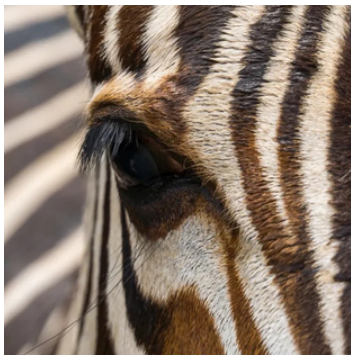


7-days Luxury Wellness Retreat

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Luxury Wellness Retreat Proposal

"The Inner Wilderness Journey"

6 Nights | South Africa

Locations: Grootbos Private Nature Reserve & Sanbona Wildlife Reserve

Here's a refined, client-ready luxury travel proposal tailored specifically for high-end **wellness retreat clients**. It blends emotional storytelling with structure — suitable for sending to discerning individuals, travel designers, or corporate wellness buyers.

Retreat Concept

A deeply restorative journey designed for modern individuals seeking clarity, reconnection, and renewal.

This experience combines:

- The sensory richness of coastal nature
- The profound stillness of the Karoo wilderness
- Guided moments of reflection, silence, and intentional living

The result is a transformative retreat that moves guests from mental noise → inner clarity → grounded purpose.

Experience Overview

Duration: 6 Nights / 7 Days

Structure:

- 3 Nights Coastal Nature Immersion (Grootbos Forest Lodge)
- 3 Nights Desert Wilderness & Reflection (Sanbona Dwyka Tented Camp)

Style: Fully hosted luxury wellness retreat

Ideal for:

- High-net-worth individuals
- Executives & founders
- Couples seeking meaningful travel
- Small private groups (6–12 guests)

NETT Prices:

Based on low season (May–September) travel in 2026

- ZAR 98 985.00 per person sharing based on 6 pax
- ZAR 92 125.00 per person sharing based on 8 pax
- ZAR 88 315.00 per person sharing based on 10 pax
- ZAR 85 545.00 per person sharing based on 12 pax
- ZAR 29 130.00 single room supplement (minimum 2 pax)

Includes:

- 6 nights luxury accommodation
- All meals daily, from lunch on day of arrival until breakfast on day of departure
- Local drinks at Sanbona
- All guided nature & safari experiences
- Return road transfers from Cape Town
- Daily wellness sessions (meditation, breathwork, reflection)
- Conservation & cultural experiences
- Private wellness facilitator

Excludes:

- All flights
- Additional meals and drinks (lunches and dinners)
- Additional entrance fees and excursions not listed as included
- Gratuities
- Personal items
- Travel insurance

Accommodation Style

- Both properties offer:
- Private luxury suites with panoramic views
- Five-star dining (locally sourced, seasonal cuisine)
- Spa and wellness facilities
- High staff-to-guest ratio ensuring personalized service

Phase 1: Reconnect (Days 1–3)

Grootbos Private Nature Reserve

Theme: Grounding | Sensory Awakening | Nature Connection

Set between ancient forests and ocean horizons, Grootbos offers **a gentle landing into presence.**

Signature Experiences

- Guided fynbos immersion walks (botanical mindfulness)
- Marine encounters (whales, dolphins – seasonal)
- Conservation experiences with the Grootbos Foundation
- Spa rituals using indigenous, plant-based treatments

Wellness Integration

- Daily guided breathwork or meditation
- Journaling prompts for self-inquiry
- Optional yoga sessions overlooking the ocean

Emotional Outcome

Guests begin to:

- Slow their nervous system
- Reconnect with their senses
- Transition away from external pressures

Transition Journey (Day 4)

A scenic transfer into the vast landscapes of the Little Karoo.

This is a designed psychological shift:

- From lush → minimal
- From stimulation → stillness
- From outward awareness → inward reflection

Phase 2: Reflect & Renew (Days 4–6)

Sanbona Wildlife Reserve

Theme: Silence | Expansion | Inner Clarity

Sanbona's vast, untouched terrain creates space for deep introspection and emotional reset.

Signature Experiences

- Twice-daily Big Five safaris (with optional silent drives)
- Guided wilderness walks & tracking
- Stargazing experiences under pristine skies
- Optional ancient rock art exploration

Wellness Integration

- Silent morning safaris (mindfulness in motion)
- Fire ceremonies & intention-setting rituals
- Deep journaling & reflection sessions
- Optional one-on-one coaching or facilitation

Emotional Outcome

Guests experience:

- Mental spaciousness
- Emotional clarity
- A renewed sense of direction

Integration & Departure (Day 7)

- Guests depart with:
- A grounded sense of self
- Clear personal intentions
- Tools to sustain balance post-retreat