Afrovedic Healing Therapies

PELONNGWE
WELLNESS RETREAT & SPA

3-DAY
GUT RESET RETREAT

Cleanse. Reset. Rejuvenate.

A short, powerful reset to cleanse your gut, boost digestion and restore your energy.

INCLUDES

- 2 Colon Hydrotherapy treatments
- 1 Hyperbaric Oxygen session
- 1 Photobiomodulation session
- 1 Manual Lymphatic Drainage
- Herbal detox support
- Organic meals & juices with Intermittent Fasting Protocol
- Daily yoga & meditation
- Luxury accommodation (3 Days / 2 Nights)
- Wellness consultation & monitoring

KEY BENEFITS

- Deeply cleanses the colon
- Improves digestion & relieves bloating
- Boosts immunity & energy
- Supports healthy weight management
- Enhances skin clarity
- Restores gut flora balance
- Promotes mental clarity & vitality

INVESTMENT
R13,950 PER PERSON VAT EXCL.

Herbal Teas • Guided Meditation • Yoga • Intermittent Fasting

+27 68 560 9467 | info@afrovedic.co.za | www.afrovedic.co.za

Afrovedic Healing Therapies

PELONNGWE
WELLNESS RETREAT & SPA

5-DAY
CELLULAR REGENERATION RETREAT

Renew Your Cells. Revive Your Life.

A powerful 5-day retreat designed to regenerate your cells, boost immunity and restore vibrant health.

INCLUDES

- Colon Hydrotherapy
- Hyperbaric Oxygen Therapy
- Photobiomodulation Therapy
- Medical Ozone Therapy
- Manual Lymphatic Drainage
- Abhyanga Ayurvedic Massage
- Reiki Healing
- Daily Yoga & Meditation
- Organic anti-inflammatory meals (Intermittent Fasting Protocol)
- Luxury accommodation (5 Days / 4 Nights)
- Wellness consultation & monitoring

KEY BENEFITS

- Enhances cellular oxygenation
- Accelerates detoxification
- Reduces inflammation
- Boosts immunity
- Improves circulation
- Supports anti-ageing
- Increases energy & vitality
- Improves sleep & mental clarity

INVESTMENT
R24,950 PER PERSON VAT EXCL.

Detox • Regenerate • Rejuvenate • Restore

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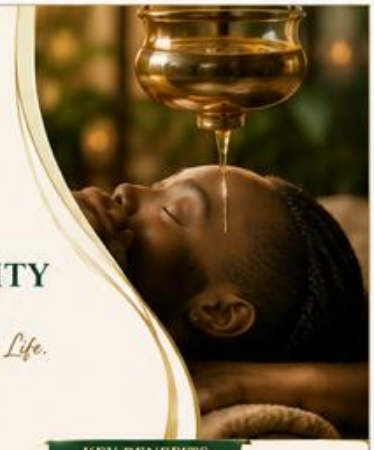
Afrovedic Healing Therapies

PELONNGWE
WELLNESS RETREAT & SPA



7-DAY
DETOX & LONGEVITY RETREAT

Detox Your Body. Extend Your Life.

A comprehensive 7-day retreat to detoxify, rejuvenate and support long-term vitality and wellness.

INCLUDES

- 3 Colon Hydrotherapy treatments
- 5 Hyperbaric Oxygen Sessions
- 5 Photobiomodulation Sessions
- 3 Ozone Therapy Sessions
- 2 Manual Lymphatic Drainage
- Shirodhara Therapy
- Abhyanga Massage
- Reiki Sessions
- Daily RowGym Functional Training with Nick Freemantle
- Yoga, meditation & breathwork
- Organic meals with Intermittent Fasting Protocol
- Luxury accommodation (7 Days / 6 Nights)
- Wellness consultation & monitoring

KEY BENEFITS

- Deep detoxification & cleansing
- Improves cellular energy
- Supports heart & brain health
- Reduces oxidative stress
- Promotes healthy aging
- Balances hormones
- Improves gut health
- Enhances sleep
- Boosts mood & mental clarity
- Increases energy & vitality

INVESTMENT
R39,500 PER PERSON VAT EXCL.

Detox • Rebalance • Rejuvenate • Revitalise • Thrive

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Afrovedic Healing Therapies

PELONNGWE
WELLNESS RETREAT & SPA

14-DAY
LIFESTYLE DISEASE REVERSAL RETREAT

Transform Your Health. Transform Your Life.

A life-changing 14-day immersive retreat to reverse lifestyle diseases, restore balance and build a foundation for long-term wellness.

INCLUDES

- 5 Colon Hydrotherapy treatments
- 8 Hyperbaric Oxygen Sessions
- 8 Photobiomodulation Sessions
- 5 Ozone Therapy Sessions
- 4 Manual Lymphatic Drainage
- 2 Shirodhara Treatments
- 3 Abhyanga Massages
- 2 Reiki Sessions
- Daily RowGym Functional Training with Nick Freemantle
- Yoga, meditation & breathwork
- Nutritional coaching & lifestyle education
- Organic meals with Intermittent Fasting Protocol
- Luxury accommodation (14 Days / 13 Nights)
- Daily wellness monitoring

TARGETS & SUPPORTS

- Diabetes, hypertension & heart health
- Weight management
- High cholesterol
- Fatty liver
- PCOS & hormonal imbalance
- Digestive disorders
- Autoimmune conditions
- Chronic fatigue
- Inflammation
- Stress & burnout

INVESTMENT
R79,900 PER PERSON VAT EXCL.

"Your body has the ability to heal itself. We give you the tools, therapies and support to make it a reality."

Heal • Reset • Rebuild • Reverse • Thrive

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