Est 1977
Hoogland
HEALTH HYDRO
The Home of Slow Medicine

# Treatments, Tests & Therapies

***Price list · valid until end February 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.* | R3 985 |
| Comprehensive Medical | *Clinical examination, medical history and personalised health plan. 1–2 hours.* | R2 100 |
| Ad-Hoc Medical Consultation* | *Per 15 minutes. *Material, equipment and external testing charged extra.* | R600 |
| Medical Procedures* | *Stitches, mole removal and similar. Per 15 minutes. *Material and external testing charged extra.* | R600 |
| 1-2 hour Dr André Labwork Feedback and Consultation | *Deeper interpretation of any lab panel plus comprehensive clinical consultation. Shown as the "+ Dr André" tier in the lab section.* | R1 850 |

## Mini-Assessment

| | | |
|---|---|---|
| Mini-Assessment | *Selection of blood tests, urinalysis, blood pressure, blood-oxygen saturation, body-fat percentage and waist-to-height ratio in a detailed report. This is an objective baseline your consultant needs to advise on tests, treatments and your daily programme.* | R1 385 |

## Psychologist

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

| | | |
|---|---|---|
| Psychologist Consultation | 55 min session | R1 250 |
| Psychologist Consultation | 85 min session | R1 850 |
| Psychologist Consultation · | 115 min session | R2 250 |

## Biokineticist · movement and physical wellbeing

| | | |
|---|---|---|
| Physical Wellbeing Assessment – 55 min | *Top-to-toe physical wellbeing assessment.* | R985 |
| Follow-up Physical Assessment – 45 min | *To gauge progress later in your stay.* | R795 |
| Senior Biokineticist Consultation – 55 min | *Treatment, assessment & programme development.* | R1 200 |
| Biokineticist Consultation · 55 min | *55 min treatment, rehab, programme development.* | R1 050 |
| Biokineticist Consultation · 25 min | | R660 |
| Neurological Health Assessment – 55 min | | R985 |

## Chiropractor

| | |
|---|---|
| Consultation & Treatment · 55 min | R1 065 |
| Consultation, Treatment or Upper Body Dry Needling · 25 min | R610 |
| Dry-Needling Multiple Areas – 45 min | R815 |

## Homoeopath

| | | |
|---|---|---|
| Consultation · 55 min | | R1 065 |
| Consultation · 25 min | | R610 |
| Homoeopathic Medication | *Typically R150 - R400 per preparation* | R150 - R400 |

## Nutritional Coach

| | | |
|---|---|---|
| Consultation · 55 min | | R1 100 |
| Consultation · 25 min | | R625 |
| Nutrition Plan Development | | R1 250 |

## Life Coach

| | | |
|---|---|---|
| Coaching Session · 55 min | | R1 050 |

## Lifestyle Coach

| | | |
|---|---|---|
| Detailed Lab Feedback · 55 min | | R950 |
| MoCA Cognitive Assessment· 20 min | | R400 |

## Personal Trainer

| | | |
|---|---|---|
| Consultation & Basic Training Programme | ***Add R650 to include a biokinetics consult in programme development.*** | R375 / R1 025 |
| Personal Training · 50 min | | R250 |
| Personal Training · 25 min | | R160 |
| Isometric Session · 25 min | | R160 |
| Isokinetic Session · 25 min | | R160 |

# 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 1-2 hour medical interpretation and comprehensive consultation with Dr André for R1 850)

## Panels at a glance

| PANEL | BEST FOR | LAB + REPORT | + COACH | + DR ANDRÉ |
|---|---|---|---|---|
| Mini-Assessment | Affordable yearly health snapshot | R1 385 | R2 335 | R3 235 |
| Comprehensive / Fasting | Wellness baseline, fasting prep | R1 995 | R2 945 | R3 845 |
| Weight Management | Stubborn weight and metabolic health | R1 650 | R2 600 | R3 500 |
| Diabetes Type II | Diagnosed, pre-diabetic, or family history | R2 395 | R3 345 | R4 245 |
| Dementia Prevention | Brain health, memory, healthy ageing | R2 935 | R3 885 | R4 785 |
| Mental Health | Mood, focus and emotional resilience | R1 935 | R2 885 | R3 785 |
| Fertility | Couples planning, cycles, hormone balance | R2 415 | R3 365 | R4 265 |
| Fast monitoring | Weekly minimum fast-monitoring test | | | R2 935 |

## Mini-Assessment

| LAB + REPORT | + LIFESTYLE COACH<br>*add briefing · + R950* | + DR ANDRÉ<br>*add 1-2 hr consult · + R1 850* |
|---|---|---|
| R1 385 | R2 335 | R3 235 |

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
- Fasting Insulin · earliest signal of insulin resistance

## 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 |
|---|---|---|
| | *add briefing · + R950* | *add 1-2 hr consult · + R1 850* |
| R1 995 | R2 945 | R3 845 |

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 signal of insulin resistance
- 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 |
|---|---|---|
| | *add briefing · + R950* | *add 1-2 hr consult · + R1 850* |
| R1 650 | R2 600 | R3 500 |

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 Diabetes Treatment Package — with Dr André's personal interpretation as standard*

| LAB + REPORT | + LIFESTYLE COACH | + DR ANDRÉ |
|---|---|---|
| | *add briefing · + R950* | *add 1-2 hr consult · + R1 850* |
| R2 395 | R3 345 | R4 245 |

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 3 (advanced cardiovascular & kidney) · lipids, Lp(a), homocysteine, Cystatin-C, liver markers and fructosamine (average blood sugar over the last 2–3 weeks)
- TSH, Fasting Insulin, HbA1c · full metabolic picture
- C-peptide · shows how much insulin your pancreas is still producing
- 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 | + LIFESTYLE COACH | + DR ANDRÉ |
|---|---|---|
| | *add briefing · + R950* | *add 1-2 hr consult · + R1 850* |
| R2 935 | R3 885 | R4 785 |

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 · metabolic driver 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
- Testosterone · low levels can cause brain fog, low mood and poor concentration that mimic early decline

## Mental Health Panel

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

| LAB + REPORT | + LIFESTYLE COACH<br>*add briefing · + R950* | + DR ANDRÉ<br>*add 1-2 hr consult · + R1 850* |
|---|---|---|
| R1 935 | R2 885 | R3 785 |

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 · thyroid and metabolic background
- Testosterone · relevant in both men and women for energy and mood

## Fertility Panel

| LAB + REPORT | + LIFESTYLE COACH<br>*add briefing · + R950* | + DR ANDRÉ<br>*add 1-2 hr consult · + R1 850* |
|---|---|---|
| R2 415 | R3 365 | R4 265 |

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 · metabolic background
- Total IgE · immune and allergy background
- Sex hormones · LH, FSH, AMH, 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.*

# Fast Monitoring

*This panel is the minimum weekly requirement for an extended fast and includes a report and test history summary*

| | | + DR ANDRÉ |
|---|---|---|
| | | R2 935 |

Who it is for. Guests on an extended water-fast under Dr André's supervision. Required every 5–7 days after the first week.

What it tells you. Whether your electrolytes, minerals, kidneys and blood counts remain in a safe range to continue fasting.

Tests included

- Urinalysis, ESR, CRP, FBC · baseline blood and inflammation status
- Chemistry Panel 2 (electrolytes & minerals) · sodium, potassium, magnesium, calcium, phosphate, uric acid and kidney markers
- Consultation with Dr André

Note: This is the minimum; Dr André may add further tests based on your condition, for example IgE for autoimmune fasts, which are charged separately.

# 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 | *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 and Fertility panels.* | R420 |
| Chemistry Panel 2 · Electrolytes & minerals | *Sodium, potassium, magnesium, calcium, phosphate and bicarbonate, plus pancreatic enzymes (amylase, lipase) and LDH. Used in General/Fasting, Diabetes II, Dementia Prevention, Mental Health and Fast Monitoring panels.* | R420 |
| Chemistry Panel 3 · Advanced cardiovascular & kidney | *Homocysteine and Lp(a) (independent risk markers also linked to dementia), Cystatin-C (a sensitive early kidney marker), apolipoproteins, fructosamine, detailed lipid breakdown and liver enzymes. Used in Diabetes II, Dementia Prevention and Mental Health panels.* | R420 |

# Individual tests · à la carte

Any of the tests below can be added to a standard panel and 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 · *kidneys, hydration, sugar, ketones, infection markers* | R40 |
| ESR · *chronic, slow-moving inflammation marker* | R30 |
| CRP · *acute inflammation and infection marker* | R125 |
| Full Blood Count (FBC) · *red cells, white cells, platelets — screens for anaemia and infection* | R220 |

## Metabolic & thyroid

| | |
|---|---|
| HbA1c · *average blood sugar over the past 3 months* | R265 |
| Fasting Insulin · *earliest signal of insulin resistance* | R190 |
| C-peptide · *shows how much insulin the pancreas is still producing* | R195 |
| TSH · *primary thyroid screening marker* | R110 |
| fT4 · *active thyroid hormone — confirms a TSH finding* | R110 |
| fT3 · *active thyroid hormone — useful when TSH and fT4 do not match symptoms* | R110 |

## Immune & inflammation

| | |
|---|---|
| IgE · *total allergy and immune-activation marker* | R190 |
| IL-6 · *deeper inflammation marker linked to ageing and brain health* | R330 |

## Chemistry Panels

| | |
|---|---|
| Chemistry Panel 1 · General health · *see details above* | R420 |
| Chemistry Panel 2 · Electrolytes & minerals · *see details above* | R420 |
| Chemistry Panel 3 · Advanced cardiovascular & kidney | R420 |

## Nutritional Status

| | |
|---|---|
| Vitamin B12 · *deficiency causes fatigue, nerve symptoms; can mimic dementia* | R240 |
| Vitamin D · *low levels linked to immune, bone and cognitive health* | R210 |
| Ferritin · *iron stores — checks for hidden iron deficiency* | R110 |

## Sex hormones

| | |
|---|---|
| Testosterone · *male and female hormone — energy, libido, mood, body composition* | R130 |
| Estradiol · *primary female oestrogen — cycle, fertility and menopausal status* | R140 |
| Progesterone · *luteal-phase hormone — confirms ovulation, supports early pregnancy* | R130 |
| LH · *pituitary hormone — triggers ovulation; ovarian and testicular function* | R110 |
| FSH · *pituitary hormone — ovarian reserve and sperm production* | R110 |
| Prolactin · *pituitary hormone — high levels can disrupt cycles, fertility and libido* | R110 |
| AMH · *ovarian reserve; can be drawn on any day of the cycle* | R110 |