

THE PINNACLE OF LUXURY & ADVANCED AESTHETICS

Terre Paisible Medical Rejuvenation & Spa

Unsurpassed luxury, innovation and excellence in advanced aesthetics constellation in Franschhoek's Terre Paisible Medical Rejuvenation & Spa

Situated in the tranquil Franschhoek valley, Terre Paisible Medical Rejuvenation & Spa has set a new benchmark in wellness since its October 2024 opening, combining advanced aesthetic treatments with luxurious facilities. Surrounded by olive groves and vineyards on a boutique farm known for its fine wines and olive oils, this retreat offers a sanctuary for rejuvenation, just 50 minutes from Cape Town.

The name, meaning "Peaceful Land," reflects Terre Paisible's promise of a restorative escape. Managing Director Shirley van Wyk explains, "Our programmes go beyond aesthetic enhancement, encompassing metabolic and hormonal balance for revitalisation at a cellular level. With the most advanced devices, expertise, and personalised regimens, we empower guests to rediscover their best selves."

Led by a team of skilled practitioners, Terre Paisible's treatments are based on rigorous diagnostics and measurable outcomes. Functional medicine practitioner Tania Malan, founder of

the 'Raw to Roar' movement, consults on tests covering hormone and gut biome health. Using DNAnalysis™ and DUTCH™ diagnostics, practitioners craft customised wellness plans. The centre also employs Visia Facial Analysis and Inbody Assessment Analysis for comprehensive health insights.

Aesthetic treatments are spearheaded by Dr Marlé le Roux, known for her expertise in Ultherapy® – a leading non-surgical skin-lifting treatment. Alongside Ultherapy®, Terre Paisible offers exclusive therapies like the Emerald Laser™, the first in South Africa, providing full-body fat reduction on a cellular level. Other options include laser and microneedling treatments, all designed for minimal downtime and long-lasting results. Skincare treatments feature premium lines like Biologique Recherche, Mesoestetic®, and certified organic Esse Microbiome Skincare, ensuring that clients' skincare journeys can be maintained globally.

The centre's sleek, contemporary spaces, crafted by interior architects Tristan du Plessis Studio, balance modern design with nature's tranquillity.

Eight treatment rooms, including two private suites with separate access, provide complete privacy. Designed with international spa consultant Jacoline Wentzel, these spaces offer customisable LEMI beds, sound bath rituals, and Solfeggio healing vibrations to deepen relaxation. Post-treatment, guests can unwind in the hydrotherapy pool, sauna, or steam room, enjoying a seamless blend of luxury and nature.

The architecture, subtly lit by screens that create peaceful, secluded spaces, encourages a journey inward. Guests can also enjoy panoramic views from the pool, capturing the valley's serene beauty. Terre Paisible's attention to detail and emphasis on natural wellness celebrate the surrounding landscape, making each visit a tribute to well-being and vitality.

For more information, visit www.terrepaisiblemedicalspa.com. 

by terre paisible medical rejuvenation & spa

