

WEEKEND WELLNES GETAWAY

3 DAYS, 2 NIGHT EXPERIENCE



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HERDADE
MALHADINHA
NOVA



WEEKEND WELLNESS GETAWAY

In a world increasingly dominated by stress, technology and a strong connection with the digital world, we invite you to take a break, and reconnect with what's real: nature, our body, our mind.

In the endless Alentejo landscapes, where the only sound you can hear is the birds singing in distance and the wind reminding us of the passage of time and washing away all our worries, join us to discover the true meaning of Slow Living. Across 3 days, we will provide you with the tools required to relearn how to live in full alignment with nature and how to take those tools into your day-to-day life in order to live in a more balanced way. Because in the end, that's what Malhadinha is all about: balance. The natural balance of nature and its ecosystems, balance in health, in wellbeing... in life.

There are special places on our planet, places of power, healing and renewal, places where the mind-body connection is enhanced and that enable us to get back in touch with our deepest innermost feelings.

– Frederick Lenz

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01 [RE]CONNECTING

Very often we find ourselves almost prisoners of the world we live in. A world and a society where stress, self-indulgence and rush prevail and where we tend to forget what really matters. This first day in the countryside will be the perfect opportunity to reconnect with nature and with yourself, in this small paradise called Alentejo, where the peace, the silence and harmony and unbeatable.

Arrival

Arrival at Herdade da Malhadinha Nova, where you will be welcomed by our team of chefs with some special treats made with seasonal and fully organic fruits and vegetables from our estate, our certificate organic wine.

5:00 pm - Visit and Wine Tasting

Explore our property in our vintage off-road vehicles, while being enchanted by the vastness of the Alentejo landscape. The experience continues with a visit to the winery, followed by a wine tasting, guided by our wine tourism team, who will take you on a journey to discover the unique flavours and aromas of our region.

8:00 pm - Dinner

Discover the Farm to Table concept at our restaurant, where you will have the chance to taste some of the products that grow in our estate, cooked to maintain all their natural flavours and textures.

"Occasionally we must disconnect to reconnect later on."

– Dominic Riccitello

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02 CONNECT WITH NATURE

Nature is perhaps the space with the biggest potential to make us calm and relaxed. Therefore, we have focused the second day of this program in building a stronger connection with nature and enjoy everything it brings to us.

8:30 am - Pilates Session

Start your day in a calm and peaceful way with a Pilates session. This practice is perfect for awakening your body, improving flexibility and strengthening your muscles in a gentle way. It is the ideal opportunity to connect with yourself and start the day with positive energy.

8:30-11:30 am - Breakfast

Enjoy our breakfast prepared with organic fruits and vegetables from our estate, with views to our infinity pools above the Alentejo landscapes.

11:30 am - Cook with Chef

Learn how to cook in a more healthy, sustainable and balanced way with our chef, who will also give you some tips on how to take these practises into your day-to-day life.

12:30 pm - Lunch

Enjoy a light and healthy lunch, full of flavour and colour, and learn that healthy cuisine can also be delicious, as you will learn during the workshop with our chef.

2:30 pm - Visit to the Pottery

We invite you to visit our pottery house and use the clay from our estate in this activity that feels almost like a meditation, giving you the opportunity to relax and reflect while also stimulating your creativity.

Wellness Centre

In a space where all the products are and natural and from our country, we give you a chance to enjoy our Wellness Centre where you will find a number of treat-ments that will help you relax and find the peace you desire.

7:30 pm - Dinner

On this second day of the experience, we challenged our team of chefs to prepare a special dinner using only products from Malhadinha Nova and the Alentejo.

*"Nature is the purest portal
to inner-peace."*

– Angie Weiland Crosby

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03 CONNECTING WITH OUR MIND

On this last day, take a chance to connect with your mind through a yoga and meditation practise and learn how to take all the learnings of this retreat into your day-to-day life.

8:30 am - Yoga

Start your last day at Malhadinha with a session of yoga and meditation, while saying goodbye to the Alentejo landscapes in the most relaxing way possible.

Late Breakfast

Enjoy a healthy and nutritious late breakfast with organic and biological products from our property.

"Your mind will always believe everything you tell it. Feed it hope. Feed it truth. Feed it with love."

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PROGRAM COST

Experience per person based on double occupancy:

870,00 € in a double room at Monte da Peceguina
[Max. 2 pax]

920,00 € in a junior suite at Monte da Peceguina
[Max. 2 pax]

970,00 € in a suite at Monte da Peceguina
[Max. 2 pax]

1 170,00 € at Casa do Acoradouro
[Max. 2 pax]

1 270,00 € at Casa das Pedras
[Max. 2 pax]

1 420,00 € at Casa das Artes e Ofícios
[Minimum occupancy 4 people]

1 420,00 € at Casa da Ribeira
[Minimum occupancy 6 people]

0-3 years - free of charge / 4 to 6 years - 100€ / 7 to 12 years - 150€

[Includes] 2 nights accommodation. All meals mentioned in the program. All activities mentioned in the program.

[Excludes] All drinks inside and outside the meal period, except those mentioned in the program.

[Cancellation and payment policy] Reservations can be changed or canceled up to 7 days before the arrival date. In case of cancellation after 7 days before check-in, 100% of the reservation amount will be charged. In case of no-show or early departure, 100% of the reservation value will be charged.