



Terre Paisible

MEDICAL REJUVENATION & SPA

FRANSCHHOEK

The Arrival Reset



A considered welcome for the international traveller, The Arrival Reset is a deeply restorative ritual designed to counter the effects of long-haul travel — easing fluid retention, reactivating circulation, and restoring a sense of effortless lightness.

1.

Your journey begins with a bespoke 75-minute
Lymphatic Drainage Massage,
a precise and rhythmic treatment that encourages detoxification, reduces congestion,
and relieves the heaviness carried through extended travel.



2.

This is followed by a sculpting **Gua Sha Facial**, where time-honoured technique meets refined touch to release tension, awaken microcirculation, and restore luminosity to fatigued skin.



3.

You are then guided into our **Emerald Presso™** Suit to stimulate circulation, support lymphatic flow, and enhance the body's natural detoxification processes — a seamless union of science and subtlety.



4.

The experience concludes at your leisure, with access to our sauna and heated pool, where warmth, stillness, and expansive Simonsberg views invite the body to soften further, allowing the full benefits of the ritual to unfold in quiet luxury.

The result is not simply relaxation, but renewal — a body that feels lighter, a mind that is clear, and a presence that is fully restored. You arrive not just in destination, but in yourself.



Investment: R3500
Total Treatment Time: 2 hours

