



HIGH HOPES
Align with Stillness & Vitality

THE TWO-NIGHT COVID WEEKEND REFRESH

Two Night Covid Weekend Refresh – R3300 per day incl. including accommodation and therapies listed below:

The Covid Weekend Refresh, our weekend retreat special, kicks off at 3 pm on the Friday afternoon. We meet you with a WELCOME TEA and lead you directly to the reiki energy balance table and then take you out into the pristine Greyton foothills to breathe some fresh mountain air on your choice of a silent meditation or a guided walk.

After an early supper you are encouraged to go to bed with the fading light and the gently hooting owls. Saturday morning offers you the choice of a lie-in or a gentle guided walk into the foothills of the beautiful Sonderend mountains, followed by health breakfast and the opportunity to pop in at Greyton's famous weekly Saturday Morning market.

Back home at the retreat we encourage you to take a pool lounger and read or snooze at our plunge pool in the woodland gardens. After lunch you are led to our aroma-steam room, after which you step onto the massage table for a full body 1.5 hour massage. In the cool of the early evening we introduce you to your right brain via an engaging mandala painting experience, followed by a healthy, delicious supper. Throughout Covid your healthy plant-based meals are served on a tray at your private room.

We cook for you from your individual top foods list.

Sunday morning offers a lazy start, with a lie in followed by an aromatherapy massage. A FAREWELL BREAKFAST rounds your weekend retreat off. Nourished with good things, we prepare to bid you goodbye, until next time, as you prepare to wind your way home, feeling rested, nurtured and restored.

Kindly note:

Natural remedies to clear subclinical health syndromes are to each individual's private account.