Our sprawling grounds and buildings allow you to find privacy and solitude whenever you need it. Most of your time in the bedroom will be spent asleep, but for a good night's rest it is still important to feel comfortable (and many of our regulars have their favourites.)

### Mountain Karee

Mountain Karee rooms are single rooms. They are cool, quiet, south-facing rooms with a double bed. They have a large window overlooking the indigenous forest and the steep dolomite hill at the back of the building.

### Coral Tree

The Coral Tree rooms are north-facing on the top floor, each with a queen size bed and a beautiful view of the lawn, lanes of trees and the picturesque hills on the northern side of the building. They are spectacular in the late afternoon and lazy winter mornings. Single surcharge for these rooms is R300 per night.

### Bushwillow

Bushwillow rooms can be used as a twin or double room for guests sharing. They have a queen size and three-quarter bed. Some of these rooms open up onto the lawn, others just have large sliding windows overlooking the gardens, lanes of trees and the rugged Shurweberg hills at the front of the building. Single surcharge for these rooms is R400 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 for these is R500 per night and can only be booked by able-bodied guests at short notice.

# Lifestyle Health Core

2 days and longer.

This is our foundational stay and underpins every other package on the following pages.

The rates are based on single guests staying in Mountain Karee rooms and guests sharing staying in Bushwillow (twin) or Coral Tree (double) rooms. A single surcharge may apply. Rates are structured on a sliding scale — the longer you stay, the lower the nightly rate.

If you are without serious health concerns and just in need of a healthy rest, or would like to personalise your stay as you go, this is a great option for you. It contains everything required for a beneficial stay and can be customised by adding consultations, tests or treatments.

Length of stay	Standard	Frequent Visitor
2-Day Visit	R5 425 pp	R5 025 pp
3-Day Visit	R7 975 pp	R7 375 pp
4-Day Visit	R10 500 pp	R9 700 pp
5-Day Visit	R12 975 pp	R11 985 pp
6-Day Visit	R15 375 pp	R14 250 pp
7-Day Visit	R17 700 pp	R16 500 pp

*Frequent Visitor rates apply once you have stayed with us more than 16 nights in total.*

## Stay a little longer:

Extend your stay from R2 250 pppn	Extend your stay beyond 7 days, but less than 3 months, payable weekly in advance. Room type might change the final quote
Long stay: From R1 850 pppn	Three months or longer, payable monthly in advance. Room type will change the final quote

## Enhance your stay by adding any of the following & Please request the treatment price list for more.

Massage & Beauty Therapies	<b>Why:</b> Massage and beauty therapies are not purely about pampering. These treatments improve circulation, skin condition, reduce inflammation and above all: increase oxytocin. Oxytocin is our most powerful heart healing, immune-regulating hormone.
Health & Medical Consultations	<b>Why:</b> Unrushed consultations and treatments with health and medical professionals are a rare luxury. Available to consult: Medical Doctor, Psychologists, Biokineticists, Nutritionists, Life Coaches, Homeopath, Chiropractor.
Biokineticists, Personal Trainers	<b>Why:</b> No lifestyle intervention is as powerful as the appropriate physical activity. Complete assessments, work out a training programme and track progress.  <b>Physical wellbeing assessment:</b> A complete physical wellbeing assessment with a biokineticist can provide an excellent starting point and help monitor progress.
Lab work	<b>Why:</b> Our on-site laboratory can complete a large range of blood tests and urinalysis, with results ready in a few hours. This provides valuable information on physical health and where to place focus during your stay. Choose a pre-selected panel or design your own.
Mini-assessment	<b>What:</b> Selection of blood tests, urinalysis, blood pressure, blood-oxygen saturation, body-fat percentage and waist-to-height ratio.  <b>Why:</b> Great snapshot of overall physical health. It can provide reassurance, or an excellent basis for further investigation to improve and maintain long-term health.

# Kick-Start Wellbeing

Need a little more physical or mental professional support? A Kick-Start package builds on the Lifestyle Health Core with a mini-assessment and a curated bundle of consultations and massage therapies — designed to launch a healthier, stronger you.

The rates are based on single guests staying in Mountain Karee rooms and guests sharing staying in Bushwillow (twin) or Coral Tree (double) rooms. A single surcharge may apply. Rates are structured on a sliding scale — the longer you stay, the lower the nightly rate.

## 3-Day Kick-Start

Standard

**R10 725 pp**

Extra night: R2 525 pppn

Frequent Visitor

*(More than 16 nights total previously)*

**R10 125 pp**

Extra night: R2 325 pppn

### Includes

- Three nights' private en-suite accommodation & "Lifestyle Health Core Package". (Please see room details.)
- One mini-assessment.
- One additional consultation with a medical or health professional.
- One full-body massage.
- One stretch treatment.
- Two Iketla treatments. (Hand, foot or head & neck.)

## 5-Day Kick-Start

Standard

**R16 995 pp**

Extra night: R2 400 pppn

Frequent Visitor

*(More than 16 nights total previously)*

**R16 000 pp**

Extra night: R2 265 pppn

### Includes

- Five nights' private en-suite accommodation & "Lifestyle Health Core Package". (Please see room details.)
- One mini-assessment.
- Two additional consultations with medical or health professionals.
- Two full-body massages.
- One stretch treatment.
- Two Iketla treatments. (Hand, foot or head & neck.)

## 7-Day Kick-Start

Standard

**R23 995 pp**

Extra night: R2 250 pppn

Frequent Visitor

*(More than 16 nights total previously)*

**R22 975 pp**

Extra night: R2 250 pppn

### Includes

- Seven nights' private en-suite accommodation & "Lifestyle Health Core Package". (Please see room details.)
- One mini-assessment.
- Three additional consultations with medical or health professionals.
- Three full-body massages.
- Two stretch treatments.
- Two Iketla treatments. (Hand, foot or head & neck.)

Mini-assessment

Selection of blood tests, urinalysis, blood pressure, blood-oxygen saturation, body-fat percentage and waist-to-height ratio. **Why:** Great snapshot of overall physical health. It can provide reassurance, or an excellent basis for further investigation to improve and maintain long-term health.

# Medically-Supervised Therapeutic Water-Fasting

*From 7 days to several weeks*

The rates are based on single guests staying in Mountain Karee rooms and guests sharing staying in Bushwillow (twin) or Coral Tree (double) rooms. A single surcharge may apply for guests visiting on their own for some quality me-time if they wish to stay in a double or twin room

If you feel desperate to treat an advanced metabolic disorder, an autoimmune condition or chronic inflammation, and feel let down by “mainstream medicine”, this ancient healing modality might be just what you need. The programme is a medically-supervised therapeutic water-fast longer than 3 days, under the direct guidance of Dr André, “The Fast Doctor”. It is the ultimate “detox”.

Water-fasting will only continue while clinical symptoms and blood-test results support safe fasting, and is limited to a maximum of 40 days at a time regardless of test results. A guided refeeding period is required after every fast — as short as 1 day after a 5-day fast, or as long as 7 days after a 40-day fast.

Standard for the first 7 days:

**R23 900 pp**

Extra night: R2 250 pppn

Frequent Visitor for the first 7 days:

*(More than 16 nights total previously)*

**R22 400 pp**

Extra night: R2 250 pppn

## First 7 days include

- Seven nights' private en-suite accommodation. (Please see room details.)
- Everything included in the “Lifestyle Health Core Package” but with extended supervised fasting available.
- Comprehensive lab work & report: Fasting panel.
- Thorough clinical examination, discussion and consultation with Dr André, “The Fast Doctor”.
- One additional consultation with a medical or health professional.
- Two full-body massages.
- One stretch treatment.
- Two Iketla treatments. (Hand, foot or head & neck.)

## Additional details on what is included:

### Comprehensive Lab Work: Fasting Panel

**What:** Urinalysis, ESR, CRP, Full Blood Count, Chemistry Panel 1 (liver, kidneys, lipids, blood sugar), Chemistry Panel 2 (electrolytes, minerals, pancreatic enzymes), TSH, Fasting Insulin, HbA1c and Total IgE — plus any further tests Dr André requests at his discretion to guide a safe, effective fast.

**Why:** Fasting longer than 3 days requires close clinical oversight. The panel covers electrolyte and mineral balance, kidney and liver function, fasting insulin and inflammation — the markers we re-check during the fast to confirm it remains safe to continue.

### Clinical Examination, discussion of your fasting goals and consultation with Dr André, “The Fast Doctor”

**Why:** Dr André has close to 50 years of experience in guiding people through their journey of healing through fasting. He provides comprehensive, honest advice and will guide you through your stay to ensure it remains medically beneficial.

## Fasting retreats longer than 7 days:

After the first 7 days, additional nights are charged at R2 250 pppn + single surcharge if applicable

### Additional consultation, tests, massage and beauty therapies

The daily rate after 7 days does not include any tests, treatments or consultations. These may be added to your stay as needed. Please request the treatment price list for information on what we offer and its cost.

### Additional tests and monitoring costs

Please budget on a consultation and additional blood tests every additional 5–7 days of fasting after your first week. These tests and consultations will be symptom dependent and not always necessary. The cost is typically between R3 000 and R4 000 depending on the tests done and the length of the consultation.

# Mental Health

*7 days and longer*

The rates are based on single guests staying in Mountain Karee rooms and guests sharing staying in Bushwillow (twin) or Coral Tree (double) rooms. A single surcharge may apply for guests visiting on their own for some quality me-time if they wish to stay in a double or twin room

If you are feeling overwhelmed, burnt-out, or finding yourself in an emotional crisis, this is the ideal retreat for you. We provide professional, integrated emotional and physical support to assist with your recovery — and give you the tools for long-term, day-to-day success back in the “real world”.

Your stay is built around the psychologist, complemented by a laboratory workup of the physical systems that most often influence mood, focus and resilience — thyroid, blood sugar, inflammation, electrolytes and hormones — together with restorative bodywork and time to genuinely rest.

## Standard

**R23 750 pp**

Extra night: R2 250 pppn

## Frequent Visitor

*(More than 16 nights total previously)*

**R22 550 pp**

Extra night: R2 250 pppn

### First 7 days include

- Seven nights' private en-suite accommodation. (Please see room details.)
- Everything included in the “Lifestyle Health Core Package”.
- Lab work & report: Mental health panel.
- Two consultations with the psychologist.
- Two additional consultations with medical or health professionals.
- Personalised exercise programme development. (Personal trainer and biokineticist.)
- Four 25min personal training sessions.
- Two full-body massages.
- Two stretch treatments.
- Two Iketla treatments. (Hand, foot or head & neck.)

## Additional details on what is included:

### Lab work included:

#### Mental Health Panel

Urinalysis, ESR, CRP, Full Blood Count, Chemistry Panel 2 (electrolytes & minerals), Chemistry Panel 3 (advanced cardiovascular & kidney — homocysteine, Lp(a), Cystatin-C, apolipoproteins), TSH, Fasting Insulin, HbA1c and Testosterone.

#### Personalised Exercise Programme

A combination of assessment and programme development with a biokineticist and personal trainer, with four personalised follow-up sessions.

**Why:** A broad workup of the physical systems that influence mood, focus, fatigue, sleep and stress — thyroid, blood sugar, inflammation, electrolytes, minerals and testosterone (relevant in both men and women).

**Why:** The value of exercise in regaining and/or maintaining mental health cannot be overstated.

Every human being has their own unique physical ability and a personalised programme with clear, inspiring goals, is an essential element to long term mental health.

# Weight Management

7 days and longer

The rates are based on single guests staying in Mountain Karee rooms and guests sharing staying in Bushwillow (twin) or Coral Tree (double) rooms. A single surcharge may apply for guests visiting on their own for some quality me-time if they wish to stay in a double or twin room

This programme is ideal for anyone struggling with stubborn weight, or wanting to understand the metabolic picture before changing their diet. Ideal if you are concerned about your weight, pre-diabetic, or noticing other metabolic symptoms and ready to start regaining your health and vitality.

The package combines a thorough physical and metabolic baseline with daily personal training under the guidance of our biokineticist with practical and personalised nutritional advice, so the changes you start at Hoogland keep going once you leave.

## Standard

**R25 575 pp**

Extra night: R2 250 pppn

## Frequent Visitor

(More than 16 nights total previously)

**R23 950 pp**

Extra night: R2 250 pppn

### First 7 days include

- Seven nights' private en-suite accommodation. (Please see room details.)
- Everything included in the "Lifestyle Health Core Package".
- Lab work & report: Weight-management panel
- Two physical wellbeing assessments with a biokineticist. (Initial and follow up to gauge progress.)
- Two additional consultations with medical or health professionals.
- Personalised exercise programme development. (Personal trainer and biokineticist.)
- Four personal-training sessions with the biokineticist's team.
- Two full-body massages.
- Two stretch treatments.
- Two Iketla treatments. (Hand, foot or head & neck.)

## Additional details on what is included:

### Lab work included:

#### Weight Management

Urinalysis, ESR, CRP, Full Blood Count, Chemistry Panel 1 (liver, kidneys, lipids, blood sugar), TSH, Fasting Insulin and HbA1c.

**Why:** Shows where you sit on the insulin-resistance spectrum, how your liver and lipids are responding to your current weight, and whether thyroid or inflammation is working against you — the metabolic core of any weight programme.

### Physical Wellbeing Assessment

A complete top-to-toe physical wellbeing assessment with a biokineticist

**Why:** An honest evaluation of your body's overall strengths and weaknesses to help prioritise interventions where needed and to gauge progress.

### Personalised Exercise Programme

A combination of assessment and programme development with a biokineticist and personal trainer, with four personalised follow-up sessions.

**Why:** The value of exercise in regaining and/or maintaining metabolic health cannot be overstated. Every human being has their own unique physical ability and a personalised programme with clear, inspiring goals, is an essential element to long term health and weight management.

# Type II Diabetes Treatment

9 days and longer

The rates are based on single guests staying in Mountain Karee rooms and guests sharing staying in Bushwillow (twin) or Coral Tree (double) rooms. A single surcharge may apply for guests visiting on their own for some quality me-time if they wish to stay in a double or twin room

A focused intervention for people already diagnosed with Type II Diabetes, those who are pre-diabetic, and anyone with a strong family history who wants a thorough metabolic reset under clinical oversight.

The package opens with comprehensive blood tests and a consultation with Dr André, “The Fast Doctor”, and is built around daily personal training, nutritional support and setting long-term goals.

## Standard

**R33 845 pp**

Extra night: R2 250 pppn

## Frequent Visitor

(More than 16 nights total previously)

**R31 950 pp**

Extra night: R2 250 pppn

### First 9 days include

- Nine nights' private en-suite accommodation. (Please see room details.)
- Everything included in the “Lifestyle Health Core Package”.
- Comprehensive lab work & report: Diabetes Type II panel.
- Thorough clinical examination, discussion and consultation with Dr André, “The Fast Doctor”.
- Two physical wellbeing assessments with a biokineticist. (Initial and follow up to gauge progress.)
- Three additional consultations with medical or health professionals.
- Personalised exercise programme development. (Personal trainer and biokineticist.)
- Six personal-training sessions with the biokineticist's team.
- Two full-body massages.
- Two stretch treatments.
- Two Iketla treatments. (Hand, foot or head & neck.)

## Additional details on what is included:

### Lab work included:

#### Diabetes Type II Panel

Urinalysis, ESR, CRP, Full Blood Count, Chemistry Panel 1 (liver, kidneys, lipids, blood sugar), Chemistry Panel 2 (electrolytes, minerals, pancreatic enzymes), TSH, Fasting Insulin, HbA1c and Testosterone.

**Why:** A thorough metabolic workup, interpreted by Dr André (“The Fast Doctor”) — essential where medication may be involved and where small changes in insulin, kidney function or testosterone matter most.

### Physical Wellbeing Assessment

A complete top-to-toe physical wellbeing assessment with a biokineticist

**Why:** An honest evaluation of your body's overall strengths and weaknesses to help prioritise interventions where needed and to gauge progress.

### Personalised Exercise Programme

A combination of assessment and programme development with a biokineticist and personal trainer, with four personalised follow-up sessions.

**Why:** The value of exercise in regaining and/or maintaining metabolic health cannot be overstated. Every human being has their own unique physical ability and a personalised programme with clear, inspiring goals, is an essential element to long term metabolic health.

# Neurological Health & Dementia Prevention

7 days and longer

The rates are based on single guests staying in Mountain Karee rooms and guests sharing staying in Bushwillow (twin) or Coral Tree (double) rooms. A single surcharge may apply for guests visiting on their own for some quality me-time if they wish to stay in a double or twin room

This retreat is ideal for anyone over 50, anyone with a family history of dementia or Alzheimer's, and people noticing early changes in memory, focus or sleep. The package combines a comprehensive cognitive and metabolic baseline with the lifestyle, fasting and dietary work that most powerfully supports long-term brain health.

## Standard

**R26 550 pp**

Extra night: R2 250 pppn

## Frequent Visitor

*(More than 16 nights total previously)*

**From R24 750 pp**

Extra night: From R2 250 pppn

### First 7 days include

- Seven nights' private en-suite accommodation. (Please see room details.)
- Everything included in the "Lifestyle Health Core Package".
- Comprehensive lab work & report: Dementia prevention panel.
- One MoCA cognitive assessment.
- One neurological health physical wellbeing assessment with a biokineticist.
- Two additional consultations with medical or health professionals.
- Personalised exercise programme development. (Personal trainer and biokineticist.)
- Five personal-training sessions with the biokineticist's team.
- Two full-body massages.
- Two stretch treatments.
- Two Iketla treatments. (Hand, foot or head & neck.)

## Additional details on what is included:

### Lab work included:

#### Dementia Prevention Panel

Urinalysis, ESR, CRP, Full Blood Count, Chemistry Panel 3 (advanced cardiovascular & kidney — homocysteine, Lp(a), Cystatin-C, apolipoproteins), Chemistry Panel 2 (electrolytes & minerals), TSH, fT4, fT3 (full thyroid), Fasting Insulin, HbA1c, IL-6, Vitamin B12 and Vitamin D.

#### Neurological Health Physical Wellbeing Assessment

A complete top-to-toe physical wellbeing assessment with a biokineticist with special emphasis on areas linked to dementia and neurological decline.

#### Personalised Exercise Programme

A combination of assessment and programme development with a biokineticist and personal trainer, with four personalised follow-up sessions.

#### MoCA Cognitive Assessment

The MoCA is a quick, standardized screening tool designed to detect mild cognitive impairment and early signs of dementia.

**Why:** A thorough metabolic workup, interpreted by Dr André ("The Fast Doctor") — essential where medication may be involved and where small changes in insulin, kidney function or testosterone matter most.

**Why:** To identify signs of neurological decline and help work out a programme of improving any modifiable risk factors.

**Why:** The value of exercise in regaining and maintaining neurological health cannot be overstated. Every human being has their own unique physical ability and a personalised programme with clear, inspiring goals, is an essential element to long term neurological health.

**Why:** It is used to detect mild cognitive impairment or early dementia. It helps identify cognitive changes due to aging, stroke, Parkinson's disease, or other conditions, and guides decisions on whether further testing or treatment is needed.