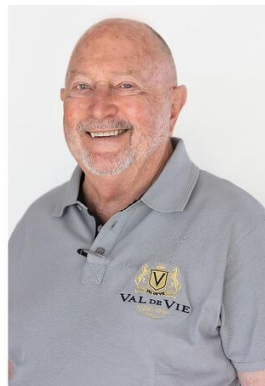




REMINDER: OPPORTUNITY TO MEET WITH SUPER-ESTATE'S RISK MANAGER

A reminder that Louis De Jager is available at the HOA offices in the Pearl Valley Clubhouse between 08:00 and 09:00 on Wednesday mornings to meet informally with residents and answer security-related questions.

Louis is also a qualified Commissioner of Oaths, and residents are welcome to bring any documentation that requires certification.



Louis De Jager

VILLAGE DELI



We have a passion for our purpose...
to deliver a **deli'cious down-to-earth** deli experience.

Village deli at Pearl Valley Golf Estate is officially now open.

Bread & baked goods | Fresh pressed juices | Meat
Cheese | Smoothies | Snacks | Pantry goods and more...

TRADING HOURS:

Mon - Sat | 08h30 - 18h00

Sun | 08h30 - 14h00

follow us | [f](#) [@village.deli](#)

e: downtoearthpv@villagedeli.co.za



PEARL VALLEY GOLF

One of the most exciting events on the calendar took place this weekend. The Rest of the World vs South Africa event is where our Pearl Valley international members take on the local members in a Match Play/Ryder Cup format. This year's event was narrowly won by the South African team with a score of 13.5 to 11.5 against the Rest of the World team.

Congratulations to the South African team from the Pearl Valley Golf team, and a heartfelt thank you to every supporter who came out to cheer them on during this exciting event. Your support and enthusiasm were greatly appreciated.



[View final scoresheet](#)

EVERY WEDNESDAY

from 1 March | Leading up to the hollow tining period in April

08:00 - 09:00 | R200 PER PERSON





WELLNESS

WELLNESS DAY

EXCLUSIVELY

for Val de Vie Estate residents

ITINERARY



DATE: Saturday 11 March

TIME: 8:00 – 12:00

LOCATION: The Yard Gym
at Val de Vie Estate

ON THE DAY



Fit45 | Yoga | Water Pilates |
Zumba | 5km fun run | Paarl
Trails outride | Fun activities
for kids and teens plus local
business activations and food
and drink stalls

DONATION



Please donate your unwanted
soccer jerseys, athletic shoes
and football boots to The
Emerald Foundation on the day



For more information contact: theyard@fitlifetraining.co.za | No bookings required

CS BIOKINETICISTS

FORCE PLATE

A Force Plate is an instrument designed to measure the ground reaction forces and moments that occur during human movements, such as standing on or moving across them. It is used to quantify parameters of biomechanics, including balance and gait.

What are the benefits?

- Moderate to high reliability, with strong test-retest correlations.
- Used in athletic performance training for various sports and in medicine.
- Can be used in pre- and post-season training.
- Can aid in reducing the risk of injuries and facilitating return to play.
- Able to detect and analyze bilateral asymmetries in the body

The Force Plate measures:

- Directions of forces.
- Strength of forces.
- Reactive muscle activation time.
- Other forces and parameters produced during sporting activities and specific movements.

To get in touch with the CS Biokineticists team, contact them at +27 76 408 7608 or csbiokineticists@gmail.com.



CAMELOT SPA

Re-Energising Couples Journey

Duration: 1hr 30min

Indulge in:
60min Aromatherapy Massage
15min Head Massage
15min Foot Massage

CAMELOT SPA
VAL DE VIE



Continue celebrating the month of love with the ultimate Rasul couples mud treatment! Get muddy and treat your mind and body to a traditional Arabian-inspired cleansing ritual in our Rasul Chamber, a unique experience designed to appeal to all five senses. You'll leave feeling cleansed, revitalized, and restored. Come to Camelot Spa Val de Vie and experience the amazing benefits of Rasul.

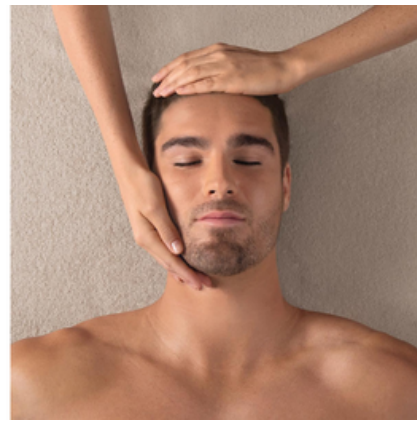
Even your hair needs a detox moment with Circle Moments by Davines! Try the Purity Circle Mask to protect your hair from smog and pollution using the detoxifying properties of 100% natural Bamboo Charcoal and neutralise free radicals with Matcha tea. Apply the Purity Mask from the Chronicle Circle collection to your scalp and hair (on dry hair before shampooing) to revitalize and detoxify your scalp and stressed hair from environmental factors. Leave for 8-10 minutes, then proceed with your shampoo and conditioning routine.

Our product focus is on the THALGOMEN range, which concentrates on the best marine riches to address the specific needs of men's skin. With marine active ingredient Algue Bleue Vitale®, the range fortifies and soothes skin sensitised by shaving and everyday stress. Ask your therapist about the THALGOMEN range.

Contact Camelot Spa via email, call or WhatsApp:
valdevie@camelotspa.co.za
+ 27 21 867 8001 | +27 66 354 0093



CAMELOT SPA[®]
VAL de Vie



PEARL VALLEY CONTACT DETAILS

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- ✉ info@pvhoa.co.za
- 🌐 www.pvhoa.co.za

SECURITY

- ☎ On-site Control Room – +27 21 867-3248
- ☎ Pearl Valley Main Gate - +27 21 867 1203
- ☎ Val de Vie Main Gate - +27 21 863 6110/6138
- ☎ Berg River Gate - +27 21 863 6102/6101

Disclaimer: Kindly note that the opinions expressed in the communication are those of the authors/advertisers and do not necessarily represent the views of the Pearl Valley Home Owners Association.

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