



WELLNESS & BEAUTY CO

Flexible Wellness Business Options for Wellness Service providers. A Wellness Centre and Fitness Studio with an Array of Health & Wellness Practitioners.

HAPPY, HEALTHY, BEAUTIFUL

Our guests find us in many different ways.

Some by the delight in the voice of a friend who's been to The Wellness & Beauty Co and now shares a life-affirming change, or a renewed commitment to health.

Some by the promise of nature's beauty and restorative company during an easy garden stroll.

Some by the call of their own body for movement, rest, renewal and refreshment.

Whatever voice compels you, whichever path brings you to our door, we offer an experience which has been carefully handpicked and designed to celebrate the uniqueness that is you.

Our passion is to serve our guests every day to see their comforts, needs and joy. Our highest goal is to assist you to be the very best version of yourself.

Our motto Happy, Healthy, Beautiful is our wish for our every guest arriving at our door.

The Wellness & Beauty Co is centre of wellness and beauty, close enough to have frequent visits from our loyal guests.

WHAT TO EXPECT

The Wellness & Beauty Centre was established with loving intention to create an environment of healing, health, wellness and personal growth, while looking and feeling absolutely gorgeous!

This is reflected in our motto: Happy, Healthy, and Beautiful.

We are a centre of collaboration, networking with a wide variety that we proudly showcase some of the best practitioners, service providers, healers, coaches, trainers and therapists in the industry.

We strive to offer not only a wide spectrum but also all-inclusive journeys to assist you to lead a full, healthy fulfilled life.

We are proud to be an open minded, non-judgmental and non-denomination company.

Beauty options – accessible to all with a longing heart to grow as an individual, be part of something great and to live a live with purpose.

We aim to remain the forerunner in Wellness in the mind/body milieu. Once you find us our goal is to provide all you need to find yourself. We make healthy people healthier!

We are her to assist you to find what you have been seeking.

Our wish for each guest is a life of health, fulfilment and peace of mind. We provide you with the platform of choice and variety to find the right combination to celebrate your uniqueness and the right people that speak to you.



Services

- A Club Membership to give you access, discounts and extras to all the services we have on offer.
- An easy to navigate App to have access to all the services, treatments, classes and events we offer.
- Flexible Tenant Office Space for practitioners, therapists, coaches etc. in the health, wellness & beauty industry
- We market and promote all of our collaborators under the Wellness & Beauty Co umbrella and offer these services to our loyal guests
- Yoga / fitness Studio (YogaLink) on the premises
- A highly acclaimed day Spa with a Hair Salon and Nail Bar
- Workshop, Conference and Function Venue
- Wellness Café , Juice & Coffee Bar (catering for delicious take away options too)
- Event and Workshop Calendar: Sharing the best the industry has to offer in a fabulous setting.

Some of the other services and activities to look forward to:

Gentle Detox programs we offer are based at the Centre and “take-away juice options” are available to continue with at home.

Wellness Workshops, Yoga Workshops, and Breathing Workshops

Meditation Workshops, Yoga Therapy, Private Lessons, Private Meditation Classes, Tai Chi Classes, Holistic Life Coaching, Emotional/Mental Healing Consultation, Remedial Yoga Therapy, Nutrition and Lifestyle Coaching inspired by Ayurveda, Cooking Classes (Healthy and Vegetarian Classes), Detox Programs (Gentle Juice & Yoga Cleansing; 7 Day, 5 Day and Weekend Retreats)

Weight loss / Weight Management Clubs, Organic Gardening Workshops.



Conference / Workshop / Events / Venue

Workshop, Conference and Function Venue plus Wellness Café

The Wellness and Beauty Co is private and exclusive – perfect setting for a Health, Beauty or Wellness Workshop, Event or Product Launch. It is an exclusive venue with much to offer in terms of service, excellent facilities and setting which offers privacy and exclusivity in abundance.

To ensure your workshop, conference or event run as smooth as possible, The Wellness and Beauty Co Team will assist you every step of the way.

The Wellness and Beauty Co has one indoor workshop space available that flows into a sheltered Pergola Café to extend the facility.

Smaller areas for business meetings are also available.

1. The Sanctuary Conference / Workshop Room:

Can comfortably accommodate up to 40 guests.

The venue can be extended by opening it up to our courtyard in good weather.

2. The Wellness Café – Semi Outdoor / Semi Private

To book exclusively - A Minimum of 40 guests

3. We also have a large accommodating kitchen to arrange cooking workshops with Groups. The kitchen goes hand in hand with our Organic Food garden

Various options are available to suit your requirements:

Half Day & Full Day “Packages” are available.

Various catering options.

Additional activities can be arranged with us before your conference

Drumming Team-building

Interactive Fire Dancing

Day Spa Treatments can be arranged

Yoga / Relaxation – Short Sessions / Introduction Sessions can be arranged



Facilities

We provide you with the platform of choice and variety to find the right combination to celebrate your uniqueness and the right people that speak to you.

The Wellness & Beauty Co has a “retreat” feel for anyone to join in, learn and enjoy. Herbal Teas, Purified water and juices are served all day long.

There is a gentle camaraderie between guests and staff and laughter is the language spoken most. We host an annual Workshops Calendar. We invite groups and individuals and are open as a venue to host your own retreat or workshop.

Our facilities include:

- 2 Fully Furnished Treatment Rooms,
- A Furnished Consulting Room,
- Day Spa,
- Hairdresser,
- Nail Studio,
- Yoga Studio, and Workshop Venue,
- Open Kitchen geared for Cooking Classes and beautiful relaxing gardens, with organic produce for the kitchen.

As much as The Wellness & Beauty Co tempts the body to get moving, we also encourage quiet and refreshing interludes. All rooms are large and spacious for quiet reflection.

Spa treatments can be enjoyed in groups in the garden, or in one of our peaceful treatment rooms. Health consultations can be arranged with any of the Specialists on the panel associated with our Company.

We are proud to be associated with a trusted Spa Group offering treatments to our guests which ensures only the finest organic ingredients are used to feed your skin during one of our Spa Treatments.

YOGALINK Studio



YogaLink Studio is situated at the lovely Wellness & Beauty Co Centre in Raslouw Centurion. The studio shares the studio floor with some of the best yoga teachers and studios in Centurion. It is a collaboration studio to celebrate Yoga. Different Styles of Yoga are on offer as well as a variety of workshops. We also collaborate with the Wellness Centre to offer yoga with other therapies: Beauty Yoga, Healing Yoga, and Transformation Yoga. An interesting bouquet, you will definitely find your favourite.

YOGA CLASS RATES

First Class is Free * Donate your class fee (Optional)

Drop – in Class R90

Class bundles are your credits to use when it suits you.
Please note that a class bundle expires after 3 months.

Available Class bundles:

Four Class: R350

Six Class: R500

Ten Class: R750



Memberships

To make your journey fall in with your day to day life, we make it easy, by incorporating all-inclusive memberships to guide you as well as technology at your fingertips so you can have access whenever you need to.

BECOME A CLUB MEMBER

Some of the highlights:

- Start-Up Goodie Bag,
- Bring a Friend Yoga Voucher,
- Branded water Bottle,
- Download Free App,
- An App, to make appointments and check availability, book a class or treatment
- Part of The Wellness & Beauty Co Brand: Invitations, events, discounts and special offers monthly.
- One Free Yoga Class on start up
- The Wellness & Beauty Co - Branded Access Tag
- Membership discounts at The Wellness Co

BECOME A FLEXITENANT

Some of the highlights:

- We market our associated partner's business to the larger market.
- A concierge and reception
- Fresh Serviced Rooms
- Security and Safe parking
- Tea Garden, Juice Bar, meeting spaces available
- Free Wi-Fi

Please contact us for full pricing on our memberships.



Growing & Giving Back

The physical embodiment of our Centre's great energy lies in our Gardens. We feel a strong commitment to giving back to our community and therefore have a Non-Profit organization on board which function between our earthy gardens and soulful kitchen.

Our loving garden is a paradise of healing and aromatic plants it is the presence that weaves all our activities into splendid rhythm. Our Mind/Body/Spirit philosophy is "From the Good Earth" and is reflected in everything we offer.

Simplicity is key and reflects from our decor to shine the light on our natural surroundings, all the way to the delightful organic kitchen where we boast our own organically grown detox juices and fresh and healthy menu to our guests.

Our Community Training Program is embedded into our kitchen and garden as one entity. Here we teach skills on perma-culture farming principles, vegetable and container gardening and our produce translates into our kitchen where everything so fresh and tender is used with the same love and care to create simple dishes singing from the plate.

For us cookery is not so much about the strict adherence to rigid principles, but rather a practical way of feeling more connected with our surroundings through the food we eat. In our modern pace of life it is easy to feel confused by nutrition and about what constitutes a 'healthy diet.' Our approach is one of gentleness in using our immediate environment and the changes within the seasons to guide us in making more informed choices about the ingredients we select and the cookery techniques employed in the kitchen.

Our halaal kitchen has a strong emphases on mouth-watering vegetarian dishes, smoothies and juices with healthy choices in abundance but never compromising on quality and 'yumminess'.

We teach hands-on and seasonal cookery at the Wellness and Beauty Co. We combine Western nutrition with Eastern healing philosophies to create sensational meals with a strong emphasis on how to live in greater harmony with nature. This philosophy is what shines though in our kitchen.

You feel happier, lighter, refreshed and energised when you have been nourished by our wellness café.



Bookings

The social revolution has changed the way consumers make their purchasing decisions. We have positioned our business online in the right place at the right time, to capture (and keep) the attention of current and future clients.

Our clients have the freedom to view our schedule, view all the practitioners and therapists associated with our Centre and book their next spa day or yoga class online, and even pay before they arrive. Our software assists our customers to book appointments and run any retail transactions wherever our client happens to be.

We assist with a variety of memberships and an App is available to install on your smart phone. Practitioners and Therapists also have access to our treatment room availability to book space with the Wellness Centre facilities.

Why not pop in for a cup of coffee at our Juice & Coffee Bar, enjoy free Wi-Fi and make your next appointment!

We also have a self-help tablet station available for you to browse all we have on offer.

Trouble getting hooked up?

One of our friendly staff members will assist you to get the up and running in no time.

If you fancy the traditional way of making contact (some of us do) please use the contact details below and we can happily assist.

General Inquiries

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