

WELLNESS RETREAT

A 3-NIGHT EXPERIENCE



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HERDADE
MALHADINHA
NOVA



wellness retreat

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 4 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 and to live in a more balanced way. Because in the end, that's what Malhadinha Nova is all about: balance. The natural balance of nature and its ecosystems, balance in health, in wellbeing... in life.

We hope that this programme will not only be an escape from everyday life in a place where time and space seem to have no end, but also an opportunity to rediscover balance.

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

We often feel almost imprisoned by the world we live in. A world and a society where haste, convenience and ease still prevail today, and where we tend to forget what really matters. This first day in the countryside is the perfect opportunity to reconnect with nature and with yourself in this little paradise called Alentejo, where peace, silence and harmony are unrivalled.

Arrival at Herdade da Malhadinha Nova, where you can toast with our organic wines. You will also receive a wellness kit to accompany you throughout your stay, which includes: a selection of mantras, a set of healthy recipes and an aromatic infusion from the garden.

Visit our estate and the animals that live here. During this visit you can learn about our organic wine production and learn more about the differences in this process, the trends in the world of wine, organic and biodynamic wine production and also about our transition to organic production not only in wine, but also in the different business areas. During the Tasting, we invite you to enjoy a sensory experience with stimulating textures and aromas, including earth, vine leaves, grapes and must to feel the cycle of grape growth.

Get to know the Farm to Table concept in our restaurant, where you can taste many of the products that we grow here throughout the year and that we serve in the most natural way possible to keep all the nutrients, flavours and textures that nature gives them.

"Occasionally we must disconnect to reconnect later on."

– Dominic Riccitello

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02 CONNECTING WITH NATURE

Nature is perhaps the medium with the greatest potential to transmit calm and tranquillity to us. As such, we focused the second day of our programme on building a stronger connection with nature and enjoying all that it brings us.

Start the day early and feel the true power of nature in a Forest Bath, a Japanese tradition now adopted in many parts of the world with the aim of reducing stress, lowering heart rate and blood pressure, strengthening the immune system, preserving energy reserves, improving concentration and contributing to relaxation and better sleep.

Enjoy our breakfast with organic and biological products from the property, overlooking the infinity pools on the Alentejo plain.

Come and learn how to pick fresh food from our garden and how to prepare it in a sustainable, healthy and balanced way with our executive chef. We also suggest that you savour what you have prepared yourself.

Enjoy the calm and sunny Alentejo sunsets while unleashing your creativity in a painting workshop where the only limit is your imagination.

In a space where all the products are natural and come from our country, we give you the chance to enjoy our Wellness Centre. Disconnect from the digital world with relaxing therapies and mindfulness.

On this day, we suggest you enjoy a gastronomic experience in the serene and cosy atmosphere of our restaurant.

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

– Angie Weiland Crosby

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03
CONNECTING WITH OUR BODIES

It's no news that caring for our bodies is fundamental not only to our well-being but also to our longevity. On this day, we're focussing on the importance of physical activity and giving you various ways of doing it that suit your preferences and goals.

Start the day calmly and serenely with a guided meditation session accompanied by a Pilates session, where 'Move and Receive' will be the motto for this new day that is about to begin.

Once again we offer you our breakfast with organic and biological products from the estate, to start the day with all the nutrients you need.

We give you the opportunity to reconnect with nature and explore the enchanting paths of our Estate.

For lunch, we've prepared a picnic in our vineyards in total communion with nature.

We invite you to visit the Malhadinha Nova Pottery and use the clay from our land in an activity that is almost like meditation, giving you the opportunity to reflect in a calm environment while also stimulating your creativity.

We offer you the chance to enjoy our M Wellness Centre and get to know our Sleep Massage, developed with neurologist and specialist in this area, Dr Dulce Neutel. This is the ideal treatment to discover tools that can help improve the quality of your sleep as well as other areas of health and well-being.

Taste the local culture through the Alentejo flavours of our restaurant. Afterwards, we suggest you take a moment to reflect on the retreat: what did I enjoy most? What could have been different? What have I discovered about myself? What do I need to focus on? What do I take away from this experience?

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04
CONNECTING WITH OUR MIND

On this last day, take the opportunity to connect with your mind through the practice of yoga and meditation and learn how to take the teachings of this retreat into a more balanced life.

Start your last day in Malhadinha with a guided meditation and yoga session, where Gratitude will be the motto for saying goodbye to the Alentejo landscapes.

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

*"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:

1 750,00 € in a double room at Monte da Peceguina
[Max. 2 pax]

1 825,00 € in a junior suite at Monte da Peceguina
[Max. 2 pax]

1 885,00 € in a suite at Monte da Peceguina
[Max. 2 pax]

3 235,00 € at Casa do Ancoradouro
[Max. 2 pax]

3 410,00 € at Casa das Pedras
[Max. 2 pax]

2 560,00 € at Casa das Artes e Ofícios
[Minimum occupancy 4 people]

2 560,00 € 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] 3 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.

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