

# San Aquam Spa Retreat

## DE-TOX & DE-STRESS SPECIAL

*Just Launched*

### 5 DAY DE-TOX & DE-STRESS RETREAT

WHY ONLY DE-TRESS WHEN YOU CAN HAVE THE BEST OF BOTH WITH LIKE MINDED PEOPLE. TAKE CONTROL OF YOUR BODY & MIND WITH THIS NEW AYURVEDIC DETOX / DESTRESS COMBO RETREAT & ENJOY SOME FUN & ADVENTURE WHILE INVESTING IN YOURSELF.....

COMMENCES SAT & CHECKOUT WED (Weekly Retreats 2 Dec 2011 to 11 Jan 2012 only)

- 4 Nights accommodation breakfast , lunch and supper
- Mid morning and afternoon snack and spring water/juice /herbal tea daily
- 5 Day De-stress & De-tox Spa treatment per person per day: Ayurvedic full body massage, Indian head massage, Lower back de-stress, Herbal steam treatment, Shirodhara nervous system de-stress to relax and rejuvenate the mind Herbal Colonic (150 mins per day)
- Body constitution assessment to get to know yourself better plus lifestyle and diet recommendations in accordance with your body type

All inclusive in De-tox & Destress Retreat:

- Guided yoga and meditation daily,
- Guided daily hikes to the SanAquam Waterfalls / Buys Grot, a 4000 year old San Cave with San paintings / Cathkin Peak
- Sunset 4x4 drive to the peak of Sanaquam at 1650m with stunning uninterrupted views of Cathkin Mountains with drinks & snacks at the peak

**R5400 pp sharing (Save R1400)**

Limited availability so book early & enjoy an experience that will leave you refreshed and energised to take on any challenge in the new year. All at a great price.



Call now to book your Spa Retreat experience.

Retreat: 036 468 1204 Cell: 082 779 8779

[www.sanaquam.com](http://www.sanaquam.com) [sanaquamberg@megawifi.co.za](mailto:sanaquamberg@megawifi.co.za)

off the R600 to D53 5 Bell Park Road Central Drakensberg, Cathkin Park

