



News to Share

Boutique Hotel

The Boatshed

Thesen Harbour Town

Knysna

Garden Route



Winter days on the lagoon are setting in. The water is like a mirror and the sunsets are unbelievably beautiful. We talk about June, July and August as the easy season..... It is not too hot, it is not too cold, and the wind has been on hold..... It is perfect. We thought this is a great opportunity to offer you, as our valued guests, an accommodation special to experience during this time.



Book for two nights and be our guest for an additional night at no extra cost, YES your last night absolutely free. Bring your camera to take photos of the sunsets and hiking gear to walk to town, in the forests or along the water. When you return to your room enjoy a bottle of wine with compliments from The Lofts.



We're green

In the previous news letter we told you about our commitment to going green. Knysna Tourism announced their commitment to the same ethics and the municipality is working hard to follow suit. So Knysna is on the green track!

Knysna
tourism



On line booking

We are thrilled to inform you that we have an on line booking system called Nightsbridge in place. Please see on our web so that you can make your own bookings with The Lofts Boutique Hotel directly.

Winter **SPECIAL** packages are available on the website

Our **E brochure** can also be downloaded from our website at www.thelofts.co.za or alternatively follow the link below to direct you to our Gallery page.



As you might or might not know; The Lofts is housed within the building called The Boatshed on Thesen Islands in the Knysna Lagoon. Also housed within the same building is ile de pain one of the best bakery cafes in South Africa perhaps even in the world; numnum the whole foods shop which is one of a kind in the country, le spa tranquil whose therapists have received many accolades and now the "WATERSHED " programme an unbelievable new addition. *Leading experts in cutting edge beauty, health and emotional lifestyle transformation combine expertise to offer complete, extensive support for the experience of a lifetime.* The Watershed partnership sets internationally high standards in the preventative health, beauty and organic food market in the quest for a sustainable, healthy and happy life.



Kate Forbes



Dr Vicci Deverneuil



Heidi du Preez

Kate Forbes will be heading the Watershed Programme. She trained in the UK as a lifestyle consultant. She is well known for the amazing results that she achieves with her clients. Some of the partners involved are the following: Heidi du Preez Pr.Sci.Nat; Dr Vicci Deverneuil Chiropractic; Dr Gerhard Van Niekerk GP and Aesthetic Practitioner; Andri Hanekom Certified as Cold Laser Therapist, Rolfer and Rolfer Movement Practitioner ; Juliette Troxler and Rhiannon Chauncey Int.Dip. sports massage , CIDESCO, Craniosacral therapy, Visceral manipulation, upledger institute and Kheli professionally trained to do holistic aromatherapy and holistic therapy massage.

Each and every one of these businesses is owner run.

Needless to say, you cannot hope for a better situation. The owners are totally committed and each operate with integrity. This programme will be launched during the beginning of September - the first from the 6th September till 12th September 2009. Three packages are available. For the launch we would like to offer these packages to you at half price. If you are interested please do not leave it too late as the number of guests accepted is limited to ensure personalised service and attention.

For further information call Kate 084 980 5434 or contact The Lofts to send you more information.

Heidi will be doing the lectures on nutrition, food and lifestyle mangement.

Option 1:

Gentle Watershed for a changing lifestyle – 7 days. During the week the following therapies and procedures will be included:

3 Day detox, lifestyle consultations, colonics, lymph drainage, reflexology, special treatments and beauty treatments with focus on nutritional talks, food preparation demos and maintaining a desired body weight and healthy lifestyle. R18600.00 and for the launch R9300.00

Option 2:

Deep tissue Watershed body cleansing, health, mind and life changing in that optimum energy and vitality is restored- 7 days. During the week the following therapies and procedures will be included:

5 Day detoxing with juices and not being hungry, colonics, sauna every morning, walks, exercise, special treatments, specialised talks and preparation to continue a conscious lifestyle getting to know your body. At the end of the week beauty treatments.

R19400 and for the launch R9700.00

Option 3:

Transformation Watershed for the body, face and mindset change:

7 days Varied Detox and colonics to suit the client, body wraps, a few lymph drainage massages, light peels, variety of beauty treatments. Lifestyle coaching, lectures touching on nutrition and maintaining desired bodyweight. The focus here is on beauty once the body is internally cleansed and healthy. Extra specialised beauty and aesthetic practices are available on request such as deep peels, beautox, surgery and more by Dr van Niekerk R24000 and for the launch R12000.

ile de pain

Ile de pain Café food - By Liezie Mulder

A beautiful recipe for your collection

Chunky Corn Chowder - Serves 6

For this thick, rich, hearty winter soup, freshly-cooked corn and beans are best. But, for the sake of convenience, you could use tinned corn and beans.

2 tablespoons butter
7 rashers of bacon, chopped
1 onion, finely chopped
1 carrot, diced
1 celery stick, sliced
2 leeks, washed and sliced
4 cups freshly cooked sweet corn kernels
1 cup freshly cooked white beans
2 sweet potatoes, peeled and diced

2 potatoes, peeled and diced
1 teaspoon ground cumin
2 cups milk
2 cups cream
2 cups chicken stock
2 bay leaves
1 tablespoon chopped parsley
1 tablespoon thyme leaves
salt and white pepper

- Heat the butter in a large saucepan and cook the bacon until soft but not crispy.
- Add the onions, carrots, celery and leeks and cook for 3 to 4 minutes.
- Add the sweet corn, beans, sweet potatoes, potatoes, cumin, milk, cream and stock. Cover and simmer for about 20 minutes until the vegetables are soft. Add the bay leaves, parsley and thyme, and season with salt and pepper.
- Spoon two cups of the soup into a blender or food processor and purée. Pour it back into the soup. This will give your soup a thicker, richer consistency.

*Gem at
shumbAWI*

Complementary to the above Shumbawi - also owner run - offers selected clothing which harmonises with the beautiful jewellery in this stunning shop. Cornelia always reminds us that her products are made of natural materials and make you feel really good about yourself. Cornelia designs and makes her own jewellery pieces which reflect your personal style.

You need time to look through the beautiful displays or have something designed for you personally!

Another place to eat on the Island

A SEAFOOD AND FAMILY RESTAURANT has opened. On the waters edge BLUE MARINE provides a comprehensive Seafood menu - Ron, the owner says "Seafood at its best". "We will also have a full menu of meats - Rump, Fillet, Crispy Eisbein, Lamb, numerous Chicken specialities, meat and fish espetados, sandwiches, gigantic hamburgers and more, like you have never seen before". Lunch will include lunchtime treats such as smoked salmon towers and more. Their focus and priority is: Value for money and a taste that connoisseurs will appreciate,





To let you know - Employer of the month.

To encourage and motivate our staff to give their best performance regarding service for our guests, a system of excellence has been implemented. The first certificate of excellence has been awarded. We would like to introduce you to Monica Cokile. Her rooms are always spotless, she is always at work, her attitude is great and we appreciate her dedication. Criteria utilised to measure our employee's performance are as follows:

1. Honesty and integrity concerning the guests, Management and their colleagues.
2. Ability to provide information to our guests.
3. Turn down procedures followed with care.
4. Precision of execution of extra duties.
5. Cleanliness of rooms.
6. Attitude towards guests, colleagues and management.
7. Personal hygiene, neatness and appearance.

The Lofts Upgrade

The Loft's AA Quality Assurance Accreditation has been upgraded from an Associate member to an AA Superior Accommodation Establishment in the Boutique Hotel category for the period 2009/2010. Please continue sending comments and reviews about your stay at The Lofts to AA Travel Guide as well as to Trip Advisor. If you have suggestions to improve the accommodation let us know personally so that we can not only win an accommodation award but also ensure a better stay for you at The Lofts.

Some valued reviews from our guests:

"Excellent - well worth the money"

We tried this place out after doing some googling, and found that it exceeded our expectations. For the amount of money they charge, the rooms are huge (we got a double storey apartment, with 2 x bathrooms + lounge + kitchen etc).

..... [click to read more](#)



- Remember Oyster Festival in July - 3rd July - 12th July - www.oysterfestival.co.za
- "Gastronomica in September - From people for people: 24th - 28th September - www.gastronomicakny.co.za

Hope to see you at The Lofts soon to enjoy a luxurious tranquil, safe and fun stay.

Theo, Rhoda, Karin and staff