

# Season's Greetings from our Sunny casa.

A carefully crafted program of cheerful festive experiences for magical moments - Join us for unforgettable year end's celebrations in timeless style!



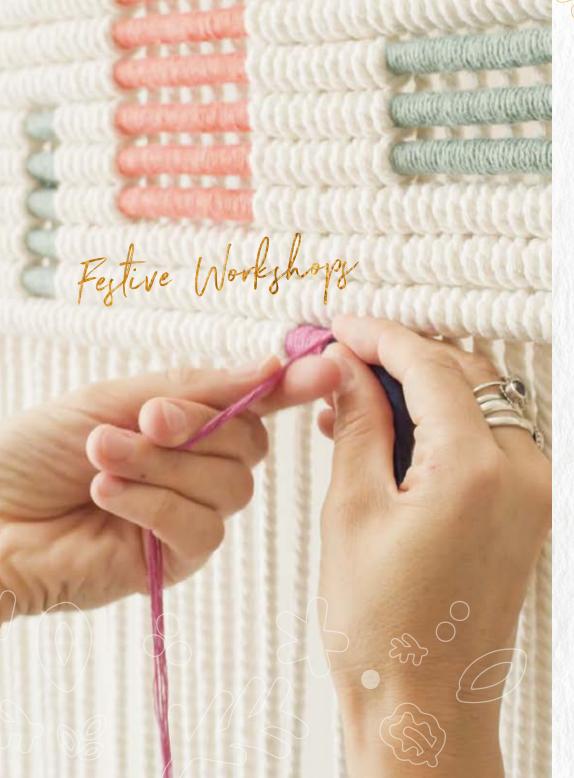
## Festive Workshops

Ceramic Workshop with Ana Silva from Itsana
Tradicional Tapestry with Susana from Mendez Textile Studio
Wooden Car Building Workshop with Wesley Sacardi
Artisanal Candle Making Workshop with Ana from Luhme Studio
Coffee Tasting with Shan and Nick from Beany Bunch
Macramé workshop with Noémia from Braida
Herbarium with Daniela from Luzalba

Wellbeing Specials Yoga Therapy, Meditation & Mindful Hike with Einav Special celebration SPA journeys with Fabiola

Festive Season's Specials
Our Festive Afternoon Tea
Our Gift Selection at our LOJA
Offer a Casa Mãe's Experience

Celebration Menus Events Calendar & Lagos







Duration:
3 hours
Date: 21th December & 4th January
From 3.00 pm

Maximum 2 participants (12 years old minimum age)

90€ per person

# Ceramic

## with Ana from ITSANA

Ana, the Brazilian founder of ITSANA Handmade Ceramics, makes all the beautiful pieces that you can find in our store by hand. She is joining us for a 3-hours workshop, inclunding a tutorial about the pinch pot tecnique 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 hight-temperature clay and help you through the moldelling 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.





Duration: 4 to 5 hours

Date: December 28th, from 3 pm

Maximum 5 participants (12 years old minimum age)

65€ per person, all material included

# Traditional Tapestry

with Susana of Mendez

## Textile Studio

Susana is the founder of Mendez Textile Studio, her practice explores the tradicional tapestry patterns & techniques of Portugal. Passionate about weaving and embroidery, Susana thrives at sharing her knowledge and teaching - her workshop session involves a proper mini wood loom, for you to practice, guided by Susana and create your very own little tapestry



Duration: 3 hours

Date: December 30th, from 3.00pm

Maximum 3 participants (6 years old minimum age)

65€ per person

Wooden Car Building

with Wesley Sacardi

Wesley Sacardi, defines himself as an eternal apprentice of the world passionate about free creativity and takes immense pleasure in sharing knowledge.

The wooden cart-building workshop is perfect for family activities. Participants will learn about the production process for each part of the trolley, as well as sanding, assembling, and customizing the piece. At the end, each participant will take away the wooden cart.





Duration: 2/3 hours

Date: December 27th, from 3pm

Minimum 5 participants

50€ per person

# Artisanal Candle

with Ana from Luhme studio

Three years ago Ana began her journey into the world of candles. She was born in Lagos but fell in love with the world and ended up in Australia where she created her brand, Luhme Studio. However, her heart brought her back to her roots and landed in the Alentejo, where she found the perfect setting to continue exploring new techniques & new blends of aromas that surprise the senses.

The aromatic candle workshop offers a practical and creative experience, where participants have the opportunity to create their own coconut wax candle. As well as learning the basics of candle making. Participants will have the chance to personalize and decorate their creations, making them unique. During the workshop, topics such as the process of creating handmade candles and wax pouring techniques will be covered. The main aim of the event is to provide a fun and engaging experience that will combine learning and creativity.



Duration: 2 hours

Date: January 2nd, from 3pm

Minimum 5 participants (12 years old minimum age)

55€ per person

# Coffee Tayling with Beany Bunch

Shan and Nick bring positive goodness to the world through the art and science of coffee. With over 20 years of International Coffee Careers between them, they are on a mission to share coffee fun with anyone who seeks joy in the small things in life via fun events and festivals, coffee catering, workshops, professional courses business consultancy, and experimental coffee labs.

Learn How to Taste Coffee Like a Professional:
Join the Beany Bunch Coffee Collective for a sensory
journey like no other. This two-hour workshop,
focused on the world of flavour, beckons you for a
unique experience to open your mind, slow down and
deeply enjoy the moment.

Explore Aroma, Taste and Mouthfeel while traversing across the world of coffee!

- Experience the pure form of the 5 basic tastes: Sweet, Sour, Salty, Bitter and umami
- Play with aroma while discovering the coffee aroma wheel and common aroma vials
- Taste a variety of coffees from all around the world to discover the myriad of possible flavours in coffee
- Discover a new way to analyse coffee through a simplified industry standard, coffee evaluation process.







## Macrané with Noémia from Braida

The workshop will consist in the creation of a beautiful plant hanger. During the 3 hour session, Noemia will guide you through the materials, macrame weaving structure and techniques and will teach you how to make nt knots.

and bring home a very cute plant



Duration: 3 hours

Date: December 23th, from 3pm

Minimum 3, maximum 6 No age restrictions

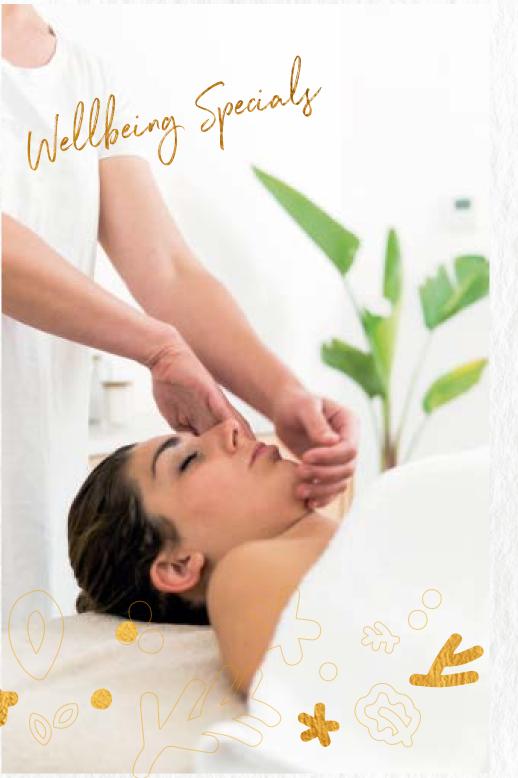
50€ per person

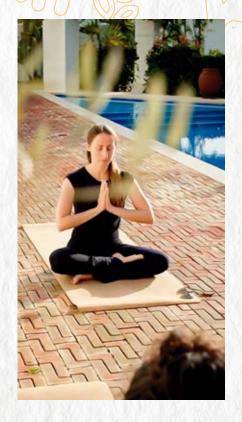
Herbarium

## with Daniela from Luzalba

Daniela is a visual artist, researcher, and teacher, holding a degree in Design and a postgraduate degree in Fine Arts: Sculptures. Her works range from visual arts to ancient printing techniques. Based in the Algarve, her current creations focus on maritime culture, exploring and cataloguing local resources. The workshop aims to initiate the creation of a handmade herbarium, developing one's own graphic identity. Participants will learn to build a press and preserve various natural elements. They will also conduct conservation samples with biomaterials. Participants are welcome to bring their own flowers, plants, shells, or other natural elements.







## Yoga

20€ per person Minimum 3 participants

## Mindful Hike

25€ per person Minimum 3 participants

## Dates

Dates

26th Dec - 9:30am 28th Dec - 5:30pm 31st Dec - 9:30am 3rd Dec- 5:30pm 5th Jan - 9:30am

2th Jan - 9:30am Weather allowing

## with Einav

With over 20 years of experience in yoga practice & yoga therapy, Einav's classes guide you into an integrated practice, working on different levels of the body & mind, aiming at rebalancing & reenergising. Her 60-minute group session articulates meditation, breathing exercises, postures and an inspirational text.

Ideal to unwind and release deep seated tensions, to fully enjoy a relaxing Christmas break!

guided by Einav

This 2 hour hiking session starts at Casa Mãe, crosses the old city & continues on the ocean's trail by Lagos golden coast.

The session incorporates meditation & breathing exercises, facing the ocean - for deeper relaxation & connection to nature's revigorating energies.



Fabiola, our head SPA therapist has developed two unique comprehensive combinations of treatments exclusive for the festive season, aiming at leaving you deeply rejuvenated and reenergised. Indulge with a holistic self care program to beautifully end the year or start the new one deeply regenerated.

To celebrate the festive season, the offers include Casa Mãe wellness gifts, a lavender sleep eye mask & Casa Mãe essential oils to continue your relaxation journey home.

## **Ultimate Unwinding Escape**

This holistic 110-minute experience combines a powerful deep tissue hot stone full body massage, a rejuvenating facial and ends with a deeply grounding head & scalp massage to provide a comprehensive and deeply rejuvenating spa session.

Full Body Hot Stones Massage (60 min)
Rejuvenation Facial (30 min)
A customized facial treatment to
nourish and revitalize the skin, using
powerful vitamins boosted serums &
oils from Oliofora, manual face drainage
technique and Gua sha stone to release
tensions and reduce facial lines.

Head & Scalp Massage (20 min)
Gentle massage techniques focusing
on the head and scalp to alleviate
stress and tension.

## New Year's Renewal Ritual: Energize Your Essence

This 110-minute ritual is crafted to usher in the New Year with a sense of renewal, offering a blend of physical exfoliation, energizing wraps, and a facial experience that goes deeply beyond the surface to renew both body and spirit, for a fresh new start.

Full Body Exfoliation (30 min)
Body Coffee Wrap & Lymphatic
Drainage (40 min)
A unique wrap infused with coffee
extracts to stimulate circulation and
detoxify, leaving the skin revitalized while the lymphatic drainage ensures a
deep body detox work.
Cleansing Energy Facial (40 min)
A facial treatment designed to cleanse
not just the skin but also rejuvenate
your energy, combining skincare with
gentle energy balancing techniques.



# Our Festive Afternoon Tea

Served from 2:30pm to 4:30pm 29€ to share for 2 persons

Indulge with our Festive afternoon tea. The Casa Mãe docinhos made of miniature of our desserts will please the sweet tooth, while the artisanal cheese & bagels assortments will ravish the ones craving for salty delicacies - with also seasonal fruits bringing freshness to this afternoon treat. Ideal for a cosy indulging moment.











**CHRISTMAS** 

### Couvert

Homemade sourdough bread . vegetable sticks . mint babaganoush . farm herb butter

## Starter (select one)

Chestnut velouté . apple . crispy prosciutto

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Crispy goats' cheese . red onion confit . roasted tomato . garden greens

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Roasted pumpkin with honey & rosemary . yogurt & cheese mousse . mint . toasted hazelnut . garden greens

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Gravlax . fennel cream . tangerine . homemade pickle

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Beef tartare . capers . roasted garlic cream . quail egg yolk . crispy cheese tile

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## Main (select one)

Lamb sirloin steak . hazelnut crust . celery puree . lamb and mint jus . caramelized carrots

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Turkey leg in wood fired oven . stewed chestnuts . braised greens . sweet potato puree & leek confit . orange & honey jus

Roasted collard greens . tomato & pepper sauce . caramelized carrots . braised greens . garden greens

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Catch of the day . farm kale & bechamel . leek Confit . samphire . razor clam . champagne sauce

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Mushroom risotto . crispy onion and sage . cheese from Açores . garden greens . leek confit

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## Dessert (select one)

Casa mãe brûlée trilogy . orange . cardamom . sweet fennel & cinnamon

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Chocolate christmas log

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French toast . toasted brioche . vanilla custard





New Year's Eve Cocktail or a flute of La Volee, brut nature sparkling

Shallot pickled oysters . red wine vinegar Oxtail croquette . parsley mayonnaise Sourdough bread . truffle butter . broccoli &

roasted almonds hummus

'Carabineiro'. caviar . jerusalem artichoke puree . smoked 'carabineiro' butter . asparagus shavings . coriander sprouts

John dory fillet . creamy farm collard greens . 'gamba da costa'. samphire . dehydrated kale . lemon confit coulis . chive oil

Amarguinha sour . lemon & basil sorbet

Suckling veal . confit shallot . oyster mushroom . celery root puree . madeira wine glaze . pickled mustard seeds . crispy pata negra

Portuguese artisanal cheese platter . jam . honey . almonds . sourdough bread

Pavlova . yuzu & lemon curd . champagne foam

White chocolate bonbon . passion fruit & lemongrass

Midnight Toast with flute of La Volee

Vegetarian

New Year's Eve Cocktail or a flute of La Volee, brut nature sparkling

Canelé . black garlic Sourdough bread . truffle butter Green sticks . broccoli & roasted almonds hummus

Crispy chevre . lemon confit cream . caramelized parsnip . arugula sprouts

Portobello mushroom . cauliflower & truffle foam . jerusalem artichoke cream . asparagus shavings . coriander sprouts . mustard seed pickle . açores cheese shavings

Amarguinha sour with yuzu & basil

Beetroot gnocchi . celery root puree . pomegranate .'requeijão'& mint mousse . dehydrated beetrootchips . garden greens

Homemade compote . honey . almonds . figs . homemade bread

Portuguese artisanal cheese platter . jam . honey . almonds . sourdough bread

Pavlova . yuzu & lemon curd . champagne foam

White chocolate bonbon . passion fruit & lemongrass

Midnight Toast with flute of La Volee

## The Events Calendar

21th of December

Ceramic Workshop with Ana Silva from Itsana 23th of December

Herbarium Workshop with Daniela from Luzalba 24th of December

Christmas Eve Dinner

25th of December

Christmas Celebration Lunch 27th of December

Artisanal Candle Making Workshop with Ana from Luhme Studio 28th of December

Tapestry Workshop With Susana from Textile Studio

29th of December

Live Music Classic Covers with João Faísca 30th of December

Wooden Car Building Workshop with Wesley Sacardi 31st of December

New Years Eve Gala Dinner Live Music & Midnight Toast

 $2^{nd}$  of January

Coffee Tasting with Shan and Nick from Beany Bunch

Meditation Hike
with Einav

4th of January

Ceramic Workshop with Ana Silva from Itsana 6th of January

Macramé Workshop with Noémia from Braida



