



Health and Wellbeing Program Master Wellness

“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.”

Heródoto

Wellbeing, relaxation, rest and tranquility in full contact with Nature.



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.

Dinner at the restaurant. Feel the perfect combination between the refinement of our Restaurant and the passion we put into our Gourmet dishes.



Day 2

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.

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

"Healthy Eating" Workshop in the Late Afternoon – Module 1 – Hydration and Flavour
Special Winetherapy bath in the room. A relaxing and rejuvenating moment awaits you in your room.

Thematic Dinner at the Restaurant – Appreciate the passion we put into our dishes from our gourmet kitchen through a tasting menu with wine suggestions.



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Day 3

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

Reiki session for couples by the vineyards – start the day with a relaxing experience.

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

“Healthy Eating” Workshop – Module 2 – Fibers and Energy.

Dinner at the restaurant. Feel the perfect combination between the refinement of our Restaurant and the passion we put into our Gourmet dishes.

Day 4

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

Massage for couples by the vineyard – A relaxing experience in full contact with Nature.

Light lunch at the Country House & Spa or Casa do Ancoradouro.

“Healthy Eating” Workshop – Module 3 – Fruits and Shakes.

Thematic Dinner at the Restaurant – A sustainable menu based in the biologic products organically grown at the Estate.



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Day 5

Breakfast – Enjoy Malhadinha’s landscape as you delight yourself in our Chef’s delicacies and don’t forget our seasonal fruit, our grapes.

“Healthy Eating” Workshop – Module 4 – Protein and Intellectual Capacity;

Light lunch based on the dishes made up during the Kitchen Workshop.

Late Check-out

VALUE OF THE EXPERIENCE

1190 € [Experience per person in a Double Room]

1460 € [Experiência por pessoa em Suite]

[Inclui] 4 Noites de Alojamento - Todas as Refeições mencionadas no Programa - Todas as actividades mencionadas no Programa - Guest Experience Team - Uso livre do Spa [Jacuzzi e Banho Turco] - Fruta e garrafa de vinho no quarto.

[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

