



Terre Paisible

MEDICAL REJUVENATION & SPA

FRANSCHHOEK



Rewild & Restore



A ONE-DAY RETREAT AT TERRE PAISIBLE

R4900 per person



Immerse yourself in a day of deep renewal with our bespoke Rewild & Restore experience.

1.

Begin with a personalised 90-minute massage tailored to your body's unique needs, releasing tension and promoting full-body harmony.

2.

This is followed by the
Esse Live Probiotic Experience,
a transformative facial that applies
live microbes to rewild the skin's
microbiome—reducing inflammation,
enhancing barrier function, and restoring
long-term skin vitality.



3.

Your treatment
will be further customised
with your choice of an
**Esse Anti-inflammatory,
Lifting Massage, or Menopause
Massage**,
each designed to enhance results and
induce a profound state of relaxation.



4.

Enjoy a nourishing,
gourmet superfood lunch
thoughtfully paired with one
of our award-winning estate wines.
Throughout the day, unwind in our
Sauna and Heated Pool,
surrounded by serene estate views
and tranquil nature.
A sensory journey for skin,
body, and soul.

🕒 Total Time: 4½ hours



TP

5.

For those invested in
long-term vitality, Terre Paisible
offers a curated selection of
**medical aesthetic therapies,
biohacking protocols and
targeted IV infusions** designed to
support healthy ageing from the
inside out.

Under the guidance of our expert
team, guests may access treatments
that stimulate collagen, improve skin
integrity, and restore hormonal balance,
alongside advanced infusions such as
Glutathione and the Modified Myers'
Cocktail — formulated to enhance
detoxification, reduce inflammation,
and optimise cellular function. These
integrative therapies complement
your wellness journey and can be
personalised to support your unique
healthspan and longevity goals.

