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HERDADE  
MALHADINHA  
NOVA

MASTER WELNESS

“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

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MALHADINHA  
NOVA

**Wellbeing, relaxation, rest and tranquillity in full contact with Nature.**

## DAY 1

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

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 wine tourism team;

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

## DAY 2

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

Yoga session. A relaxed and laid-back moment with our Therapist, surrounded by the most beautiful landscapes;

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

Healthy Cooking Workshop – [Module I - "Slow Juices"](#) – Slow Juice is a method of cold pressing, which in addition to making better use of food generates less waste and preserves fresh nutrients up to 72 hours after preparation. Take advantage of the benefits of your favourite fruits;

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

Thematic dinner – Appreciate the passion we put into our dishes from our kitchen through a tasting menu.

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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 – start the day with a relaxing experience;

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

“Healthy Eating” Workshop – [Module II – Fibers and Energy](#);

Workshop healthy cooking – [Module III - Gluten free bread](#). The goal? To make different types of breads with gluten free organic flours from traditional milling, but of course, always very tasty;

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

## DAY 4

Breakfast – Start the day in the best possible way with a breakfast filled with fresh and tasty products;

Massage for couples – A relaxing experience in full contact with Nature;

Light lunch with produce from our vegetable gardens. Our kitchen team will prepare you a meal with organic produce from the estate;

Healthy Cooking Workshop – [Module III – Finger Food, Zero Waste](#). This workshop serves to demystify ideas and show that finger food is a sophisticated concept, with combinations of tasty and creative ingredients and in a practical and informal style, with little waste;

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 5

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

Healthy Cooking Workshop – **Module IV – Salads with soul**. Salads are often chosen as the main dish or as a starter. Learn how to make them more creative, colourful and tasty;

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

Check-out.

## VALUE OF THE EXPERIENCE

1 480,00 € [Experience per person in a Double Room at Monte da Peceguina]

1 680,00 € [Experience per person in a Suite at Monte da Peceguina]

1 880,00 € [Experience per person at Casa do Ancoradouro]

2 280,00 € [Experience per person at Casa das Artes e Oficinas]

2 280,00 € [Experience per person at Casa da Ribeira]

2 080,00 € [Experience per person at Casa das Pedras]

0-3 years free / 4-6 year 200€/ 7-12 years 300€

[Includes] 4 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.