

3 NIGHTS EXPERIENCE

REVIVE CONCEPT

CUSTOM HEALTH AND WELLNESS PROGRAM
ACCORDING TO YOUR PROFILE



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HERDADE
MALHADINHA
NOVA

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MALHADINHA
NOVA



Herdade da Malhadinha Nova together with Revive present a custom program and according to your profile, identify what are the best exercises for the maintenance of your body and for taking care of your health in the long run. A program of 4 days dedicated to taking care of you, always in proximity with nature.

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HERDADE
MALHADINHA
NOVA

DAY 1

Friday, 29th October 2021

15:00 – We welcome you to Herdade da Malhadinha Nova, where we will take you in and share with you the beginning of a great adventure.

16:00 – Visit to the property on our all-terrain vintage vehicles. Get to know and discover the organic procedures of our viticulture team and enjoy the best scenery that Alentejo offers you.

19:00 – After a ride through our estate, our Revive Concept team will explain to you every detail of the program and answer any question you might have.

20:00 – To start the evening, dine with us and find the perfect pairing between gastronomy and the wines produced at the Estate.

DAY 2

Saturday, 30th October 2021

08:30 – During the morning freshness, relish with our breakfast, enjoying the fresh fruits, homemade products, handmade jams and natural juices.

11:30 – Nutri Revive: breakfast workshop and snacks. Learn to develop your meals with our kitchen team, based on the food plan defined by your nutritionist and in accordance with your profile.

13:00 – A picnic will be waiting for you in the estate's vineyard, taste the healthy delicacies adapted to you.

16:30 – Fitness Revive: Presentation of customized training plan. You will practice with our Fitness Trainer, the exercise that better adapt to you, developing your athletic potential, and understanding the preventive measures and long term maintenance.

20:00 – Wrap up the day appreciating the passion that we put into every dish that come out of our kitchen.

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DAY 3

Sunday, 31st October 2021

08:30 – Breakfast – To reinvigorate the day, enjoy a breakfast filled with nutrients, aromas and flavours.

10:00 – Coffee break – A relaxing pause to nurture your body with the products selected by our Chef.

13:00 – Light lunch based on the organic produce grown sustainably on the Estate.

15:30 – Nutri Revive: Prolong the sensation of wellbeing with the realization of a workshop to learn and develop your lunch and breakfast with our kitchen team, based on the food plan developed by the nutritionist and according to your profile.

19:00 – The wine from Herdade da Malhadinha Nova, intense and elegante, of great aromatic complexity and natural freshness, result from the respect for Nature and for the unique terroir of our vineyard. Come and discover this important part of our project, in a Wine Tasting Initiating workshop.

20:00 – Dinner, feel the perfect combination between the refinement of our restaurant and the passion that we put into our dishes.

DAY 4

Monday, 1st November 2021

08:30 – Breakfast – Enjoy our best combination of nutrients for a great start of day.

09:30 – Mindfulness Session for the whole group – Relax and reach a state of full wellbeing with a reinvigorating session of mental training.

12:30 – Closing Session / feedback gathering – We invite to come to us, making balance of the last few days spent at the Estate in the Revive Concept program.

13:00 – Check-out.

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VALUE OF THE EXPERIENCE:

NutriRevive Program:

2250 € [Experience per person in a double room at Monte da Peceguina]

2300 € [Experience per person in suite at Monte da Peceguina]

2350 € [Experience per person in suite at Casa do Acoradouro]

2375 € [Experience per person in suite at Casa das Pedras]

NutriRevive + Fitness Revive Program:

2550 € [Experience per person in a double room at Monte da Peceguina]

2600 € [Experience per person in suite at Monte da Peceguina]

2650 € [Experience per person in suite at Casa do Acoradouro]

2675 € [Experience per person in suite at Casa das Pedras]

[Includes] 3 nights accommodation in double occupation units. All meals mentioned in the program. All activities mentioned in the program.

[Excludes] All drinks during meals and otherwise, except welcome drink wines and those contemplated on the menu.

[Política de Cancelamento] Reservations can be changed or cancelled if made up to 5 days before your date of arrival, upon payment of a fee of 300€.

If you cancel in 5 days or less before the check-in, you will be charged 25% of the reservation amount.

In case of no-show, 50% of the reservation amount will be charged. In case of early departure it will be charged 100% of the reservation amount.

Prepayment of the total amount of the reservation is required to ensure confirmation of the reservation.

This program was developed in partnership with:

revive

CONCEPT