



HEALING EARTH WELLNESS ESCAPE *at The President*



SATURDAY, 17 OCTOBER 2026

Step away from the everyday and spend a day reconnecting, restoring and slowing down. Together with Healing Earth, we've curated a wellness escape centred around mindful movement, nourishing food, natural beauty and deep relaxation.

TO BOOK | reservations@presidenthotel.co.za

COVE
WELLNESS SPA



HEALING **earth**[™]

WELLNESS DAY RETREAT

9am – 2pm | R890 per person

Saunders' Rock Dip & Sauna

Refresh with a dip at Saunders' Rock before warming up with a restorative sauna session, designed to leave you feeling relaxed, recharged and renewed.

Yoga Flow

Ease into the morning with a mindful yoga flow led by Leigh from House of Yoga.

Wellness Brunch

A nourishing brunch designed to leave you feeling energised and restored.

Healing Earth Beauty Kitchen

Discover the power of natural African botanicals in a hands-on Beauty Kitchen experience. Create your own body scrub to take home while learning more about the ingredients and rituals behind Healing Earth.

WELLNESS STAYCATION

*Night of Friday, 16 October or
Saturday, 17 October | From R4 590*

Make a weekend of it.

Extend your escape with an overnight stay designed around rest and restoration.

Overnight stay & breakfast • Welcome herbal tea • Healing Earth gift • Full Wellness Retreat & brunch • Dinner • 60-minute holistic full-body massage

Your stay ends with a Sleep Retreat turndown - a calming in-room ritual designed to help you switch off, unwind and settle into a restful night's sleep.

TO BOOK | [Wellness Staycation Package or
reservations@presidenthotel.co.za](mailto:reservations@presidenthotel.co.za)

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