Est 1977
Hoogland
HEALTH HYDRO
The Home of Slow Medicine

Price Lists

Packages — valid until 28 February 2027

The following pages give details of our various packages and their pricing. These serve as guidelines only — your visit to Hoogland can be adapted to best suit your unique requirements.

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 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.

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 the morning programme on the day of departure. Early check-in or late check-out is available for R850 pp.

Get in touch

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

Price lists and programmes not included here

- Medical and health consultations, tests and assessments
- Massage and beauty treatments
- Corporate services
- Coaching services

See the website or contact us for these

Our packages at a glance

Package	Min stay	From (Standard)	From (Frequent **)
Lifestyle Health Core	2 days	**R5 425** (U$320*)	**R5 025** (U$300*)
Kick-Start Wellbeing	3 days	**R10 725** (U$635*)	**R10 125** (U$600*)
Mental Health	7 days	**R23 750** (U$1 400*)	**R22 550** (U$1 330*)
Weight Management	7 days	**R25 575** (U$1 505*)	**R23 950** (U$1 410*)
Diabetes Treatment	9 days	**R33 845** (U$1 995*)	**R31 950** (U$1 880*)
Neurological Health & Dementia Prevention	7 days	**R26 550** (U$1 565*)	**R24 750** (U$1 460*)
Medically Supervised Water-Fasting	7 days	**R23 900** (U$1 410*)	**R22 400** (U$1 320*)

*** U$ is based on R17/U$ and subject to exchange rate fluctuations.**
**** Frequent visitors are those who have spent a total of more than 16 nights at Hoogland.**

- *The Lifestyle Health Core package is our basic package and contains all needed for a beneficial stay. Guests can choose to add treatments or consultations if they wish, but there is no expectation to do so.*
- *All other packages contain a carefully selected ensemble of appropriate treatments pre-packaged in a bundle to address more specialised lifestyle health concerns.*
- *The first six packages have flexible check-in / check-out dates. The Medically Supervised Water-Fasting package is available on specific dates only.*
- *Please check accommodation options as these may affect the rate.*

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 nutritional coach, who will guide you.

What every stay includes

Whichever package you choose, your stay at Hoogland includes the following as standard — alongside the specific consultations, assessments and treatments listed on each package page.

- Private en-suite accommodation (see accommodation options below)
- Full use of all facilities: sauna, steam rooms, steam cabinets, sitz-baths, jacuzzis, jet pool, swimming pools and exercise facilities
- Daily health advice and monitoring by Nurses or Health Consultants
- Supervised water-fasting for up to 3 days with guided refeeding, where chosen
- Balanced health buffet (8:00 to 19:00 – later by prior arrangement) plus a 24-hour fresh fruit and salad bar
- Unlimited mineral water and herbal teas
- Daily guided meditation and breath-work training classes
- Two guided nature walks daily
- Five exercise classes daily — pilates, stretch, African dance or step aerobics, aqua aerobics and gut motility
- Demonstrations, talks and workshop

A typical day

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 class**	Stretch classes reduce inflammation and pain while improving strength and flexibility.
15:50	**Gut motility class**	Gut motility classes aid digestion and peristalsis.
16:15	**Breath-work 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.
19:00	**Evening talk or workshop**	In-depth discussions and Q&A with our experts give you tools for long-term health success.

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.)

Room types:

Hoogland provides single rooms for guests visiting on their own, and double or twin rooms for guests who prefer to share. Single surcharges will apply to single guests in double rooms.

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 in 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 Schurveberg hills at the front of the building. Single surcharge to 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 on these is R500 per night and the upgrade fee is R100 pppn but can only be booked by able-bodied guests at short notice.

Lifestyle Health Core

2 days and longer

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.

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

Length of stay	Standard	Frequent Visitor **
2-Day Visit	**R5 425 pp** (U$320*)	**R5 025 pp** (U$300*)
3-Day Visit	**R7 975 pp** (U$470*)	**R7 375 pp** (U$435*)
4-Day Visit	**R10 500 pp** (U$620*)	**R9 700 pp** (U$575*)
5-Day Visit	**R12 975 pp** (U$765*)	**R11 985 pp** (U$705*)
6-Day Visit	**R15 375 pp** (U$905*)	**R14 250 pp** (U$840*)
7-Day Visit	**R17 700 pp** (U$1 045*)	**R16 500 pp** (U$970*)

Add additional nights to a 7-day stay for R2 250 pppn (U$135*)
The long stay rates are R2 050 pppn (U$125*) (more than 28 days)

This is a fully customisable package

Enhance your stay by adding the following optional extras

Lab Work

Our on-site laboratory offers same-day blood tests and urinalysis with detailed reports. Standard panels or highly customised tests can be booked.

Why: a current view of your blood cells, kidneys, liver, thyroid, blood-sugar control and inflammation lets us personalise consultations, treatments and dietary guidance during your stay.

Massage and Beauty Therapies

Our therapists are world-class and have worked at Hoogland for many years. They receive continual training and evaluation. The Kalahari products we use are local and gentle on the skin.

Why: Massage and beauty therapies are not just an indulgence, they have real physiological benefits through improving circulation, easing muscle tension, reducing chronic inflammation, and increasing oxytocin release.

Consultations

Book consultations with any of our medical or health professionals. This includes medical doctors, psychologists, biokineticists, nutritional coaches, life coaches, chiropractor and personal trainers.

Why: Our unhurried approach to health gives you unrushed consultations in a setting where real change can start.

Personal Training

Our dedicated and enthusiastic personal trainers are available daily from 08:00 to 17:00 and with prior arrangement can be booked as early as 07:00 and as late as 19:00.

Why: motivation is a key which unlocks greatness. Sometimes we just need to borrow from someone else until ours is restored.

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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.

3-Day Kick-Start Wellbeing

Standard	Frequent Visitor **
R10 725 pp (U$635*)	R10 125 pp (U$600*)
Extra night R2 525 pppn (U$150*)	Extra night R2 325 pppn (U$140*)

Includes

- Three nights' Lifestyle Health Core
- One mini-assessment (Health snapshot including blood tests, urinalysis and physical measurements)
- One additional consultation with a medical or health professional (Psychologist, Biokineticist, Nutritional Coach, Life Coach, Chiropractor, Lifestyle Coach, Homeopath)
- One full-body massage
- One stretch treatment
- Two Iketla treatments (head, hand or foot massage)

5-Day Kick-Start Wellbeing

Standard	Frequent Visitor **
R16 995 pp (U$1 000*)	R16 000 pp (U$940*)
Extra night R2 400 pppn (U$145*)	Extra night R2 265 pppn (U$135*)

Includes

- Five nights' Lifestyle Health Core
- One mini-assessment (Health snapshot including blood tests, urinalysis and physical measurements)
- Two additional consultations with medical or health professionals (Psychologist, Biokineticist, Nutritional Coach, Life Coach, Chiropractor, Lifestyle Coach, Homeopath)
- Two full-body massages
- One stretch treatment
- Two Iketla treatments (head, hand or foot massage)

7-Day Kick-Start Wellbeing

Standard	Frequent Visitor **
R23 995 pp (U$1 415*)	R22 975 pp (U$1 355*)
Extra night R2 250 pppn (U$135*)	Extra night R2 250 pppn (U$135*)

Includes

- Seven nights' Lifestyle Health Core
- One mini-assessment (Health snapshot including blood tests, urinalysis and physical measurements)
- Three additional consultations with medical or health professionals (Psychologist, Biokineticist, Nutritional Coach, Life Coach, Chiropractor, Lifestyle Coach, Homeopath)
- Three full-body massages
- Two stretch treatments
- Two Iketla treatments (head, hand or foot massage)

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Mental Health

7 days and longer

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 mini-assessment 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	Frequent Visitor **
R23 750 pp (U$1 400*)	R22 550 pp (U$1 330*)

First 7 days include

- Seven nights' Lifestyle Health Core
- Mental Health Lab Panel & Report (details below)
- Two consultations with the Psychologist or Life Coach
- Two additional consultations with medical or health professionals (Psychologist, Biokineticist, Nutritional Coach, Life Coach, Chiropractor, Lifestyle Coach, Homeopath)
- Personalised exercise programme development with a Biokineticist and Personal Trainer
- Four 25-minute personal training sessions
- Two full-body massages
- Two stretch treatments
- Two Iketla treatments (head, hand or foot massage)

Add additional nights to a 7-day stay for R2 250 pppn (U$135*)

Lab work: 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 and Testosterone.

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).

Personal exercise development

Work with a biokineticist and personal trainer to develop a personalised exercise programme which suits your lifestyle, personality and body. This is followed by some encouraging personal training sessions.

Why: Physical activity is one of the biggest contributors to improving and maintaining good mental health. Many people find that they are not active enough and the reasons are many. We aim to help identify what could keep you motivated.

Extras to consider

Hiking consultations — R1 500 (U$90*) for up to 2 hours. If you need to talk but are not sure where to begin, or want to release pent-up anxiety, anger or frustration, this kind of therapy can mean the world to you. Combining time in nature with one-on-one coaching is genuinely transformative.

BrainWorking Recursive Technique® — R1 240 (U$75*) A modern, confidential, fully-conscious method of psychotherapy that helps rewire how you feel about, or respond to, something with a significant impact on your life. It does not use hypnosis and does not require you to reveal private information.

Neethling Brain Profile ® analysis and coaching session – R1 150 (U$70*). This maps how you prefer to think across four quadrants: L1 analytical, L2 organised, R1 strategic and R2 people-focused. It is also useful to understand the thinking style of those around you and how this can contribute to conflict and miscommunication.

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Weight Management

7 days and longer

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, nutritional support and a continuous glucose monitor to take home — so the changes you start at Hoogland keep going once you leave.

Standard	Frequent Visitor **
R25 575 pp (U$1 505*)	R23 950 pp (U$1 410*)

First 7 days include

- Seven nights' Lifestyle Health Core
- Weight Management lab panel and detailed report
- Two physical wellbeing assessments with a Biokineticist (initial and follow-up to gauge progress)
- One exercise planning session with a Biokineticist and Personal Trainer
- Daily personal-training sessions with the Biokineticist's team
- Two consultations with the Nutritional Coach
- Two additional consultations with medical or health professionals (Psychologist, Biokineticist, Nutritional Coach, Life Coach, Chiropractor, Lifestyle Coach, Homeopath)
- Two full-body massages
- Two stretch treatments
- Two Iketla treatments (head, hand or foot massage)

Add additional nights to a 7-day stay for R2 250 pppn (U$135*)

Lab work: Weight Management Panel & Report

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.

Personal exercise development

Work with a biokineticist and personal trainer to develop a personalised exercise programme which suits your lifestyle, personality and body. This is followed by some encouraging personal training sessions.

Why: Physical activity is one of the biggest contributors to regaining and maintaining a healthy weight. Many people find that they are not active enough and the reasons are diverse. We aim to help identify what could keep you motivated.

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Diabetes Treatment

9 days and longer

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	Frequent Visitor **
R33 845 pp (U$1 995*)	R31 950 pp (U$1 880*)

First 9 days include

- Nine nights' Lifestyle Health Core
- Diabetes Type II lab panel with detailed report
- Feedback, clinical examination and consultation with Dr André, "The Fast Doctor"
- One physical wellbeing assessment with a Biokineticist
- One exercise planning session with a Biokineticist and Personal Trainer
- Daily personal-training sessions with the Biokineticist's team
- Two consultations with the Nutritional Coach
- Two additional consultations with medical or health professionals (Psychologist, Biokineticist, Nutritional Coach, Life Coach, Chiropractor, Lifestyle Coach, Homeopath)
- Two full-body massages
- Two stretch treatments
- Two Iketla treatments (head, hand or foot massage)

Add additional nights to a 9-day stay for R2 250 pppn (U$135*)

Lab work: Diabetes Type II Panel & Report

Urinalysis, ESR, CRP, Full Blood Count, Chemistry Panel 2 (electrolytes, minerals, pancreatic enzymes), Chemistry Panel 3 (advanced cardiovascular & kidney, including fructosamine), TSH, Fasting Insulin, HbA1c, C-peptide 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.

Personal exercise development

Work with a biokineticist and personal trainer to develop a personalised exercise programme which suits your lifestyle, personality and body. This is followed by some encouraging personal training sessions.

Why: Physical activity is one of the biggest contributors to regaining and maintaining good metabolic health. Many people find that they are not active enough and the reasons are diverse. We aim to help identify what could keep you motivated.

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Neurological Health & Dementia Prevention

7 days and longer

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.

Includes a MoCA cognitive assessment, a deeper lab workup and tailored exercise programming with the biokineticist.

Standard	Frequent Visitor **
R26 550 pp (U$1 565*)	R24 750 pp (U$1 460*)

First 7 days include

- Seven nights' Lifestyle Health Core
- One Dementia Prevention Lab panel with detailed printed report
- One MoCA cognitive assessment
- One physical wellbeing assessment with a Biokineticist
- One exercise planning session with a Biokineticist and Personal Trainer
- Daily personal-training sessions with the Biokineticist's team
- Two consultations with the Nutritional Coach
- Two additional consultations with medical or health professionals (Psychologist, Biokineticist, Nutritional Coach, Life Coach, Chiropractor, Lifestyle Coach, Homeopath)
- Two full-body massages
- Two stretch treatments
- Two Iketla treatments (head, hand or foot massage)

Add additional nights to a 7-day stay for R2 250 pppn (U$135*)

Lab work: Dementia Prevention Panel & Report

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, IL-6, Vitamin B12, Vitamin D and Testosterone.

Why: our most comprehensive healthy-ageing panel — shows whether the modifiable drivers of cognitive decline (inflammation, insulin resistance, low B12, low vitamin D, low testosterone, thyroid dysfunction, cardiovascular risk) are pulling in the right direction or the wrong one.

MoCA cognitive assessment

The MoCA (Montreal Cognitive Assessment) is a quick ~10-minute, 30-point cognitive screen

Why: It is especially good at detecting mild cognitive impairment and a highly regarded test of executive function and memory. It is not a diagnosis but a good screening and monitoring tool.

Personal exercise development

Work with a biokineticist and personal trainer to develop a personalised exercise programme which suits your lifestyle, personality and body. This is followed by some encouraging personal training sessions.

Why: Physical activity is one of the biggest contributors to regaining and maintaining good metabolic health. Many people find that they are not active enough and the reasons are diverse. We aim to help identify what could keep you motivated.

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Medically Supervised Water-Fasting

From 7 days to several weeks

If you live with an advanced metabolic disorder, an autoimmune condition, chronic inflammation, or are undergoing cancer treatment, and would like to explore therapeutic fasting safely, this programme offers a water-fast longer than 3 days under the direct supervision of Dr André, "The Fast Doctor". Fasting is one of the oldest healing practices we know. Here it is guided by regular clinical checks and blood tests, and it can work alongside the care you already receive from your own doctor.

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.

First 7 days:

Standard	Frequent Visitor **
R23 900 pp (U$1 410*)	R22 400 pp (U$1 320*)

First 7 days include

- Seven nights' Lifestyle Health Core
- Comprehensive lab panel with detailed printed report
- Consultation, clinical examination and fasting guidance with Dr André, "The Fast Doctor"
- One additional consultation with a medical or health professional (Psychologist, Biokineticist, Nutritional Coach, Life Coach, Chiropractor, Lifestyle Coach, Homeopath)
- Two full-body massages
- One stretch treatment
- Two Iketla treatments (head, hand or foot massage)

Add additional nights to a 7-day stay for R2 250 pppn (U$135*)

Lab work: Comprehensive Fasting Panel and Report

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

For fasts longer than the first 7 days

Every additional 5–7 days requires a further consultation with Dr André and a fast-monitoring blood panel. The cost is R2 935 (U$175*). This is the minimum; Dr André may add further tests based on your condition, which are charged separately.

If you need tests we cannot perform on-site, we will arrange them at another medical facility after discussing the need in detail with you. These are for your own account.

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