



## Health and Wellbeing Program **Anti-Ageing Break**

“When the soul is happy, prosperity grows, health betters, friendships rise, well the world is okay with you! The external world reflects the internal universe.”

Mahatma Gandhi



Herdade da

**Malhadinha Nova**

Alentejo • Portugal

## Day 1

Arrival at Herdade da Malhadinha Nova. Welcome appetizer paired with Antão Vaz da Peceguina, the autochthonous variety of Alentejo.

Safari by Jeep through the property. Get to know the biologic procedures of our viticulture team and enjoy the scenery that Alentejo provides.

Winery tour followed by a wine tasting accompanied by our Winemaking team.

Special Winetherapy bath in the room. A relaxing and rejuvenating moment awaits you.

Charming dinner at the restaurant. Feel the perfect combination of our refined restaurant and the passion we put into our Gourmet dishes.



## Day 2

Wake up to the morning freshness. Feel the first aromas and enjoy a breakfast filled with fruits, jams and natural juices.

Guided pedestrian walk through the Estate's tracks. The Guest Experience Team takes you to meet Malhadinha Nova's fields.

Light lunch based on organic products sustainably grown in the Estate.

Lifting Head Massage. A rejuvenating massage that helps diminish stress.

Special Anti-Ageing treatment. A rejuvenating treatment that retards ageing and promotes quality of life.

Healthy food workshop. The Chef shows the art of cooking healthy meals without losing the refinement of our gourmet cuisine.

Charming dinner at the restaurant. Feel the perfect combination of our refined restaurant and the passion we put into our Gourmet dishes.



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## Day 3

Breakfast – Enjoy the best combination for a great start of day.

Yoga session at the Estate's garden. A relaxed and laid-back moment with our yoga instructor.

Winotherapy Message for Couples. Discover the benefits that the substances concentrated in wine can have for your health.

Gourmet picknick in the Estate's vineyard. A gastronomic experience in the midst of Nature and tranquillity.

Check-out.

### VALUE OF THE EXPERIENCE

**745 €** [Experience per person in a Double Room]

**855 €** [Experience per person in a Suite]

**[Includes]** 2 nights stay in a double room; all meals mentioned in the program; all activities mentioned in the program; Guest Experience Team; free use of the SPA (jacuzzi and Turkish bath); fruit in the room and wine bottle offered at check-out.

**[Excludes]** Every drink not mentioned on the program, during meals or otherwise.

**[Confirmation and cancellation policy]** On taking the program a payment of 25% of the program's full price must be made. Cancels up to 7 days before the day have no cost whatsoever. Cancels with less than 7-day notice will be charged the full cost of the program. Cancelling on the day of the start of the program, or in the case of a no show, the full cost of the program will be charged.

A NEW MALHADINHA  
REVEALS ITSELF...



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[WWW.MALHADINHANOVA.PT](http://WWW.MALHADINHANOVA.PT)

