

M  
H N

HERDADE  
MALHADINHA  
NOVA

ANTI-AGING 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

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## DAY 1

Arrival at Herdade da Malhadinha Nova followed by a welcome drink with one of the Herdade's wines;

Tour of the estate in our vintage four-by-fours. 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 wine tourism team;

Before dinner relax and enjoy a wine therapy bath in your room;

"Health and well-being" themed dinner. Feel the perfect combination of our refined restaurant and the passion we put into our 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;

Healthy food workshop. The Chef shows the art of cooking healthy meals;

Light lunch based on the organic produce made on the Estate;

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

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

To start the evening, dine with us and discover the perfect marriage between gastronomy and the wines produced on the Estate.

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## DAY 3

Breakfast. In the first meal of the day, let yourself be carried away by the magnificent flavours and aromas of the Alentejo;

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

Winetherapy Massage for Couples. Discover the benefits that the substances concentrated in wine can have for your health;

Picnic in the vineyards of the Estate, where you will be able to taste all the features of our Farm to Table cuisine;

Check-out.

## VALUE OF THE EXPERIENCE

- 950,00 € [Experience per person in a Double Room at Monte da Peceguina]
- 1 050,00 € [Experience per person in a Suite at Monte da Peceguina]
- 1 150,00 € [Experience per person at Casa do Ancoradouro]
- 1 350,00 € [Experience per person at Casa das Artes e Ofícios]
- 1 350,00 € [Experience per person at Casa da Ribeira]
- 1 250,00 € [Experience per person at Casa das Pedras]

0-3 years free / 4-6 year 100€/ 7-12 years 150€

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

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

[Confirmation and cancellation policy] Reservations can be changed or cancelled more than 5 days before the arrival date. In case of cancellation after 5 days before check-in, you will be charged 100% of the reservation amount. In case of no-show or early departure you will be charged 100% of the reservation amount.