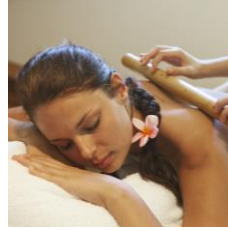




Herdade da  
Malhadinha Nova  
Alentejo • Portugal



FAZER  
DA VIDA  
UMA FESTA

MAKE LIFE FUN

## MASTER WELLNESS

Well-being, relaxing, resting and tranquility in full contact with nature.

*"If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it"*  
*[Herodotus]*

### DAY 1

- Arrival at the *Country House & Spa* – Welcome appetizers made by our chefs paired with Peceguina Viognier 2013.
- A tour around the estate and winery, followed by a wine tasting – The horizon is the limit!
- Theme dinner at the Restaurant – The fibers and red fruits.
- In the Comfort of the *Country House Hotel and SPA*, a special tasting of the Estate infusions.

### DAY 2

- Wake up with the snap of homemade bread and feel the breakfast flavors, the seasonal fruits, jams, natural juices...
- Workshop at the *Country House Hotel and SPA* "Healthy Nutrition" – Module I – Moisturizing and flavor.



Herdade da

## Malhadinha Nova

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- Relaxing Lunch in the plains of *Herdade da Malhadinha Nova* – Exquisite and healthy Picnic in the vineyards, the fruits and vegetables of Malhadinha.
- Get involved in a relaxing moment with a yoga session in the gardens of *Herdade da Malhadinha Nova*.
- At the “*Country House Hotel and SPA* – A relaxing moment in a Wine Therapy bath awaits you...
- Gastronomic dinner at the Restaurant – The Chef Joachim Koerper prepared a tasting menu, with water harmonization.

### DAY 3

- Wake up with the breakfast aromas and indulge yourself with our treats.
- Workshop at the *Country House Hotel and SPA* “Healthy Nutrition” – Module II –The Fibers and Energy
- Traditional Lunch at the Restaurant with wine pairing.
- At the *Country House Hotel and SPA*, find your balance with a Pilates session.
- Reiki session near the vineyards – In a moment of relaxation and tranquility, understand how to receive the Universal Energy.
- Dinner with refreshing Menu – The benefits of the Tartars and Ceviche.
- In the end of the evening at the *Country House Hotel and SPA*, the four corners of the world are waiting for you in a *Mariage freires* tea tasting”

### DAY 4

- Breakfast at the *Country House*– Enjoy the best combination for a great start of the day!
- Workshop at the *Country House Hotel and SPA* “Healthy Nutrition” – Module III - The invigorating power of fruits and smoothies.
- Light Lunch at the *Country House*– *Wines and Salads*
- Enjoy a relaxing massage in the vineyards!
- Gastronomic dinner at the Restaurant – The theme “The Mediterranean diet” candidate for intangible heritage of UNESCO.
- In the end of the evening at the *Country House*, have fun with a wine game with a Malhadinha Late Harvest 2010.



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## DAY 5

- Reassure the body and mind with the breakfast at *the Country House*;
- Workshop at the *Country House Hotel and SPA* "Healthy Nutrition" – Module IV – Protein and Intellectual Capacity.
- Farewell Malhadinha – Lunch tasting Menu for at the Country House & SPA with the dish prepared by you
- Late Check-out.

## VALUE OF EXPERIENCE

825 € [Experience per person in a Double Room]

**[Includes]** 4 Nights Accommodation in Double Room – All the meals mentioned in the program – All the activities mentioned in the program - - *Guest Experience Team* – Free use of the *Spa* [Jacuzzi and Turkish Bath] – Fruit in the room and bottle of wine at check out.

**[Excludes]** All the meals and drinks not mentioned in the program

**[Upgrade]** 50 € per night for a Junior Suite - 100 € per night for a Main Suite

**[Cancellation Policy]** If cancelled up to 7 days before the date of arrival will not be charged any additional cost – For reservations cancelled on the same day and in case of no-show, will be charged the full amount of the experience.