

# *Hands-on Wellness Retreat*



NOVEMBER 2024 |



| a 4 day sunny get-away of 'me time' to deeply unwind & reconnect with yourself |



*Step back from your daily routine & reconnect to the sunny nature and its rhythms. Reenergise with us with four days of deep regeneration dedicated to well-being of both body and mind in the beautiful setting of Casa Mãe & Lagos golden coast.*

Led by the charismatic Ana Mar, this retreat is aimed to lead you to improved psychic & physical well-being . This hands-on retreat has been designed as a powerful combination of restorative treatments, meditation & yoga, inspiring outdoors and creative workshops stimulating your 5 senses with sensorial experiences enabling you to fully disconnect to better re-connect with yourself.

Accompanying all the steps of the retreat, leading the daily sharing circles, the yoga & meditation sessions and performing some of your SPA treatments, Ana Mar will ease the reconnection process, focusing on your own well-being but also listening to you & to the like-minded individuals participating to the retreat.

*With a maximum of 7 participants, the program has been curated to create an intimate and caring environment, for you to feel at ease, to be able to fully reset and make the most of this 'me time'.*





## Inclusions

- 4 nights in a Superior room featuring walk in shower, soak in tub, and large veranda & balcony with hammock
- Farm to table healthy cuisine sourced from our orchard & farm with brunch served à la carte until 12pm and a 3-course dinner that can be tailored to your dietary requirements
- Morning 75min Hatha yoga classes (2x) & evening meditation classes & sharing circles
- Morning Mindful Hike by Lagos golden coastline, with meditation & breath sessions facing the ocean (weather allowing)
- Wellness Pack of your choice, made of restorative SPA treatments
- Private Boat tour of the legendary grottos of Lagos with picnic on board (weather allowing)
- Vegetarian Cooking Class, including foraging in our orchard guided by our sous chef Pedro
- Ceramics Class with talented Ana of Itsana
- Workshop of Witchcraft & remedies with medicinal plants led by inspiring Daphna
- SPA circuit (steam room, sauna, rooftop salty outdoor pool)
- Unlimited access to our fitness studio
- Welcome pack
- Early check in & Late check out

## WHEN

13 to 17 Nov

20 to 24 Nov

27 Nov to 1 Dec

## COST per person

1,860€ | double room, single occupancy

1,400€ | shared double room

Minimum 4 participants, Maximum 7 participants



## ANA MAR YOUR RETREAT LEADER

Passionate about holistic wellness, Ana Mar is an experienced Yoga Instructor & SPA therapist. Her background includes over 10+ years of experience and training in Hatha Yoga, Yoga Nidra and Meditation, in Portugal, Italy, Spain and India. Her holistic approach integrates a strong healing component, informed by her extensive massage practice, and enables Ana Mar to deliver personalized yoga sessions, tailored to each student's specific concerns. Being a great listener, and avid practitioner of meditation, Ana Mar cultivates a healthy lifestyle, helping her to reach true inner peace and convey serenity & stability, while grounding her students, with genuine care and expertise.

Before settling in the Algarve, Ana Mar has been hosting and leading several immersive wellness retreats in the Alps, being a strong believer in the power & positive impact of the serenity & beauty of nature on one's inner peace. In Lagos, Ana Mar finds this calming and soothing environment with the breath-taking coastline & ocean. As such, outdoors and reconnection with nature are very much integrated in the program, as key to enhance one's peacefulness and serenity.

Ana Mar is also an expert in detoxification & cleansing, having led several juice fasting detox retreats focusing on cleansing body & mind, on physical, mental, emotional and spiritual levels.

*When designing the program of the hands-on wellness retreat, Ana Mar looked for ways to promote sensorial reconnections, that beyond cleansing, foster a joyful well-being, serenity & creativity, and bonding with like-minded individuals - a sharing & caring program with a combination of personal 'me-time' and mindful gatherings.*

## SAMPLE ITINERARY

### Day 1 - Wednesday

From 3pm – Check in (or from 12pm for early check in)

3:30pm – Wellness Time (time at your discretion, with treatment from the chosen Wellness Pack)

5pm – Opening & sharing circle

6:15pm – Arrival Meditation

7:30pm – Farm to table dinner

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### Day 2 - Thursday

8:15am – 75min Hatha yoga practice

9:30am – Farm to table brunch

11am to 2:30pm – Wellness Time (time at your discretion, with treatment from the chosen Wellness Pack)

3pm – Foraging & Vegetarian Cooking Class

7:30pm – Farm to table dinner

9pm – Closing of the day & night Meditation

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### Day 3 - Friday

8:15am – Mindful hike & meditation with ocean view (round trip with transfer included)

10am - Farm to table brunch

11am to 2:30pm – Wellness Time (time at your discretion, with treatment from the chosen Wellness Pack)

3pm – Ceramics with talented Ana of Itsana

7:30pm – Farm to table dinner

9pm – Closing of the day & Night Meditation

### Day 4 - Saturday

8:15am – 75min Hatha yoga practice

9:30am – Farm to table brunch

11:30am – Private Grotto Boat tour (on a Capelli Tempest) with picnic on board

2:30pm to 4pm – Wellness Time (time at your discretion, with treatment from the chosen Wellness Pack)

4pm – Witchcraft & Remedies with medicinal plants with inspiring Daphne

7:30pm – Farm to table dinner

9pm – Closing & sharing circle

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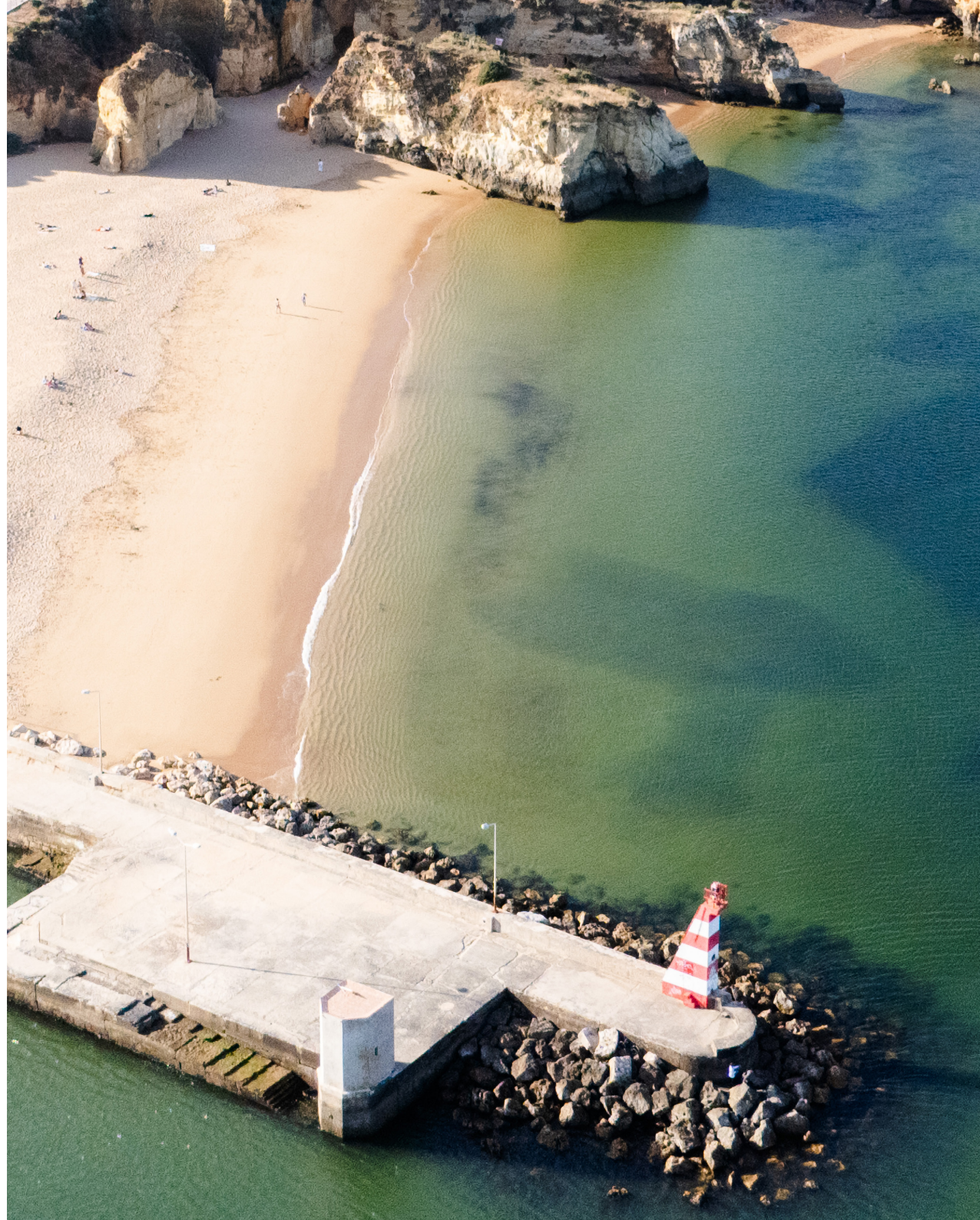
### Day 5 - Sunday

9:30 to 11am – Farm to table brunch

11am – Wellness Time (time at your discretion, with treatment from the chosen Wellness Pack)

12pm – Check out, until 3pm for late check out

*All activities listed in the itinerary above are included in the Retreat fee – when booking your retreat with us, please kindly indicate your preference as for the Wellness Pack and preferred time/ day for scheduling your treatments. Access to our fitness studio & 2x 1hr SPA circuits are also included, but require prior booking, we recommend scheduling them as well, so that we can add them to your personalized itinerary.*





## WELLNESS AT OUR SPA

Overlooking the gardens and our estate house, Casa Mãe Spa has been designed to create a relaxing cocoon dedicated to well-being & rejuvenation. We invite you to select one of our Wellness Packs to complete your holistic journey with us:

### DETOX

**-80min detox deep cleansing facial**, its comprehensive 6-step facial will leave your skin purified, smooth with a bright & fresh glow

**-110min detox & slimming booster ritual** including 4 steps – full body scrub with natural exfoliant, nutritious & powerful body wrap, lymphatic drainage followed by anti cellulite massage, application of a slimming and sculpting oil using silicon cups to optimise its effect & of a smooth remodelling refreshing algae gel

### REJUVENATE & UNWIND

**-80min a rejuvenating complete facial**, made to measure resculpting treatment in 8 steps for a glowing, plumped and toned skin

**-20min add-on** to the facial: either head & scalp massage, tension soother (head, neck, shoulder & hand massage) or foot massage

**-80min custom full body massage**





#### REENERGEISE & RELAX

- 80min energising body sculpting wrap, focusing on the thighs, waist, tummy and bottom with dry skin brushing, followed by a coffee & slimming sculpting oil body wrap, and a revitalising energetic anti cellulite massage on tummy, waist and thighs

-80min signature full body massage or custom massage

-20min Facial's add on to the massage: facial drainage, quartz crystal stone massage, or hot stone facial massage

#### NOURISH

-Our 120min signature treatment: **The Journey**, starting with a foot ritual, followed by dry skin brushing and a made to measure full body massage using our Casa Mae massage candle, made of the purest plant oils & relaxing essential oils. The last steps of this holistic treatment is a 30min facial & head massage ritual

- 50min full body exfoliation + 20min foot reflexology

#### DEEP RELEASE & HEALING

-60min private yoga therapy focusing on improving your body & mind through posture correction, core muscles strengthening & deep relaxation

-80min aromatherapy pinda anti stress massage using essential oils & medicinal herbs, and acupressure on vital points to sooth, detoxify, and stimulate your metabolism while relieving muscle tension

-60min remedial massage calibrated to your specific needs, using trigger point therapy & other technics (such as hot stones or bamboo) helping at releasing deep seated tensions & heal chronic pains

#### PAMPER & SHINE

-140min intensive hand & foot therapy, including manicure & pedicure, foot cleansing ritual, feet & hand mask, reflexology and a grounding scalp massage

-80min signature full body massage or custom massage

-20min Facial's add on to the massage: facial drainage, quartz crystal stone massage, or hot stone facial massage

*More information about the treatments can be found in our brochure, please follow the link for more details.*



| *spa circuit to detox, recharge & sunbath* |



| *sauna, steam room & rooftop salty water pool for the ultimate detox* |

## SPA CIRCUIT

To allow you to fully unwind, we have included 2 complimentary SPA circuits in the retreat program. The 1 hour SPA circuit begins with some laps in the 11-meter long rooftop salty pool. It then continues on another floor with our sauna, steam room and hydrotherapy showers. We finally invite our guests to fully recharge in our relaxation room with some cold aromatised water or ice tea. To enhance your SPA experience and ensure that you fully enjoy a relaxing and private moment, we have limited the number of guests to 4 at a time.



| a peaceful & intimate well-being experience under the Algarve sun |



## OCEAN ADVENTURE

### DEEP BREATH IN OUR LEGENDARY CAVES

On board of this semi-rigid boat, you will be able to access the secret coves of the legendary Lagos golden coastline. The stunning caves & cliffs and the immensity of the ocean will be your relaxing scenery for a special picnic on board – a rejuvenating and fun ocean adventure!





| *guided meditation and mindful hike to reenergize by the sea* |

## HANDS-ON WORKSHOPS

### THE CERAMICS CLASS

Ana, the Brazilian founder of ITSANA Handmade Ceramics, shares our love for minimalist lines & beautiful design. We are proud of our collaboration pieces for Casa Mãe. Her 3-hour workshop includes a tutorial about the pinch pot technique and the molding of unique pieces, either decorative or utilitarian (such as mugs, bowls, and others). Ana will guide you on how to handle the high-temperature clay and help you through the mold-elling process. The pieces created will be stored at Ana's studio until they dry (up to 15 days required), and glazed by the ceramist. Then the pieces are ready for collection or delivery.

*The creative process, with the required concentration and sensorial touch, will help you to disconnect and enter in a quase meditative state of mind while moldelling your pieces. A great moment of inner peace, while bringing to life objects of your own, made to last & to cherish!*





## COOKING & FORAGING WORKSHOP

This 2 hour session with our sous chef Pedro will start in our gardens – Pedro will walk you around our orchard, explaining the herbs and vegetables, that you will pick them with him. Back to the kitchen, the session will start with kitchen basics – best way to clean & store veggies, cutting technique tutorials etc, and will continue with the preparation of a vegetarian dish – guided by chef Pedro. The workshop will end with the degustation of the dish prepared.



## WITCHCRAFT & REMEDIES WITH MEDICINAL PLANTS

Graduated in aromatherapy, Daphna is passionate about herbal remedies and permaculture. Guided by her, you will explore our gardens to forage some herbs. She will then explain how to recognise, connect, and process medicinal plants into simple traditional remedies, for skin care and general health.

Depending on the herbs foraged and your wishes, you will make a magic ointment for skin healing, a medicinal calming body oil or a herbal syrup for colds, throat & coughs. A beautiful way to connect with the powerful healing properties of natural elements and integrating simple routines into your well-being.





## YOUR ROOM

the Superior rooms with its minimalist & pure design, warm materials & craft details, offers the ideal environment to facilitate meditative mindset & complete unwinding. The room features spacious verandas or balconies with beautiful views over our gardens & hammock and lounge, perfect for relaxing sunbathing sessions - while its free standing soaking tub invites to evening pampering, with our bath salts helping tension release, preparing you for a night of deep regenerative sleep



| *private balcony & hammock to fully unwind* |



## FARM TO TABLE, HOMEMADE CUISINE

Our à la carte brunch and three course farm to table or farm to table dinner are included in our program. They will be exquisitely prepared by our chef Rui & his team, using the best produce from our orchard and farm, & from local artisan producers. Depending on your dietary preferences, Chef Rui will tailor the the menus to fulfil your wishes. Our cuisine is all homemade, from the bread to the yoghurt, almond milk, coriander pesto etc. It favours plant based, low carb, healthy diet – the daily dinner menus will present vegan/ vegetarian as well as seafood & fish options. Using premium local & extra fresh ingredients, Chef Rui's cuisine has a strong sense of place, celebrating the sunny flavours of the Algarve.

| *detox with our feel good cuisine* |



## FITNESS SESSIONS AT OUR GYM

Casa Mãe's Gym invites you to integrate movement, well-being and fitness into your regenerative retreat with us. The Gym includes Technogym equipment: functional trainer, skillrow, exercise bike, elliptical cross trainer & free weights. The gym access is complimentary but upon booking & privatised for up to 4 persons at the same time, to guarantee optimal training conditions.





| *optional extras*

TRANSFER

from Faro airport transfer

SURF GROUP OR PRIVATE LESSON

half day, with pick up at the hotel

SUNRISE SUP



| TO BOOK A RETREAT  
OR TO GET A RETREAT VOUCHER

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