



Oaklands

Farm

*Gut Health
Vitals Retreat*





Why Attend?

- Reduce inflammation
- Anti-aging
- Weight loss
- Deep cellular cleansing, heal and repair old cells tissues and organs
- Stimulate autophagy to release human growth hormones and stimulate stem cells to regenerate tissues
- Improve microbiome and stimulate immune cells

What to Expect:

You are encouraged to complete a 24hr fasting period of pure water and herbal tea. 48hr to 72hr is encouraged – But NOT COMPULSORY!

You will enjoy access to a daily choice of treatments:

Acupressure, specialised kinesiology and energy balancing, massage, ozone therapy, infrared sauna, movement for lymph drainage and digestion, meditation, breath-work nature walks and wild swimming in the dams, informative and educational discussions focused on relevant aspects of gut health, immunity and food related issues as well as tips on how to maintain physical and mental wellbeing.





Please Note:

All nourishment offerings will be light, easy to digest and designed to enhance your gut microbiome whilst still keeping you in autophagy.

- Trays of water & herbal teas will be available all day at the tea station.
- No coffee, alcohol, carbonated drinks or other stimulants will be made available.

Where: Oaklands Farm, Van Reenen, Drakensberg -
Halfway Between (3 Hours from JHB & DBN)

Participation in activities is entirely at your own discretion.



Your Facilitators



Caroline Bruce

International Classical Homeopath

Caroline's own healing journey, triggered by serious digestive issues, led her to develop a successful gut-healing protocol. This personal solution has since transformed into a beloved brand with nationally distributed gut-restoring products. Caroline's story reflects her resilience and dedication to a natural, holistic lifestyle as well as her passion for sharing authentic living and healing modalities with others.



Aurora Wolpe

Specialised Kinesiologist

Healing and nurturing on all levels has always been my passion. Seeing people thriving, improving their lives and living to their fullest potential is the goal; I work with my clients to find their sabotage patterns - be they physical, emotional, mental or energetic, then release and clear these - and witness the unfolding and flowing into new beginnings.



Dawn Turner

Accupressure Reflexologist

Healing has always been a part of my life. Taking care of people from all walks of life has been my passion. Reflexology has been my avenue of choice for healing. In the early 1980's when I first got interested in Reflexology, it was not as well known then, as it is today. Holistic healing in itself was not what it is today, as what it was in the 70's/80's.



Sylvia Ngweny

Massage Therapist

Sylvia has worked with clients in the industry for more than 15 years and offers wonderful Swedish, aroma, and Swahili massages. She can also offer waxing, manicures and pedicures. Sylvia has a wonderful ease with people and a seemingly endless capacity to give of herself and her energy.

Bruce Room package

The rooms have lovely private verandas with breath-taking views, fireplaces and bathrooms with a bath and shower or shower only. Each pair of rooms has inter-leading doors for ease of access if you would like to book these rooms as a family suite.

Included in your package:

- 1 x Acupressure Treatment
- 1 x Massage
- All accommodation and nourishment
- Daily: morning and evening meditation and breathwork, engage in gentle exercise and movement targeted at activating the digestive system and promoting lymph drainage.
- Access to the infrared sauna
- Guided nature walks / freshwater swimming
- Daily informative talks on topics such as gut health, our emotional relationship with food, do we really know what's in our food.

Additional Extras

You will be able to book additional treatments which will be added to your account.

- Acupressure
- Massage
- Ozone therapy
- Specialised Kinesiology and energy balancing





Garden Room package

The rooms feature luxurious bathrooms with a full bath and shower and a private courtyard. Situated away from the main entertainment and children's play areas, these rooms afford guests privacy and seclusion.

Included in your package:

- 1 x Acupressure Treatment
- 1 x Massage
- All accommodation and nourishment
- Daily: morning and evening meditation and breathwork, engage in gentle exercise and movement targeted at activating the digestive system and promoting lymph drainage.
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Clifton Room package

The rooms all have fireplaces and bathrooms with a bath-shower combination. They also have lovely verandas facing the garden and valley.

Included in your package:

- 1 x Acupressure Treatment
- 1 x Massage
- All accommodation and nourishment
- Daily: morning and evening meditation and breathwork, engage in gentle exercise and movement targeted at activating the digestive system and promoting lymph drainage.
- Access to the infrared sauna
- Guided nature walks / freshwater swimming
- Daily informative talks on topics such as gut health, our emotional relationship with food, do we really know what's in our food.

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Get in Touch

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