

Best investment I have ever made ... Written by a thankful and now healthier Guest! June 2019



I feel like a new woman. On the outside, I still have the same 50 year old failing fat body and same (or insane!) family commitments and daily stresses but it's what's new in the inside which makes me feel like I've been given a complete overhaul and deep clean and I wish I had done this years ago. The secret ... I've just spent a glorious 24 hours at the luxurious Oxford Health Retreat in the quiet and leafy Melrose suburb here in Johannesburg, where coupled with peace and quiet, I was given the tools, time and space to reinvigorate and rebalance my whole self or health wellbeing as it is known today.

Karen, the Retreat Manager welcomed me when I arrived and Naomi, the Night Manager, showed me around the beautifully furnished home and all the treatment rooms. The use of the floatation tank and sauna are inclusive, as well as time in the music sensorium room. No need to read up or panic about not knowing how to use any of these things as instructions and their benefits to me were explained so I didn't feel out of my comfort zone at any time when I did eventually use them. I was also presented a personalised timetable of when and what to do during my stay so I didn't even need to think about when I should be doing them – what bliss for someone who spends a lot of her time marshalling her children and husband around! I also booked a deep tissue massage which was an extra but as they say, in for a penny, in for a pound, and I can't recommend it highly enough. I can honestly say, it was the best massage I have ever had and those magic hands worked their magic powers in all the knots that I didn't even know I had.



My room was amazing and comfortable – in fact the attention to detail is evident everywhere you look around this Retreat. I loved the fresh flowers and cucumber and pomegranate flavoured water next to my bed but what was so special, was the roaring fire which crackled and greeted me when I entered Room Number 1. The views from my window and private balcony were spectacular - the pool and beautifully manicured garden made me smile and hearing water from the various fountains around the retreat gave me an instant feeling of calm and it was only the slight view of the Melrose Arch buildings on the skyline that reminded me I was still here in the heart of Johannesburg otherwise I felt I was in the middle of the countryside somewhere far away from the bustle and hustle of city life.

The food also was also out of this world – piping hot heart-warming soup as a starter to succulent sole and fresh vegetables for my dinner to a delicious full breakfast the following morning and a tasty piece of chicken with roasted sweet potatoes served with a salad full of tasty morsels for lunch - all balanced, beautifully presented and cooked in front of you by the talented Musa.



So why do I say this was the best investment I have ever made ... I have left there and returned home with a new sense of peace and strength. Was it the sauna, yoga session, float tank, good food, beautiful room or massage to name but a few of the things that I did experience in my 24 hours – yes it definitely was all of that but also so much more. I recently had to take my car in for a service and it turned out that it needed its clutch, brakes and a leaking gear box sorted out too in order to get back on the road again and get me safely from A to B. It was expensive but all necessary to be done. What is the difference between me and my car – absolutely nothing. We can all go on and on and on in our busy lives and worlds but at some point, if we do not spend a little time on repairing and looking after ourselves, we stand the risk of falling apart, collapsing and standing still or functioning not at optimum levels. My time at the Retreat has enabled me to know that I will be able to navigate those bumps in life a little easier now and adapt to changes more smoothly ... my engine is good to go for another year and I look forward to booking myself in annually from now on for my Health and Wellbeing service check-up.