Unique Balance of Luxury and Serenity

Prana Lodge is an idyllic paradise set in a lush indigenous forest alongside the spectacular Cinsta bay, an easy 40-minute drive from East London airport. A gateway to the Wild Coast and the most exclusive 5-Star hideaway in the area, your own private haven awaits at Prana Lodge. With just eight individually designed luxury suites, a private beach house, and a dedicated wellness centre, it is the perfect destination for soul nurturing retreats.

Prana is defined as eternal life energy and breath. It means "to be well". The natural surroundings invite our guests to relax and rejuvenate as they reconnect and gain a deeper understanding of the balance between personal wellness and the natural environment.

The Prana gardens conserve a lifelong home among the clivias and cycads for a variety of colourful bird life, playful vervet monkeys, and rare blue duiker. With direct access to the pristine Cinsta beachfront, guests will have every opportunity to immerse themselves in the most breathtakingly beautiful natural elements of Prana Lodge.

Unique Selling Features

- Luxury Boutique Hotel and Private Beach House, set within an indigenous dune forest, beside the Indian Ocean
- Direct access to 40km of pristine untouched coastline
- Unique & exclusive 5-star gateway to the Wild Coast
- 5-Star award-winning wellness spa utilising pure & natural products
- Ideal couples retreat with a focus on intimacy & romance
- Perfect for small groups and families with an exclusive beach house
- Exquisite fine dining
- Easy access from East London airport which is a 30 minutes drive
- Year-round destination with temperate climate
- Diverse range of experiences & adventure activities to enjoy nearby
- The ideal destination for exclusive high end corporate retreats

Hotel features

Event venue
Fine dining restaurant
Boma fire pit
Bar & lounge
Outdoor pool
Private beach deck
Wellness spa
Library
Boutique store

Hotel services

Complimentary Wi-Fi
In-suite dining
Concierge service
Transfers on request
Laundry services

PRANA
LODGE & FOREST
WELLNESS RETREAT

Modern architecture and luxurious amenities align with the calmness, peace, and tranquillity of Prana Lodge.

The ultimate individually curated experience is made complete through warm personalized service, fine attention to detail, specialised wellness treatments and exceptional haute cuisine.

Wellness Centre

Immerse yourself in our sanctuary of wellness devoted to healing body and mind. Discover two private spa pavilions nestled within the beautiful sub-tropical forest, inspiring our adoption of green principles, which incorporate authentic and natural treatments. These include a variety of massages, facials, and body treatments, all of which are complemented using specially created aromatic oils, herbs, rubs and ointments.
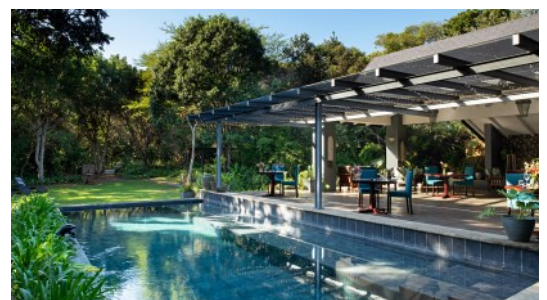
Restaurant

The Prana Lodge Restaurant is a unique all-season venue and welcomes both inhouse resident guests as well as day visitors. Enjoy exceptional service, while indulging in a selection of curated boutique wines, artisan spirits and incredible cuisine.

Dine in our beautifully intimate firelit dining room leading out to a firepit arena, or on the tranquil outdoor poolside terrace, moving from day to night for leisurely lazy lunches or decadent fine dining dinners. With a flair for the exceptional, our Head chef Adam Iverson expresses culinary innovation that pleases every pallet, catering for each guest's individual dietary requirements.

Amenities

Prana Lodge offers an outdoor oasis pool surrounded by sun-drenched lawns, intimate lounge and bar areas, and a beautifully kept entertainment library. View spectacular sunrises at daybreak or indulge in sundowners at dusk on Prana's private sea deck overlooking the Indian Ocean, with direct access to the pristine Chinsta beachfront.

PRANA
LODGE & FOREST
WELLNESS RETREAT

Prana Lodge offers a choice of 8 exquisite suites, all distinctly designed with Persian carpets, luxury linens and over-sized bathrooms, within the pristine natural setting.

Prana's exclusive beach house boats breathtaking ocean views, and is ideal for small groups or family escapes:

Diamond Suite: Sleeps 2 | 120 m²

The beautiful sea-facing villa boasts a spacious deck, indoor and outdoor garden shower, a private plunge pool, and generous living area. The harmoniously combined spaces and chic interiors feature signature accessories and accents, providing the perfect romantic getaway setting.

Prana Suites: Sleeps 2 | 90 m²

Privately nestled in the natural dune forest and surrounded by lush foliage, the 6 uniquely styled suites all host inner courtyards with private gardens and plunge pools. The elegant and subtle contemporary designs blend tranquillity, comfort, and authenticity.
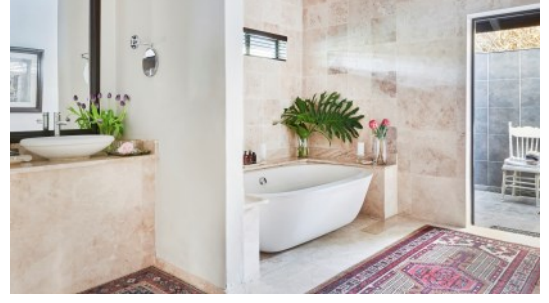
Forest Suite: Sleeps 2 | 90 m²

Independently set atop the forest canopy, the Forest Suite is tastefully furnished, with a high timber roof. The spacious bathroom boasts an over-sized bath and charming outdoor shower, creating the ultimate balance of luxury with the serenity of the surroundings.

Beach House: Sleeps 8 Adults + 4 Children | 4 suites + Childrens room

Featuring four suites, luxurious living and entertainment spaces, and a children's room, Prana's beach house offers an exclusive retreat, ideal for friends and families. With a private pool and breathtaking ocean views, it provides a perfect blend of comfort and seaside elegance.

Additional Room Facilities

- Telephone
- Separate bath and shower
- DVD player
- Air conditioning
- Television
- DSTV/ Satellite TV
- Slippers and Robes
- Desk
- Minibar
- Safe
- Sitting area

AUTHENTIC RETREATS

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WELLNESS RETREAT

Activities in the area:

On-Site:

♦ Prana Picnics

♦ Prana Fine Dining

♦ Prana Beach Experience

♦ Prana Wellness Centre

Off-Site:

♦ Golf

♦ Ocean Boat Ride

♦ Horse Riding

♦ Quad Biking

♦ Game Drives

♦ Surfing

♦ Hiking

♦ Mountain Biking

A true 'Heaven on Earth' experience awaits at Prana Lodge.

Ultimate relaxation and restoration for body and soul, the perfect place to create memories of a lifetime, and freedom to explore this stretch of Wild Coast paradise.