



The Home of Slow Medicine

Treatments, Tests & Therapies

Price list • valid from 1 December 2026 until 30 November 2027

Massage Therapies
Beauty Therapies
Medical & Health Consultations
Lab Panels & Individual Tests

Adding to your package

Additional consultations, deeper lab panels, massages or beauty treatments can be added on top of any package.

Swapping inside your package

If you are on a package with a selection of treatments already included, you are always welcome to personalise it to make it work best for you. If you would like to swap any treatment in your package for something different — a deep-tissue massage instead of a Swedish-inspired, a facial instead of a stretch treatment, a biokineticist instead of lab work — the difference in cost will simply be added to or subtracted from your package total. The only package item which may not be swapped is personal training.

Availability

Some consultations and treatments are only available on certain days of the week. Please confirm dates when booking. Treatments marked * have additional pricing rules noted with the entry.

Section 1: Massage Therapies

Most retreat packages already include a selection of massage treatments. The list below lets you upgrade, swap or add to those treatments.

Massage therapies are much more than just pampering. It improves circulation, reduces inflammation and provides your body with increased oxytocin, essential for immune function, cardiovascular health and especially heart health.

Iketla Treatments

Special massage therapies from our "background" ladies, trained by Dr Heinz. These are women who traditionally work in the kitchen or housekeeping, but all have a special love for providing caring treatments.

Iketla Hand Massage	25 min	R235
Iketla Foot Massage	25 min	R235
Iketla Head & Neck massage	25 min	R235

Full-body massages

Hoogland Signature Heavenly Earth Massage – 80 min	Full-body experience combining wood, hot stone and aromatherapy with slow, flowing movement.	R1 035
Swedish-Inspired Massage • 55 min	Classic full-body relaxation.	R685
Aromatherapy Massage • 55 min	Essential-oil blends chosen to your needs.	R720
Deep Tissue Massage • 75 min	Slow, focused pressure for chronic tension.	R980
Hot Stone Massage • 80 min	Warm stones glide along the muscles to soothe tension and improve circulation.	R1 025
Stretch Treatment • 25 min	Therapist-led passive stretching great for reduction in inflammation and improved mobility.	R425

Back & neck massages

Back & Neck Massage – 25 min	Classic back-muscle relaxation.	R400
Head & Neck Massage • 25 min	Scalp and neck tension relief	R400
Aromatherapy Back & Neck • 25 min	Essential oil blends chosen for your needs	R425
Hot Stone Back & Neck • 45 min	Warm stones for deep relief	R675

Facial & foot massage

Gua-Sha Facial Massage • 25 min	Traditional marble stone-tool technique that lifts, tones and de-puffs.	R470
Reflexology • 40 min	Targeted foot work along the body's reflex zones.	R620

Section 2: Beauty Therapies

All facial and body treatments below can be added to any package, or swapped for an included massage with the cost difference applied to your stay.

Kalahari Products

Our beauty treatments feature the luxurious Kalahari range, a proudly South African skincare collection that harnesses the power of indigenous botanicals from the Kalahari Desert. Rich in Mongongo and Marula oils, Kalahari products deliver deep nourishment, hydration, and antioxidant protection while celebrating natural African ingredients. Gentle yet highly effective, these formulations are ideal for all skin types and work in perfect harmony with our hydrotherapy and holistic therapies to leave your skin radiant, balanced, and glowing with health. Experience the pure essence of Africa in every treatment.

Facials

Signature Kalahari Heavenly Earth Facial • 80 min	Our most luxurious facial — deeply nourishing and restorative.	R1 275
Kalahari Personalised Facial • 55 min	Tailored to your skin on the day.	R975
Phyto Enzyme Treatment • 45 min	Deeply exfoliating and rejuvenating.	R655
Vitamin C Neck & Décolleté • 45 min*	*Cost is 50% when added to a facial.	R700
Vitamin C Eye Treatment • 25 min*	*Cost is 50% when added to a facial.	R500
Eyelash or Eyebrow Tint • 25 min*	*Cost is 50% when added to a facial.	R220
Eyelash and Eyebrow Tint • 25 min*	*Cost is 50% when added to a facial.	R280

Back treatments • a "facial" for your back

Upper Back Cleansing • 55 min		R975
Full Back Cleansing • 80 min		R1 275

Body scrubs

Tranquil Himalayan Exfoliation • 45 min		R690
Kalahari Buchu Body Buff • 45 min		R690

Body wraps

Refreshing Kalahari Melon • 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 & Pedicure together • 85 min	R985
Paraffin wax Hands or Feet • 20 min	R245
Paraffin wax Hands and Feet • 25 min	R385

Hair removal • waxing

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

Full Leg*	R520
Half Leg*	R380
Underarm*	R420
Bikini*	R420
Brazilian*	R420
Facial*	R220

Section 3: Medical & Health Consultations

Some Consultations with the medical doctor, psychologists, biokineticists, chiropractor or homoeopath are claimable from major South African medical aids. Bring your medical aid details on arrival and we will issue the necessary documentation.

A note on consultations

Booking. Some consultations have limited availability; book ahead where possible. Ad-hoc requests during your stay are accommodated whenever the diary allows.

Dr André · "The Fast Doctor"

Full Medical with selection of Blood Tests	Comprehensive blood tests followed by detailed clinical examination, medical history discussion and a multifaceted health plan.	R4 225
Comprehensive Medical	Clinical examination, medical history and personalised health plan. 1–2 hours.	R2 225
Ad-Hoc Medical Consultation*	Per 15 minutes. *Material, equipment and external testing charged extra.	R650
Medical Procedures*	Stitches, mole removal and similar. Per 15 minutes. *Material and external testing charged extra.	R650
1-hour Dr André Labwork Feedback.	Deeper interpretation of any lab panel — covers lifestyle, fasting and dietary guidance. Shown as the "+ Dr André" tier in the lab section.	R1 975

Mini-Assessment with the clinical team

Mini-Assessment	Selection of blood tests, urinalysis, blood pressure, blood-oxygen saturation, body-fat percentage and waist-to-height ratio — the objective baseline your consultant needs to advise on tests, treatments and your daily programme.	R1 415
-----------------	--	--------

Psychologist

Consultation and associated treatment modalities — talk therapy, CBT, BrainWorking Recursive Technique® and other evidence-based approaches.

Psychologist Consultation	55 min session	R1 325
Psychologist Consultation	85 min session	R1 965
Psychologist Consultation ·	115 min session	R2 385

Biokineticist · movement and physical wellbeing

Physical Wellbeing Assessment – 55 min	<i>Top-to-toe physical wellbeing assessment.</i>	R1 050
Follow-up Physical Assessment – 45 min	<i>To gauge progress later in your stay.</i>	R845
Senior Biokineticist Consultation – 55 min	<i>Treatment, assessment & programme development.</i>	R1 200
Biokineticist Consultation · 55 min	<i>55 min treatment, rehab, programme development.</i>	R1 050
Biokineticist Consultation · 25 min		R700
Neurological Health Assessment – 55 min		R1 050

Chiropractor

Consultation & Treatment · 55 min		R1 125
Consultation, Treatment or Upper Body Dry Needling · 25 min		R645
Dry-Needling Multiple Areas – 45 min		R865

Homoeopath

Consultation · 55 min		R1 125
Consultation · 25 min		R645
Homoeopathic Medication	<i>Typically R150 - R500 per preparation</i>	R150 - R500

Nutritionist

Consultation · 55 min		R1 175
Consultation · 25 min		R665
Nutrition Plan Development		R1 325

Life Coach

Coaching Session · 55 min		R1 100
---------------------------	--	--------

Lifestyle Coach

Detailed Lab Feedback · 55 min		R1 050
MoCA Cognitive Assessment· 20 min		R450

Personal Trainer

Consultation & Basic Training Programme	<i>Add R650 to include a biokinetics consult in programme development.</i>	R400 / R1 100
Personal Training · 50 min		R265
Personal Training · 25 min		R170
Isometric Session · 25 min		R170
Isokinetic Session · 25 min		R170

Section 4: Lab Panels & Tests

Targeted blood and urine panels designed by Dr André and the Hoogland clinical team. Each panel is a curated set of tests chosen to answer a specific health question, without paying for things you do not need.

Every panel is priced in three tiers:

- I. Lab + report (the panel itself and a written report),
- II. + Lifestyle Coach briefing (a practical sit-down with our coach for R950), or
- III. + Dr André (a 1-hour medical interpretation with Dr André for R 1850)

Panels at a glance

PANEL	BEST FOR	LAB + REPORT	+ COACH	+ DR ANDRÉ
Mini-Assessment	Affordable yearly health snapshot	R1 415	R2 465	R3 390
Comprehensive / Fasting	Wellness baseline, fasting prep	R2 250	R3 300	R3 225
Weight Management	Stubborn weight and metabolic health	R1 625	R2 275	R3 600
Diabetes Type II	Diagnosed, pre-diabetic, or family history	R2 185	R3 335	R4 160
Dementia Prevention	Brain health, memory, healthy ageing	R3 125	R4 175	R5 100
Mental Health	Mood, focus and emotional resilience	R2 200	R3 250	R4 175
Fertility	Couples planning, cycles, hormone balance	R2 595	R3 645	R4 570

Panel detail · what is in each one

Mini-Assessment

LAB + REPORT R1 415 <i>panel + written report</i>	+ LIFESTYLE COACH R2 465 <i>add briefing · + R1 050</i>	+ DR ANDRÉ R3 390 <i>add 1-hr consult · + R1 975</i>
---	---	--

Who it is for. A sensible, affordable yearly health snapshot. The best starting point if you are new to lab testing, or simply want to confirm "all is well" before a retreat, a fast, or a new fitness programme.

What it tells you. Whether your blood cells, kidneys, liver, thyroid and blood-sugar control are in a healthy range, and whether anything inflammatory or infectious is hiding in the background.

Tests included

- Urinalysis · kidneys, hydration, sugar, infection markers
- ESR & CRP · two inflammation markers, chronic and acute
- Full Blood Count (FBC) · red cells, white cells, platelets — screens for anaemia and infection
- Chemistry Panel 1 (general health) · liver, kidneys, blood sugar and cholesterol
- TSH · thyroid function
- HbA1c · average blood sugar over the past 3 months

Comprehensive / Supervised Therapeutic Fasting Panel

Included by default in Medically Supervised Water-Fasting — with Dr André's personal interpretation as standard

LAB + REPORT	+ LIFESTYLE COACH	+ DR ANDRÉ
R2 250 <i>panel + written report</i>	R3 300 <i>add briefing · + R1 050</i>	R4 225 <i>add 1-hr consult · + R1 975</i>

Who it is for. Our most popular panel, and the one we recommend for most retreat guests. Builds on the Mini-Assessment with a fuller chemistry workup (electrolytes and minerals), plus fasting insulin (the earliest signal of insulin resistance, often years before HbA1c moves) and total IgE (a general allergy/immune marker that often explains chronic, unexplained symptoms).

What it tells you. Everything the Mini covers, plus your electrolyte and mineral balance, how well your body handles sugar at a hormonal level, and whether allergy-driven inflammation might be playing a role.

Tests included

- Urinalysis, ESR, CRP, FBC · baseline blood and inflammation status
- Chemistry Panel 1 (general health) · liver, kidneys, cholesterol and blood sugar
- Chemistry Panel 2 (electrolytes & minerals) · sodium, potassium, magnesium, calcium, phosphate, bicarbonate; plus amylase, lipase and LDH
- TSH · thyroid function
- Fasting Insulin · earliest marker of metabolic dysfunction
- HbA1c · average blood sugar over the past 3 months
- Total IgE · allergy and immune-activation marker

Weight Management Panel

Lab + report included by default in the Weight Management package · coach briefing or Dr André consult optional

LAB + REPORT	+ LIFESTYLE COACH	+ DR ANDRÉ
R1 625 <i>panel + written report</i>	R2 675 <i>add briefing · + R1 050</i>	R3 600 <i>add 1-hr consult · + R1 975</i>

Who it is for. For anyone struggling with stubborn weight, or wanting to understand the metabolic picture before changing their diet. Ideal for guests starting a structured weight programme at Hoogland.

What it tells you. 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.

Tests included

- Urinalysis, ESR, CRP, FBC · baseline blood and inflammation status
- Chemistry Panel 1 (general health) · liver, kidneys, cholesterol and blood-sugar markers
- TSH · rules out an underactive thyroid as a hidden cause of weight gain
- Fasting Insulin & HbA1c · the metabolic core of this panel

Diabetes Type II Panel

Included by default in Type II Diabetes Treatment — with Dr André's personal interpretation as standard

LAB + REPORT

R2 185

panel + written report

+ LIFESTYLE COACH

R3 335

add briefing · + R1 050

+ DR ANDRÉ

R4 160

add 1-hr consult · + R1 975

Who it is for. For people already diagnosed with Type II diabetes, those who are pre-diabetic, or anyone with a strong family history who wants a thorough metabolic workup.

What it tells you. How well your blood sugar is controlled, what insulin is doing, whether your kidneys and pancreas are coping, your electrolyte and mineral balance, and whether testosterone (which often drops with insulin resistance in men) is a factor.

Tests included

- Urinalysis, ESR, CRP, FBC · baseline blood and inflammation status
- Chemistry Panel 2 (electrolytes & minerals) · important because diabetes affects fluid balance, kidney function and the pancreas itself
- Chemistry Panel 1 (general health) · liver, kidneys, cholesterol and blood-sugar markers
- TSH, Fasting Insulin, HbA1c · full metabolic picture
- Testosterone · frequently low in men with Type II diabetes; relevant to energy, mood and recovery

Dementia Prevention Panel

Lab + report included by default in Neurological Health & Dementia Prevention · coach briefing or Dr André consult optional

LAB + REPORT

R3 125

panel + written report

+ LIFESTYLE COACH

R4 175

add briefing · + R1 050

+ DR ANDRÉ

R5 100

add 1-hr consult · + R1 975

Who it is for. Our most comprehensive healthy-ageing panel. For anyone over 50, anyone with a family history of dementia or Alzheimer's, and people noticing early changes in memory, focus or sleep.

What it tells you. Whether the modifiable drivers of cognitive decline — chronic inflammation, insulin resistance, low B12, low vitamin D, thyroid dysfunction and poor cholesterol, kidney or liver health — are pulling in the right direction or the wrong one.

Tests included

- Urinalysis, ESR, CRP, FBC · baseline blood and inflammation status
- Chemistry Panel 3 (advanced cardio & kidney) · homocysteine, Lp(a), Cystatin-C, apolipoproteins, full lipid breakdown
- Chemistry Panel 2 (electrolytes & minerals) · low magnesium in particular is linked to cognitive decline
- TSH, fT4 & fT3 · full thyroid — subclinical thyroid issues affect memory and mood
- Fasting Insulin & HbA1c · metabolic drivers of "Type III diabetes" (Alzheimer's)
- IL-6 · deeper inflammation marker linked to brain ageing
- Vitamin B12 · deficiency directly mimics dementia symptoms
- Vitamin D · low levels strongly linked to cognitive decline

Mental Health Panel

Lab + report included by default in the Mental Health package · coach briefing or Dr André consult optional

LAB + REPORT R2 200 panel + written report	+ LIFESTYLE COACH R3 250 add briefing · + R1 050	+ DR ANDRÉ R4 175 add 1-hr consult · + R1 975
---	---	--

Who it is for. For anyone presenting with low mood, anxiety, burnout, brain fog or persistent fatigue. A broad workup of the physical systems that most often shape mood, focus and emotional resilience.

What it tells you. Whether thyroid, blood sugar, inflammation, electrolytes, minerals or testosterone (relevant in both men and women) are pulling against your mental health.

Tests included

- Urinalysis, ESR, CRP, FBC · baseline blood and inflammation status
- Chemistry Panel 2 (electrolytes & minerals) · magnesium, calcium and electrolyte balance — all relevant to mood and sleep
- Chemistry Panel 3 (advanced cardio & kidney) · homocysteine and apolipoproteins — emerging markers in mood and cognition
- TSH, Fasting Insulin, HbA1c · thyroid and metabolic background
- Testosterone · relevant in both men and women for energy and mood

Fertility Panel

LAB + REPORT R2 595 panel + written report	+ LIFESTYLE COACH R3 645 add briefing · + R1 050	+ DR ANDRÉ R4 570 add 1-hr consult · + R1 975
---	---	--

Who it is for. For couples planning a pregnancy, women with irregular cycles, men investigating low libido or low energy, and anyone wanting a full reproductive-hormone baseline. The same panel covers the key hormones for either men or women.

What it tells you. The full hormonal picture (pituitary, ovarian or testicular, and prolactin axes) together with the metabolic and inflammatory background that affects fertility — because thyroid, insulin and inflammation matter as much as the sex hormones themselves.

Tests included

- Urinalysis, ESR, CRP, FBC · baseline blood and inflammation status
- Chemistry Panel 1 (general health) · metabolic background
- TSH, Fasting Insulin, HbA1c · metabolic background
- Total IgE · immune and allergy background
- Sex hormones · LH, FSH, Estradiol, Progesterone, Testosterone, Prolactin

A note on timing for women: progesterone and estradiol are most informative when drawn on a specific day of the cycle (typically day 21 for progesterone). Our lab team will guide you on timing when you book.

About our Chemistry Panels

Several of the panels above include one or more of our grouped lab tests — Chemistry Panel 1, 2 or 3. Bundling them this way is more cost-effective than ordering each test individually.

Chemistry Panel 1 · General health	<i>Liver enzymes (ALT, AST, GGT), kidney markers (urea, creatinine), full cholesterol breakdown (total, HDL, LDL, triglycerides) and blood-sugar markers. Used in Mini, General/Fasting, Weight, Diabetes II and Fertility panels.</i>	R445
Chemistry Panel 2 · Electrolytes & minerals	<i>Sodium, potassium, magnesium, calcium, phosphate and bicarbonate, plus pancreatic enzymes (amylase, lipase) and LDH. Used in General/Fasting, Diabetes II and Dementia Prevention panels.</i>	R445
Chemistry Panel 3 · Advanced cardiovascular & kidney	<i>Homocysteine and Lp(a) (independent risk markers also linked to dementia), Cystatin-C (a sensitive early kidney marker), apolipoproteins, detailed lipid breakdown and liver enzymes. Used in Dementia Prevention panel.</i>	R445

Individual tests · à la carte

Any of the tests below can also be booked individually

A flat charge of R 250 for the blood draw, sample handling and written report is added to any single test or combination of tests.

Baseline blood & inflammation

Urinalysis · <i>kidneys, hydration, sugar, ketones, infection markers</i>	R45
ESR · <i>chronic, slow-moving inflammation marker</i>	R40
CRP · <i>acute inflammation and infection marker</i>	R135
Full Blood Count (FBC) · <i>red cells, white cells, platelets — screens for anaemia and infection</i>	R235

Metabolic & thyroid

HbA1c · <i>average blood sugar over the past 3 months</i>	R150
Fasting Insulin · <i>earliest signal of insulin resistance</i>	R200
TSH · <i>primary thyroid screening marker</i>	R115
fT4 · <i>active thyroid hormone — confirms a TSH finding</i>	R115
fT3 · <i>active thyroid hormone — useful when TSH and fT4 do not match symptoms</i>	R115

Immune & inflammation

IgE · <i>total allergy and immune-activation marker</i>	R200
IL-6 · <i>deeper inflammation marker linked to ageing and brain health</i>	R350

Chemistry Panels

Chemistry Panel 1 · <i>General health · see details above</i>	R445
Chemistry Panel 2 · <i>Electrolytes & minerals · see details above</i>	R445
Chemistry Panel 3 · <i>Advanced cardiovascular & kidney</i>	R445

Vitamins

Vitamin B12 · <i>deficiency causes fatigue, nerve symptoms; can mimic dementia</i>	R255
Vitamin D · <i>low levels linked to immune, bone and cognitive health</i>	R225

Sex hormones

Testosterone · <i>male and female hormone — energy, libido, mood, body composition</i>	R140
Estradiol · <i>primary female oestrogen — cycle, fertility and menopausal status</i>	R150
Progesterone · <i>luteal-phase hormone — confirms ovulation, supports early pregnancy</i>	R140
LH · <i>pituitary hormone — triggers ovulation; ovarian and testicular function</i>	R115
FSH · <i>pituitary hormone — ovarian reserve and sperm production</i>	R115
Prolactin · <i>pituitary hormone — high levels can disrupt cycles, fertility and libido</i>	R115