



UNIQUE BALANCE OF LUXURY AND SERENITY

Prana Lodge is an idyllic paradise set in a lush indigenous forest alongside the spectacular Chinsta Bay, an easy 45-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 LODGE

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 & Private Beach House, set within an indigenous dune forest
- Direct access to 40km of pristine untouched coastline
- Unique & exclusive 5-star gateway to the Wild Coast
- 5-Star award-winning wellness spa utilizing 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 (45-min 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



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 wellness sanctuary devoted to healing body and mind. Discover two private spa pavilions set within the sub-tropical forest, reflecting our green principles and offering authentic, natural treatments. Enjoy a variety of massages, facials, and body therapies, enhanced with specially crafted aromatic oils, herbs, rubs, and ointments.

RESTAURANT

The Prana Lodge Restaurant is a unique all-season venue and welcomes both in-house 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 intimate, firelit dining room leading to a fireplace arena, or on the tranquil poolside terrace - from leisurely lunches to decadent dinners. Our Head Chef brings culinary innovation that delights every palate and caters to individual dietary needs.

FACILITIES

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 sun-downers at dusk on Prana's private sea deck overlooking the Indian Ocean, with direct access to the pristine Chinsta beachfront.





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

ACCOMODATION

Diamond Suite: Sleeps 2 | 120 m²

This sea-facing villa offers a spacious deck, private plunge pool, and indoor and outdoor garden showers. Its generous living area and chic, harmoniously designed interiors create the perfect romantic retreat.

Prana Suites: Sleeps 2 | 90 m²

Nestled in a natural dune forest, the six uniquely styled suites each feature private courtyards with gardens and plunge pools. Their elegant contemporary designs blend tranquillity, comfort, and authenticity.

Forest Suite: Sleeps 2 | 90 m²

Perched above the forest canopy, the Forest Suite features tasteful furnishings and a high timber roof. Its spacious bathroom, with an oversized bath and outdoor shower, combines luxury with serene natural surroundings.

Beach House: Sleeps 8 Adults + 4 Children

Featuring four suites, luxurious living and entertainment areas, and a children's room, Prana's beach house offers an exclusive retreat for friends and families. With a private pool and breathtaking ocean views, it seamlessly blends comfort and style.



ROOM FACILITIES

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



ACTIVITIES

. FINE DINING. | BEACH EXPERIENCE | PICNICS | WELLNESS CENTRE

HOTEL POLICIES

Check-in: 14:00 | Check-out: 11:00
Creditcards: Visa, MasterCard and Amex
All guestrooms are non-smoking
No pets allowed

IT'S ALL IN THE LOCATION

Nestled within a pristine dune forest along Chintsa Bay, just a 45-minute drive from East London Airport (ELS) in the Eastern Cape, Prana Lodge offers a secluded coastal escape. It's the perfect place to unwind, rejuvenate, and experience barefoot luxury in an intimate, coastal setting.

ADDRESS

Chintsa Drive, Chintsa East, E.C, South Africa.

KEY ATTRACTIONS NEARBY

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.

