

Retreat's schedule

DAY 1 :

Arrival from 4pm

6pm - Welcome drink

Evening on your own

DAY 2 :

9am - Workshop Energy Massage Basics and Initiation to aromachology [3h]

2pm - 80 minute Massage [guest 1]

4pm - 80 minute Massage [guest 2]

Evening on your own

DAY 3 :

9:30am - Guided Discovery Nature Walk [1h30]

Departure : noon

Plus, a selection of our natural products from our aromatic and medicinal plant farm and a bottle of local organic wine.

Stay at Casa Lavineira, a 110 m2 village house with all modern comfort and amenities, includes bed linens, bath towels, toiletries, coffee and tea.

Meals not included - Animals not admitted - Smoking not permitted

Not suitable for people with mobility issues

Possibility to add extra days to your stay and to add extra wellness sessions depending on availability.

