

HOLISTIC  
HEALING  
AND EASE



BOTANIC  
HEALTH  
SPA / CLUB







“

TO PLANT A GARDEN  
IS TO BELIEVE IN  
TOMORROW

AUDREY HEPBURN





## HISTORY SHAPES THE PRESENT

Our heritage: green and serene. Providing a haven where we focus on health and wellbeing – heal your spirit, free your mind, change your lifestyle, explore nature and feel reborn. In peace and love.

Right to the roots, the Botanical Garden and monastic heritage are integral to our Botanic Health Spa culture. A holistic concept that reflects a healthy approach to life based on four approaches:

- (( Phytotherapy
- (( Traditional Chinese Medicine (TCM)
- (( Traditional European Medicine (TEM)
- (( Ancient Monastic Medicine (MM)

The pioneering synergy of TCM and TEM methods administered by a team of highly qualified and experienced therapists is quintessential to our bespoke solutions.

*Embark on our customised journeys.  
We look forward to accompanying you.*





HISTORY & SUSTAINABILITY

THIS IS WHERE  
THE STORY BEGINS...

A medieval cloister garden enclosed by a hospital and a monastery. Resplendent with plants and flowers, it is a riot of colours and fragrances. This is where monks walked and meditated while partaking of the fresh air. The garden also served the monastic community as a reliable source of medicinal and culinary herbs.

Fast forward to the 16th century and Peeter van Coudenberghe, Antwerp's famous botanist and pharmacist, whose garden on this same site became the precursor to the Botanical Garden. Still growing. Still healing. Still exploring. Throughout its history, this has been a place of therapy, of hospitality and of herbal lore. Continually adding to the treasure trove of knowledge, yet always maintaining its green roots of tranquillity.

Now the time has come to take you back to our roots by combining the healing wisdom of the ancient monastery with modern science. For our research-driven approach to the ageing process, to supporting the metabolism and balancing the immune system, we have partnered with Mylife Changer – the perfect synergy of medical knowledge, plant-based ingredients and cutting-edge technology for long-term benefits.

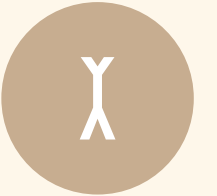
We believe in protecting the world we live in by using natural and organic active ingredients extracted from plants and renewable raw materials, vegan, with a limited carbon footprint and without animal testing. The Botanic Health Spa embraces a holistic approach and this philosophy is deeply embedded into all of our treatments.





## MYLIFE CHANGER

A research-driven approach to impact the cell ageing process.  
Tailored solutions for any face and body skin alterations.  
*from page 10*



## MESSAGES & BODY RITUALS

Reconnect with your body. Floating experiences.  
*from page 30*

## TEM TCM

Traditional European Medicine. Traditional Chinese Medicine.  
*from page 34*



## RETREATS & SPORTS

Spiritual healing. High performance consulting & coaching.  
*from page 40*

## MONASTIC MEDICINE

The Revival of the Monastic Apothecary  
*from page 72*





# THE CORE PHILOSOPHY

Holistic beauty, inside and out. Our botanical and holistic approach is all about healthy skin! Performance skincare by Méthode Physiadermie® and an extraordinary level of excellence offer tailored solutions for any face or body skin alteration. In addition to Swiss and eco-responsible products by Physiadermie, Mylife Changer offers bespoke solutions based on performance and results.

## Mylife Changer ⓘ

### **Organic Facial Treatments**

Functional ingredients with clinical effectiveness and the highest possible proportion of active substances.

## Mylife Changer ⓘ

### **Holistic Skin Rejuvenation**

Bespoke solutions to treat skin alterations.  
Cleanse. Boost. Repair. Nourish.

## Mylife Changer ⓘ

### **Body Treatments**

Stimulate digestion. Improve skin tone and tissue firmness. Encourage natural detoxification.

## Mylife Changer ⓘ

### **Solution Massages**

Relieve stress. Ease tension, aches and pains. Mobilise joints and muscles.



A RESEARCH-DRIVEN  
APPROACH TO IMPACT THE  
CELL AGEING PROCESS



# THE PHYSIODERMIE MÉTHODE'S DNA

More than 40 years dedicated to research and development in cosmeceuticals for skincare to visibly improve the quality of the skin and obtain visible results! Méthode Physiodermie® represents a perfect synergy between the most powerful natural ingredients and cutting-edge Swiss technology. The brand was born after an in-depth study of morphological tendencies and their effect on individual aesthetic variations.

*The use of active ingredients adapted to individual morphological and physiological characteristics lies at the core of Méthode Physiodermie®. This clinical approach targets the causes, not the consequences, of skin alterations, resulting in healthy skin. An extensive research programme identified suitable plant families whose active ingredients have been incorporated into effective skincare products.*



BECAUSE  
EVERY INDIVIDUAL  
IS UNIQUE

### HEALTHY SKIN IS A MATTER OF PRINCIPLE

- T<sup>1</sup>** Type analysis and in-depth skin diagnosis to determine morphology
- T<sup>2</sup>** Top-notch technology & hyper-personalised products
- T<sup>3</sup>** Treatment protocols based on morphological predominance



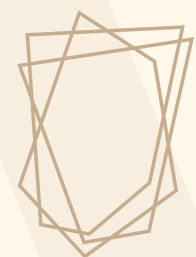




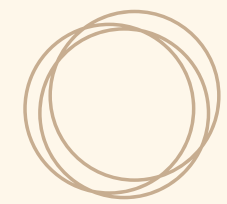
## MORPHOLOGICAL ANALYSIS

How can we identify your constitution? What is naturally attracted to you and what causes you to become out of balance, sick and diseased? Check it with our T<sup>3</sup> morphological analysis products that benefit your skin.

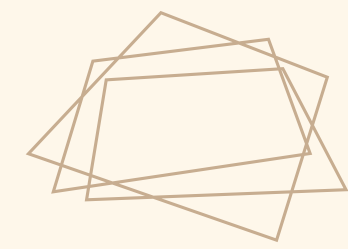
Although we share many similarities, we're all very individual. This is reflected in our character, physique, emotions, and even our skin. Morphological analysis is based on ancient typological theories that divide people into four different basic tendencies according to body type, muscular system, skin texture, hair structure and character traits. These theories have been revived and adapted to reflect the latest scientific findings for holistic (skin) health.



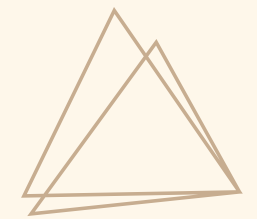
Sanguineous



Lymphatic



Bilious



Nervous





CERTIFIED ORGANIC  
SKINCARE WITH  
VISIBLE RESULTS

## ORGANIC FACIAL TREATMENTS

*After an initial consultation and derma-scan, our therapists arrive at your morphological tendency. This allows them to personalise your treatment.*

### MyLife Changer Organics <sup>ⓧ</sup>

#### **Renew & Radiance**

The greeting ritual includes a 10% lactic acid peel to prepare skin for profound cleansing and subsequent absorption of active ingredients. A mask supports cell regeneration to boost the overall repairing effect. The lymphatic system is stimulated and skin cells are supplied with oxygen and nutrients before a concluding emulsion application provides moisture and strengthens the skin's natural protective shield.

**45 minutes €99**

### MyLife Changer Organics <sup>ⓧ</sup>

#### **Balance Beauty**

This treatment restores skin balance with a refining and smoothing 10% lactic acid peel. Combined with a bioenergetic lymph drainage, your skin's natural ability to self-regulate is heightened, actively combatting excess tissue fluid. Wellbeing, profound relaxation and increased skin vitality are the noticeable outcomes of the resulting inner harmonisation. A concluding serum and powerful mask intensify the long-lasting effects. Natural high-tech for a smooth, relaxed and radiant complexion.

**60 minutes €135**

### MyLife Changer Organics <sup>ⓧ</sup>

#### **Fake A Facelift**

Inspired by aesthetic medicine's most advanced techniques, this treatment features a 10% lactic acid peel to smoothen skin, followed by a dynamic muscle-toning 40-minute massage to redefine the shape of the face and give skin a visible lift. Targeted moisture delivery eliminates dryness and energises the skin with astonishing effectiveness. A lipid-restoring mask with personalised skin-plumping serums boosts skin elasticity and discernibly improves skin firmness. Defy gravity with this skin boosting treatment.

**90 minutes €195**

*Organic, eco-responsible,  
vegan, biodegradable, paraben-  
free, alcohol-free, sulphate-free,  
and never tested on animals.*



After an initial consultation and derma-scan, our therapists arrive at your morphological tendency. This allows them to personalise your treatment.

## Mylife Changer <sup>(X)</sup>

### **Natural Lifting Facial**

Rebalancing phase, enzyme peel, *Bioaromes* tailored to your morphology, mask, finishing treatment. Type-specific active ingredient serums and a 40-minute facial massage stimulate muscle tone to achieve natural lifting and a radiant complexion.

**90 minutes €195**

## Mylife Changer <sup>(X)</sup>

### **Anti-Ageing Facial**

Rebalancing phase, enzyme peel, *Bioaromes* tailored to your morphology, mask, finishing treatment. Microencapsulated hyaluronic acid penetrates deep into the skin via bipolar radiofrequency for instant moisturising and rejuvenation. This gentle treatment wards off the natural ageing processes, stimulates cell regeneration, encourages collagen and elastin production, and brings about long-term rejuvenation. Skin is radiant, visibly firmer and rosy.

**90 minutes €195**

## Mylife Changer <sup>(X)</sup>

### **Detox Facial**

Rebalancing phase, enzyme peel, *Bioaromes* tailored to your morphology, mask, finishing treatment. Shadows and bags under puffy eyes are the result of a build-up of lymphatic fluid under the skin. Combining a Detox Facial with an abdominal treatment stimulates a comprehensive detoxification process to remove water retention and waste products. Restores the skin's natural protective film with a Morpholymph® treatment and type-specific active ingredient serums.

**90 minutes €195**

## Mylife Changer <sup>(X)</sup>

### **Signature Facial**

#### **T<sup>3</sup> acts for**

- (( Dry & dehydrated skin
- (( Sensitive skin
- (( Oily skin
- (( Large pores
- (( Hyperpigmentation
- (( Sagging skin
- (( Dark circles & bags under eyes
- (( Sun damage
- (( Rosacea & redness
- (( Acne & blemishes
- (( Psoriasis

**60 minutes €135**

**90 minutes €195**

90 minutes include ultrasound deep cleanse and special eye treatment







## Mylife Changer ⓘ

### ***Sparkling Like A Diamond***

Sparkling Like A Diamond is a non-invasive, patented technology designed to provide maximum skin renewal and rejuvenation. This innovative instrumental approach is also used to treat a wide range of skin issues with the specific aim of achieving radiant beauty results. The T<sup>3</sup> Skin Rejuvenator device produces visible skin improvements in cases of hyperpigmentation, sun damage, blemishes, acne, redness or rosacea.

The procedure combines a peel, deep cleanse, personalised active substance infiltration, lymphatic drainage, cell renewal as well as frequency and light therapy in just one treatment!

- (( Refreshes and improves all skin types
- (( Immediate results
- (( Non-invasive, zero downtime
- (( Treats acne, minimises pores
- (( Reduces fine lines and wrinkles
- (( Treats hyperpigmentation and scars
- (( Detoxes and deeply cleanses skin

**60 minutes**    **€195**

**95 minutes**    **€315\***

\* includes detox and facelift massage

*Improves skin's  
overall health  
Diminishes fine lines  
& wrinkles  
Restores elasticity  
& firmness*



LOOKING GOOD  
FEELING GREAT

BEAUTY FROM  
HEAD TO TOE

Hands & Feet

**Manicure or Pedicure**

**Deluxe KOH**

Gentle exfoliation, cuticle treatment, buffing, finishing massage and base coat

**Manicure 30 minutes €70**

**Pedicure 50 minutes €80**

**ADD ON**

*Manicure polish or French polish with KOH Colours*

**15 minutes €20**

Shine, Last & Go!

**Gel Nail Polish**

Manicure or pedicure with BIAB (without bath)

**Manicure 75 minutes €85**

**Pedicure 75 minutes €95**

**BIAB Removal**

**20 minutes €25**

Waxing

**€15 to €55**

**ADD ON**

*Paraffin pack for hands or feet*

**25 minutes €25**

Eye-Catching

***Eyebrow Shaping\****

**€30**

***Eyebrow Tinting\****

**€22**

***Eyelash Tinting\****

**€22**

***Eyelash & Eyebrow***

***Tinting\****

**€32**

*\*only available as an add-on to a facial or the Head to Toe treatment*

jane iredale

Make-Up

**Day Make-Up**

**15 minutes €25**

**Evening Make-Up**

**40 minutes €65**

**Wedding Make-Up**

Trial **€90/hour**

On your big day **€90/hour**

Hairdresser

***Hair Styling Short Hair***

**€100**

***Hair Styling Long Hair***

**€115**

***Hair Styling for Events***

***& Weddings***

**€175/hour**

Other prices upon request





RESEARCHED AND  
DEVELOPED  
FOR MALE SKIN

## PITSTOP FOR MEN



### Mylife Changer Organics <sup>ⓧ</sup>

#### ***Skin Power Facial***

Cleanse. Lactic acid peel. Rebalance. Mask.  
Finishing treatment.

Natural power for a dynamic and superbly  
groomed look.

**45 minutes €99**

### Mylife Changer <sup>ⓧ</sup>

#### ***Detoxifying Hydration Facial***

Cleanse. Lactic acid peel. Rebalance.  
Detox massage. Mask. Finishing treatment.

The cleansing gel welcoming ritual is specially  
tailored to meet the challenges life throws at men's  
skin. This treatment eliminates toxins and impurities,  
stimulates the lymphatic system, and counteracts  
lymphatic congestion.

**60 minutes €135**





STIMULATE AND  
MAXIMISE YOUR  
DETOX FUNCTIONS

## BESPOKE BODY TREATMENTS



Mylife Changer <sup>ⓧ</sup>

### ***Full Body Renew Treatment***

Feeling sluggish, heavy, fatigued and burnt out? Detox your body, activate your energy and restore natural balance. The Full Body Renew Treatment starts with a derma-scan to analyse your morphological tendency and is followed by a manual abdominal treatment as well as a detox and slimming massage. We invigorate the body's energy points to stimulate the digestive system and support the body's toxin elimination. This body styling programme is completed by a body wrap, either hot or cold depending on cellulite presentation.

**90 minutes    €160**



Mylife Changer <sup>ⓧ</sup>

### ***Full Body Renew Treatment Programme***

**3-session, 6-day programme    €435**



**Mylife Changer** ⓘ

**Manual Abdominal Treatment**

*Stimulates digestion*

Since digestion is key to good skin, this impressive treatment stimulates the digestive system and supports your body in eliminating toxins. Your natural gastrointestinal processes are activated, restoring your body's natural balance as well as balancing your immune system. The perfect treatment to activate food absorption.

**35 minutes €50**

**Mylife Changer** ⓘ

**Toning Body Treatment**

*Relaxes and strengthens muscles*

This special muscle-maintenance massage technique improves skin tone and tissue firmness. We warm your muscles and improve blood flow, thereby supplying oxygen and nutrients to your muscles. This invigorating treatment restores the body's balance, corrects bad posture and eliminates pain. Ideal for post-exercise recovery, to ease neck tension and pelvic obliquity, and to resolve sacral, hip and lumbar blockages.

**80 minutes €160**

**Mylife Changer** ⓘ

**Detox & Slimming Body Treatment**

*The core of our methodology*

This invigorating slimming massage combines special techniques to stimulate the lymphatic system, drain excess fluid from tissues, excrete toxins, encourage natural detoxification, and reduce skin tension caused by water retention. Feel your body overflow with wellbeing and lightness.

**50 minutes €90**

**TIP**

*Combine Detox & Slimming Body Treatment or Toning Body Treatment with a Mylife Changer Manual Abdominal Treatment*



**Mylife Changer** ⓘ

**Somatic Massage**

*Stress relief*

Stress and the constant pressure to achieve cause perpetual muscle tension. Headaches, back and joint pain, persistent fatigue and poor posture are the consequences. This treatment encompasses the whole body but is particularly focused on areas most affected by osteoarticular tension. Deep breathing techniques allow you to calm your mind and reduce the concentration of stress hormones in your blood. Tensions and blockages are resolved, muscles stretched, and your body is re-energised.

**90 minutes €190**



**Mylife Changer** ⓘ

**Energetic Massage**

*Mobilise joints, fasciae and muscles*

This treatment promotes nerve functionality, eliminates excessive spine tension and releases blockages by stretching the muscles. Muscles and fasciae are treated with special *Bioaromes*. Gentle stretching of the longitudinal, shoulder and pelvic muscles, as well as the spine, enables the body to realign itself. Followed by a synergy cocktail application to supply the joints with nutrients for long-term benefits.

**50 minutes €110**





RECONNECT  
WITH YOUR  
BODY

### Bespoke Body Massage

#### ***On The Path Of Rejuvenation***

A massage with oils from traditional European medicine, tailored to your individual needs.

- 25 minutes** €60
- 50 minutes deep relaxation** €95
- 50 minutes deep tissue** €120

### Relaxing Back Massage

#### ***Release Tension In Back And Trapezius Muscles***

Resolves blockages and promotes blood flow – leave feeling revitalised!

- 25 minutes** €60

### After-Work Tension Release

#### ***Floating Experience & Massage***

Clearing work and stress from the mind can help you get through challenging times at work. Make yourself a priority, de-stress and rebalance to boost your productivity. For a happier, healthier you.

- 60 minutes** €139

### Botanical Glory Aromatherapy

#### ***Let Go With Scents From The Botanical Garden***

Awaken your senses and renew your soul with this nourishing botanical aromatherapy massage.

- 50 minutes** €95

### Botanical Head-To-Toe Ritual

#### ***Relax, Restore, Rebalance!***

This signature treatment includes a botanical facial and a soothing body massage perfectly devised to suit your wants and needs. Absolute bliss as well as vitality, glowing skin and clarity of mind!

- 120 minutes** €240

Our therapists use products by Saint Charles for their superb quality, their ability to harness nature's power to heal, and their affinity with the local herb world.



## Soothe & Smooth Massage

### ***Inner Peace & Calm***

A gentle but firm full body massage with enveloping movements promotes a sense of ease and comfort. Feel your mind unwind, your body relax and your stresses drift away.

**90 minutes**                    **€160**  
**4 hands 60 minutes**        **€240**

## Reset & Reboot Massage

### ***Restore Your Energy Flow***

Inspired by lomi lomi massage, this full body massage uses deep palm and forearm pressure to restore energy flow, dissolve stress and tension and ease pain and muscle soreness. Say goodbye to deep-seated and long-standing muscle tension.

**90 minutes**                    **€160**  
**4 hands 60 minutes**        **€240**

## Rejuvenate & Restore Massage

### ***Ease Mental Fatigue***

An invigorating and rejuvenating massage which combines a range of techniques to relax your body and release toxins. Feel your muscles loosen while stress and mental fatigue are relieved. It's time to restore that spring in your step!

**90 minutes**                    **€160**  
**4 hands 60 minutes**        **€240**

## Stress Buster Massage

### ***Respite And Relaxation For Body***

### ***And Mind***

Reconnect with your body and relax with this profoundly stress-reducing massage. Passive stretching and firm pressure along the body's energy lines increase flexibility and relieve muscle and joint tension. Take home a sense of deep relaxation and restored energy.

**90 minutes**                    **€160**  
**4 hands 60 minutes**        **€240**

## Herbal Magic Stamp Massage

### ***Floating Experience***

Purification and healing with the hidden power of herbs. The ritual starts with a mild enzymatic exfoliating scrub that gently eliminates dead cells and impurities, leaving skin instantly smooth and velvety soft. Embedded in the warmth of the flotation bed, you are immersed in a mist of botanical herbs. Breathe gently as a hot stamp massage relaxes the muscles and stimulates blood flow, ensuring you leave with fresh, hydrated and noticeably smoother skin.

**120 minutes**        **€240**

## Hot Stone Full Body Massage

### ***From Warmth To Wellbeing***

Hot stone therapy combines classic massage therapy and the pleasant effect of hot basalt stones. Body and mind are soothed and stimulated, energy points are activated, tension melts away and vitality is boosted.

**90 minutes**                    **€180**

## Full Body Detox Soft Pack

### ***Wrap Up For Amazing Benefits!***

This highly effective full body treatment cocoons you in soothing warmth and imparts an almost weightless state. We wrap you in a special film before applying gentle water pressure to facilitate the skin's absorption of active ingredients such as brown algae and *Bioaromes*. Whether you're looking to tighten loose skin following weight loss, or require a reboot of mind and spirit with a body detox, this wrap offers a range of benefits: exfoliates, moisturises and restores elasticity.

**45 minutes**                    **€90**





XAVIER LE CLEF  
Spa Director,  
Holistic medicine and  
TCM practitioner



‘As a practitioner, I see the effects of our lifestyles becoming more and more evident in physical and emotional complaints. Only a holistic approach can offer lasting solutions.’

## TCM & TEM THE PERFECT COMBO

The holistic focus of the Botanic Health Spa is on a mix of tried and tested healing and preventive methods. But the quintessential expression of the spa lies in the synergistic combination of Traditional Chinese Medicine and Traditional European Medicine administered by a team of highly qualified therapists.

### **Traditional Chinese Medicine (TCM)**

TCM assessment techniques, a patient’s medical history and in-depth consultation provide the information required to draw up a schedule of treatment options. Additional diagnostic methods are also offered.

### **Traditional European Medicine (TEM)**

With TEM, we go back to the botanical roots of the Botanic Sanctuary Antwerp, celebrating the healing plants that have been grown here ever since the monks first chose to settle on this venerable site. Our passion for the best quality, natural, sustainable and effective remedies even feeds into our approach to Traditional Chinese Medicine.



## Osteopathy

### **Move Easy**

Harness the body's self-repairing potential with osteopathy, the holistic method of detecting, treating and preventing health problems by moving, stretching and massaging muscles and joints. The smooth, joined-up functioning of bones, muscles, ligaments and connective tissue is vital to wellbeing – and your osteopath can help.

**30 minutes €80**

## Micro-Osteopathy

### **Initiate Self-Healing**

In this gentle therapy, the basics of homeopathy are applied manually: through delicate touch the body is reminded of unhealed injuries and self-healing is initiated. This causal approach reaches irritation and trauma even if they are not remembered consciously.

**30 minutes €80**

## Fully Individualised TCM/TEM Treatment

### **Restore Your Energy**

**30 minutes €80**

**60 minutes €150**

## Physiotherapy

### **Restore Movement And Function**

Injury, illness and disability can adversely affect the bones, joints, soft tissues, brain, nervous system, heart, circulation, lungs and breathing.

A physiotherapist looks at your body as a whole in order to arrive at advice, exercise and therapy to help you overcome your specific issue.

**30 minutes €80**

## TCM Diagnosis & Personalised Treatment

### **Balancing Imbalances**

An extraordinary partnership of two seemingly disparate worlds: we combine the best of two ancient healing arts, Traditional European Medicine and Traditional Chinese Medicine. We use massage techniques developed to stimulate specific points along the meridians to remove blockages and restore the flow of Qi, while healing herbal essences and botanicals bring about an even greater sense of wellbeing.

- (( Bespoke measurement
- (( Tongue-ear-pulse consultation
- (( 40 mins bespoke acupuncture
- (( 30 mins bespoke osteopathy
- (( Facial enhancement
- (( Scalp massage

**120 minutes €240**

## PERFORMANCE DIAGNOSTICS

If you're feeling exhausted, stressed out, worn out, burnt out, anxious or depressed, the answer may lie in personalised frequency medicine. The subtle energy fields that help regulate our body chemistry and cellular makeup – our vital fields – are the electromagnetic fields and impulses that promote the body's own healing mechanisms.

Today's stressors, from pesticides and electrosmog to processed foods and overwork, can cause untold damage to our cells, resulting in a wide range of health issues. At the Botanic Health Spa, we discover the root cause of chronic issues with the help of performance diagnostics and vital field technology. We measure 200 million data points to identify stressors and their locations in the body. The resulting data form the basis for a comprehensive, highly personalised treatment plan.

- (( Stimulates cellular metabolism and detoxification
- (( Regenerates and revitalises cell function
- (( Stimulates self-healing
- (( Inhibits inflammatory processes
- (( Regenerates the digestive tract
- (( Balances the immune system
- (( Supports pain therapy
- (( Assists stress management

### Electromagnetic Frequency Treatment

#### ***Fix Your Issues***

Treatment programme as per therapeutic consultation.

**30 minutes €140**

### Full Body Screening & Analysis

#### ***Health MOT***

Ultra-weak electric impulses are transferred to the body via electrodes. Within only 14 minutes, more than 200 million individual measurements, in a frequency range from one Hertz to one billion Hertz, are carried out, which then serve as basis for analysis.

**45 minutes €175**

### Blood Analysis

#### ***It's All in the Blood***

Appointments are available between 8am and 9am – get results within 48 hours. Please book at least a week in advance.

**15 minutes €45**





INGMAR HARTHOORN  
Spa Director and  
Director of Sports



‘A gym for tailored fitness solutions  
where everyone is welcome –  
from beginner to pro.’

# EXPERIENCE A NEW LEVEL OF FITNESS AND HEALTH

Super modern and high-tech, the Botanic Health Club and private members’ fitness club offers the latest, state-of-the-art Technogym equipment. Floor to ceiling windows blur the boundaries between inside and out. Whether on a spring morning, sunny day or frosty evening, every workout takes place with a view of treetops and ancient roofs.

The genial former professional athlete conducts personal training sessions and helps guests and members reach their own fitness goals. Kickstarting this process is an instant body analysis by the InBody Scan, cutting-edge analytic equipment that gives you in-depth insight into your current body composition.

Fitness and health programmes suit different needs and include \*personal training \*small activity classes \*bio circuit training using the world’s smartest and most state-of-the-art equipment with NASA technology \*Yoga and Yogalates \*coaching \*after-work workouts \*regular presentations and lectures on new fitness-related research \*high-tech personal fitness analysis.

Personal Training	<b>55 minutes</b>	<b>€120</b>
Group Class	<b>50 minutes</b>	<b>€25</b>

BHC membership fees upon request



KIM SMOLDERS  
Functional Medicine  
Certified Health Coach

//

‘We take a direct approach to help you discover the best wellness routines that work for you and empower you to meet your unique health goals.’

## HEALTH COACHING

# BE THE BEST VERSION OF YOU

A Health MOT full body screening or an initial consultation enables our health coach Kim to take a close look at your lifestyle. The resulting data forms the basis for a comprehensive and bespoke treatment plan. Get to the root cause of your imbalances. Working closely with our TCM & TEM experts, certified therapists and personal trainers, her solutions are tailor-made for you. Explore your emotional, physical and dietary issues and benefit from an inspiring framework that will lead you towards your best life!

We recommend booking a course of 5 to 10 health coaching sessions to give you time to make life-changing steps to become the best version of yourself!

Health coaching 10 session block	<b>€1,200</b>
Health coaching 5 session block	<b>€600</b>
Health coaching 1 x 1-hour session	<b>€120</b>
Health coaching 1 x 30-minute session	<b>€60</b>





## CUSTOMISED JOURNEYS

*The approach to healing at the Botanic Health Spa reflects the destination's monastic history. Our customised journeys are soothing spa treatment programmes offering additional dimensions for self-exploration and growth. Whether the aim is to improve fitness, reverse the signs of ageing, de-stress after a long day in the office, or optimise health and wellbeing, we deliver a bespoke solution.*





## CHECK-UP YOUR HEALTH!

*Stress, exposure to toxins and pesticides, electrosmog, low-quality sleep, and highly processed food all contribute to our collective health crisis and have a major impact on our bodies and minds. When damaged cells don't have enough energy to regenerate, the damage may continue indefinitely. The path to our energy potential is unique and individual – just like our energy profile. By understanding your individual stressors and applying innovative biophysical methods, we can help you recharge.*

### Benefits of the programme

*Improve overall health and optimise your wellbeing*

*Learn to change bad habits*

### Your customised journey includes

- (( 1 Health MOT – full body screening & analysis
- (( 2 Fully individualised TCM/TEM treatments
- (( 2 Individual 1-hour treatment sessions
- (( 1 Introductory fitness evaluation
- (( 1 Personal training session
- (( 2 Bespoke body massages
- (( 4 Healthy lunches
- (( Complimentary spa & pool access

**5-day programme €1,017\***

\*excludes accommodation







## HEALTH COACHING

# HOLISTIC HEALER

*Functional Medicine Health Coaching offers a holistic approach to health and wellbeing. Highly personalised, this form of coaching takes as its starting point the interconnectedness of body and mind, focusing on identifying the root causes of symptoms, pain and discomfort. To help you achieve optimal health and prevent illness, your health coach will guide and empower you to manage your own lifestyle, nutrition, exercise regime, relationships, sleep and stress.*

### Benefits of the programme

*Improve overall health and optimise your wellbeing*

*Reinvent your daily habits*

### Your customised journey includes

- (( 1 Consultation with our holistic health coach
- (( 1 Nutrition consultation with our holistic health coach
- (( 2 Personal training sessions
- (( 2 Mylife Changer body treatments
- (( 4 Healthy lunches
- (( Complimentary spa & pool access

**5-day programme** €889\*

\*excludes accommodation



# EXPERIENCE THE BOTANICAL JOURNEY

*Banish stress in our Botanical Garden. Explore what the outside world provides, breathe, meditate and reconnect with nature ...*

## Benefits of the programme

*Restores vibrancy to stressed skin  
Revitalises and nourishes  
Activates your energy*

### Your customised journey includes

- (( 1 Mylife Changer Fake a Facelift facial
- (( 1 Herbal magic stamp massage
- (( 1 Healthy lunch
- (( Complimentary spa & pool access

**Half-day programme €450\***

\*excludes accommodation



# THE SECRET OF BOTANICAL ROOTS

*Joy, gratitude and mindfulness are our guiding practices. We equip you with all the tools you need for complete wellbeing and a natural complexion.*

## Benefits of the programme

*Reharmonises your imbalances  
A scientific understanding of texture combined with natural active ingredients from the Botanical Garden*

### Your customised journey includes

- (( 1 Mylife Changer Organics Balance Beauty facial
- (( 1 Botanical Glory aromatherapy
- (( 1 Herbal magic stamp massage
- (( 1 Healthy lunch
- (( Complimentary spa & pool access

**2-day programme €484\***

\*excludes accommodation







## MONASTIC STRESS RELIEF

*Monastic stress relief combines ancient monastic remedies, Traditional European Medicine and Chinese herbal medicine with an experienced and knowledgeable team of experts. Cleanse and restore health and strength.*

### Benefits of the programme

*Massage techniques developed to stimulate specific points along the meridians help to remove blockages and restore the flow of Qi  
Healing herbal essences and botanicals to bring about a greater sense of wellbeing*

### Your customised journey includes

- (( 1 Consultation with our holistic health coach
- (( 1 Fully individualised TCM/TEM treatment
- (( 1 Osteopathy treatment
- (( 1 Personal training session
- (( 1 Mylife Changer Manual Abdominal treatment
- (( 1 Mylife Changer Somatic body massage
- (( 4 Healthy lunches
- (( Complimentary spa & pool access

**5-day programme** €823\*

\*excludes accommodation





# AWAKENING THE SENSES

*Be attentive to body and soul for greater focus and balance – live fully in beauty and joy!*

## Benefits of the programme

*Releases stress and tension*

*Leaves skin feeling velvety soft and radiant*

*Promotes inner calm and relaxation*

## Your customised journey includes

- (( 1 Mylife Changer Signature facial
- (( 1 Soothe & smooth massage
- (( 1 Full body detox soft pack
- (( 1 Healthy lunch
- (( Complimentary spa & pool access

**1-day programme** €399\*

\*excludes accommodation





# IMPROVE YOUR DIGESTIVE HEALTH

*A clean and healthy gut lets you eliminate illness-causing microorganisms. It allows you to digest all your food, letting the important vitamins, minerals, and other nutrients be absorbed by your body.*

## Benefits of the programme

*Improves your gut health*

*Nutritional advice you can follow at home*

*Natural detoxification*

## Your customised journey includes

- (( 1 Health MOT – full body screening & analysis
- (( 1 Health coaching session
- (( 1 Fully individualised TCM/TEM treatment
- (( 2 Mylife Changer Manual Abdominal treatments
- (( 1 Mylife Changer Detox body treatment
- (( Herbal colon cleanse drinks
- (( 2 Healthy lunches
- (( Complimentary spa & pool access

**3-day programme €706\***

\*excludes accommodation

# GUT CLEANSER

*Love great food, but tend to overindulge? Give your gut a detox break. Natural gastrointestinal function is brought back into balance and the immune system is strengthened.*

## Benefits of the programme

*Improves gut health*

*Natural detoxification*

## Your customised journey includes

- (( 1 Mylife Changer Signature facial
- (( 1 Mylife Changer Manual Abdominal treatment
- (( 1 Mylife Changer Detox & Slimming body treatment
- (( 1 Healthy lunch
- (( Complimentary spa & pool access

**Half-day programme €298\***

\*excludes accommodation





## DETOX TO SHINE & RENEW

*Excess toxins can be the cause of physical and mental health issues such as chronic fatigue, headaches, insomnia and other diseases. By detoxing your body, you activate energy and restore your natural balance. Since digestion is the key to flawless skin, we stimulate the body's energy points to boost digestive function and support the body in eliminating toxins. All of our treatments combine elements from Asian and European healing massage techniques.*





# SHORT DETOX CLEANSE

# INTENSIVE DETOX RETREAT

## Benefits of the programme

*A short detox with great results*

*Promotes a radiant complexion*

*Improves skin tone and tissue firmness*

## Benefits of the programme

*An intensive detox for maximum results*

*Eliminates toxins and helps contour the body*

*Promotes healthy, radiant skin*

### The programme

- (( 1 Mylife Changer bodyforming treatment
- (( 1 Mylife Changer Manual Abdominal treatment
- (( 1 Mylife Changer Signature facial
- (( 1 Mylife Changer Detox body treatment
- (( 1 Mylife Changer Full Body Renew treatment
- (( 1 Mylife Changer Toning body treatment
- (( 1 Personal training session
- (( Herbal colon cleanse drinks
- (( 3 Healthy lunches
- (( Complimentary spa & pool access

**4-day programme** €708\*

\*excludes accommodation

### Your customised journey includes

- (( 1 Initial advanced body composition test
- (( A tailored fitness programme
- (( 2 Personal training sessions
- (( 2 Mylife Changer Bodyforming treatments
- (( 2 Mylife Changer Manual Abdominal treatments
- (( 1 Mylife Changer Signature facial
- (( 1 Mylife Changer Detox body treatment
- (( 1 Mylife Changer Full Body Renew treatment
- (( 1 Mylife Changer Toning body treatment
- (( Herbal colon cleanse drinks
- (( Continue your botanical journey at home with our skin rejuvenation discovery set
- (( 6 Healthy lunches
- (( Complimentary spa & pool access

**7-day programme** €1,114\*

\*excludes accommodation



# ORGANIC GLOW!

*Stress, or environmental influences such as smoking or improper nutrition, can lead to wrinkles, blemishes or dark circles around the eyes. This treatment programme helps to gently remove built-up liquid and toxins, stimulating blood and lymph circulation. Nutrients and oxygenation are increased and your skin visibly radiates. A perfect combination of clinical efficacy and organic certification.*

## Benefits of the programme

*Restores the body's natural balance  
Boosts the immune system  
Restores vibrancy to stressed skin*

### Your customised journey includes

- (( 1 Mylife Changer Fake a Facelift facial
- (( 1 Mylife Changer Manual Abdominal treatment
- (( 1 Mylife Changer Detox & Slimming body treatment
- (( 1 Healthy lunch
- (( Complimentary spa & pool access

**Half-day programme €355\***

\*excludes accommodation



# LOOK FAB AT THE PARTY!

*Prepare yourself from the inside out for that special occasion! We get you glammed up and ready to go with the perfect spa experience!*

## Benefits of the programme

*Look good on the outside and feel great on the inside  
A well-deserved pre-celebration treat*

### Your customised journey includes

Perfect radiance, skin brightening!

- (( **Step 1:** Microderma-diamond-abrasion
- (( **Step 2:** Deep pore cleansing
- (( **Step 3:** Mylife Changer Sparkling like A Diamond facial
- (( **Step 4:** Fake a Facelift facial
- (( **Step 5:** Manicure deluxe with polish
- (( **Step 6:** Pedicure deluxe with polish
- (( **Step 7:** Evening make-up
- (( 1 Healthy lunch
- (( Complimentary spa & pool access

**1-day programme €579\***

\*excludes accommodation

### Tip:

*Hairdresser  
available  
upon request*







# GET WEDDING READY

*Prepare body, mind and soul for the most special day of your life.  
Cleanse. Boost. Repair. Nourish. A unique experience based on visible results.*

## Benefits of the programme

*Look good on the outside and feel great on the inside  
A well-deserved treat before your wedding*

### Your customised journey includes

- (( 3 Sparkling Like A Diamond treatments
- (( 1 Mylife Changer Full Body Renew treatment
- (( A 40-minute waxing
- (( 1 Manicure deluxe with polish
- (( 1 Pedicure deluxe with polish
- (( 1 Paraffin pack
- (( Wedding make-up trial (2 hours)
- (( Wedding make-up on your big day (2 hours)
- (( Complimentary spa & pool access

**3 weeks to go! €1,572\***

\*excludes accommodation

**Tip:** Hairdresser available  
upon request







# CHANGE FOR PHYSICAL FITNESS

*Are you stuck in a place where you 'know' what you need to do in order to reach your health and fitness goals, but can't seem to get started?*

## Benefits of the programme

*Improves general health and wellbeing*

*Helps you get fit and feel strong*

*Tones your body*

## Your customised journey includes

- (( 1 Initial advanced body composition test with the InBody Scan
- (( A current health status analysis
- (( A tailored fitness programme
- (( 3 Personal training sessions
- (( 1 Morphological analysis followed by a Mylife Changer Detox body treatment
- (( 1 Mylife Changer Toning body treatment
- (( 1 Mylife Changer Energetic body massage
- (( 3 Healthy lunches
- (( Complimentary spa & pool access

**4-day treatment programme €1,023\***

\*excludes accommodation





# RETAIN HIGH PERFORMANCE

*Brainwork over bodywork. Sensory overload and digitalisation.  
It's time to overcome stress – the scourge of modern society.*

## Benefits of the programme

*Individual performance management  
Healthy environment and conditions  
Efficient stress and energy level management*

### Your customised journey includes

- (( 1 Health MOT – full body screening & analysis
- (( 1 Personal training session
- (( 1 individualised TCM/TEM treatment
- (( 1 Reset & reboot massage
- (( 1 Detoxifying Hydration facial
- (( 1 Healthy lunch
- (( Complimentary spa & pool access

**2-day programme €740\***

\*excludes accommodation



# HOLISTIC FITNESS JOURNEY

*Get better, fitter, stronger ... mentally and physically!  
Improve performance and achieve your best results!*

## Benefits of the programme

*Discover your true energy potential  
Optimise your wellbeing with individualised frequency medicine  
Support the body's energy flow and intra-cellular communication  
We recommend that we measure your energy levels after 4 weeks*

### The programme:

- (( 1 Health MOT – full body screening & analysis
- (( 2 Fully individualised TCM/TEM treatments
- (( A tailored fitness programme
- (( 2 Personal training sessions
- (( 2 Bespoke full body massages
- (( 1 Mylife Changer Full Body Renew treatment
- (( 1 Concluding consultation
- (( 6 Healthy lunches
- (( Complimentary spa & pool access

**7-day programme €1,424\***

\*excludes accommodation





# BALANCE YOUR IMMUNE SYSTEM

*Our botanical remedy to boost immunity. Are you ready to reduce stress, enjoy good sleep, have regular exercise and make changes to some of your lifestyle habits? Start your journey and improve your quality of life.*

## Benefits of the programme

- Eliminates toxins and stimulates digestion*
- Natural detoxification*
- Skin rejuvenation*

### Your customised journey includes

- (( 1 Health MOT – full body screening & analysis
- (( 1 Health coaching session
- (( 1 Fully individualised TCM/TEM treatment
- (( 1 Mylife Changer Signature facial
- (( 1 Mylife Changer Manual Abdominal treatment
- (( 1 Mylife Changer Detox body treatment
- (( Traditional European Medicine supplements, vitamins and minerals (charged separately)
- (( Continue your botanical journey at home with our skin rejuvenation discovery set
- (( 3 Healthy lunches
- (( Complimentary spa & pool access

**4-day programme €842\***

\*excludes accommodation







Our historic apothecary has been brought back to life.



## SAINT CHARLES

Opening times:

**Sunday**

10am – 1.30pm . 2pm – 4pm

**Monday & Tuesday**

Closed

**Wednesday – Saturday**

10am – 1.30pm . 2pm – 6.30pm



## THE REVIVAL OF THE MONASTIC APOTHECARY

Preserving our legacies. The Botanic Sanctuary Antwerp is proud of its heritage. Of its history as a monastery. Of the role played here by Peeter van Coudenbergh, Antwerp's famous botanist and pharmacist. And Botanic Sanctuary Antwerp is mindful of its responsibilities. For the environment. For all of us – back to the roots ...

A life fashioned by enduring traditions and a passion for herbal medicine. Combining Europe's traditional healing wisdom with contemporary insights, we joined forces with a Viennese company whose vision chimed with ours: Saint Charles. Each product in their extensive range has evolved over time and with each generation of the Ehrmann family of pharmacists. A long tradition of making and mixing, learning and healing has resulted in a brand that epitomises sustainability: 100% natural and organic ingredients, cultivated as locally as possible, packaged in glass or recycled plastic without outer packaging.

Our store concept addresses as many of the senses as possible. The range of high-quality Saint Charles products includes natural cosmetics, aromatherapy and nutritional supplements. Additionally, a hand-picked selection of exclusive niche skincare brands used in the facial and body treatments offered by the Botanic Health Spa enriches the range at the Botanic's Saint Charles store. A specially created fragrance, signature products and limited-edition accessories – hand-made and sustainable – further enhances your Botanic wellbeing experience.

Inspiration never ends ...





## Reservations

The minimum age for admittance to the Botanic Health Spa is 18, however children may use the facilities before 9am with supervision of a parent or guardian. If you are expecting, please let us know your due date when booking: not all treatments are suitable during pregnancy. Before your treatment you will be asked to fill out a health assessment form. During your treatment, please also let us know of any wishes, preferences or discomfort to help us achieve the best possible results for you. Please let us know of any medical conditions or allergies at the time of booking. We wish to ensure that all treatments are suitable for your needs and health.

## Safety and Hygiene

Please be considerate of the other spa users' right to privacy and tranquillity. We request that mobile phones are either switched off or kept on silent. In the interest of hygiene, it is mandatory to take a shower before entering the baths, saunas, steam baths, pool and other facilities. The pool is a no jumping or running area. Please wear slippers and a bathrobe in the Botanic Health Spa Bistro, lounge and rest areas.

## Arrival

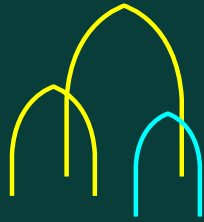
We suggest you arrive at least 15 minutes prior to your treatment time so that you can relax, unwind and enjoy your unique Botanic Health Spa experience to the full. Out of consideration for guests who have appointments after yours, we will have to curtail your treatment if you arrive late. The full charge will still be payable. Should you wish to cancel, please notify us at least 48 hours before your appointment.

## Opening Times

Botanic Health Spa facilities  
Every day: 7am – 10pm  
Botanic Health Spa treatments  
Every day: 9am – 6pm  
Botanic Health Bistro  
Every day: 11am – 6pm  
Botanic Health Club: 24/7

spa@botanicantwerp.com  
+32 3 2690010





BOTANIC  
SANCTUARY  
ANTWERP



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**[botanicantwerp.be](http://botanicantwerp.be)**

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