

VILALARA

GRAND HOTEL ALGARVE

MORE THAN A RETREAT

A RETURN TO SELF

JUNE 12-15

WELLNESS TEMPLE
BY VERÓNICA BLUME



RETREAT
Activities

FOUR DAYS OF IMMERSION

MEDITATION

YOGA

JOURNALING

MINDFUL WALK

TEA CEREMONY

SOUND BATH

CONSCIOUS NUTRITION

BREATHWORK

Carefully designed for those seeking more than just a retreat, for those who desire a deeper connection and a longer, healthier, more meaningful life.

Start your journey here

JUNE 12-15



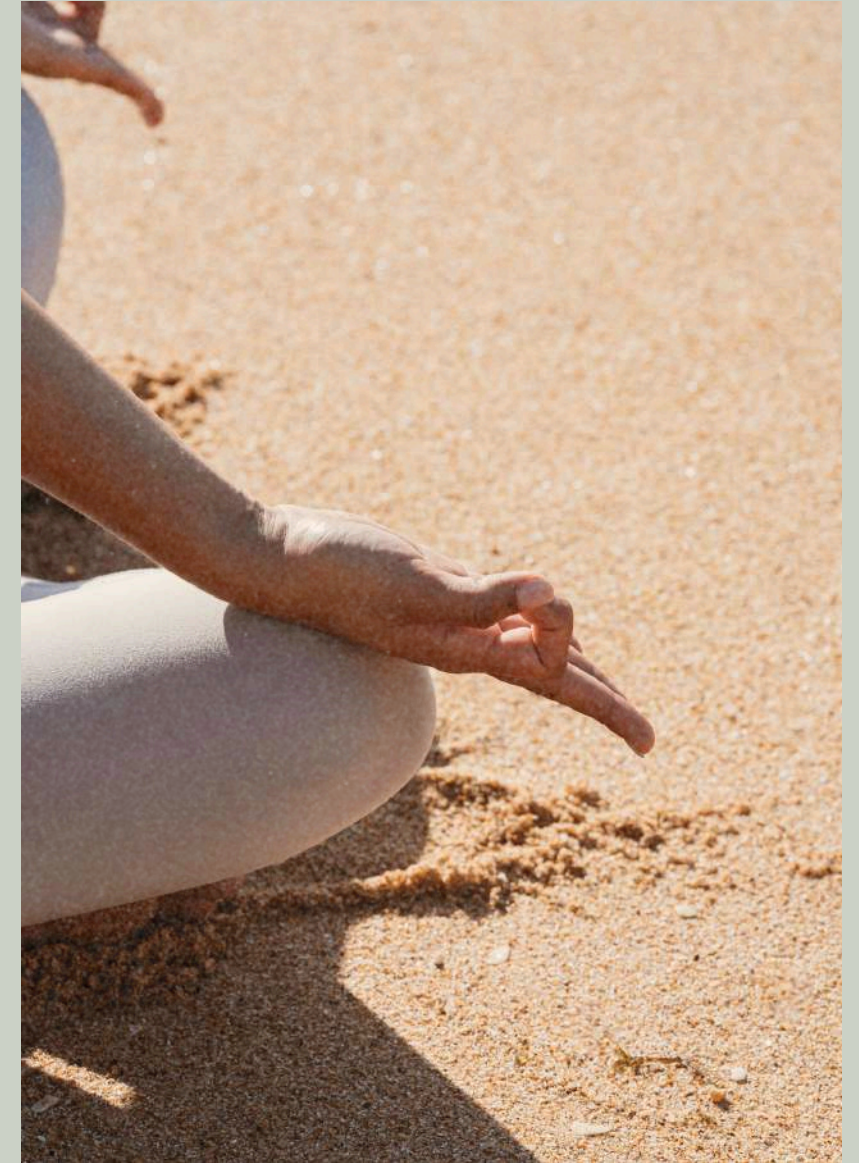
VERÓNICA BLUME

“Creating this retreat at Vilalara, in the south of Portugal, is so much more than a dream come true. It’s an opportunity to reconnect in a place of immense natural beauty, where freedom and transformation embrace one another. I invite you to pause, return to yourself, and remember who you truly are. Join me on this deep and powerful journey.”

MORE THAN A RETREAT



A RETURN TO SELF



WE ARE A TEMPLE OF WELL-BEING AND WE WANT TO SHARE THIS UNIQUE EXPERIENCE WITH YOU.

Over four days of immersion, Vilalara Grand Hotel Algarve offers a renewal and a conscious return to the inner self.

Each day will focus on a different theme, accompanied by the finest cuisine, group activities, and carefully curated tools to reconnect with the essential balance between the physical, mental, and emotional realms.

Meals and nutrition

Everything is included in the retreat, with a carefully selection of culinary experiences across the hotel's diverse dining venues. From the exquisite fine dining at restaurant Coral, to the fresh and wholesome creations at Vento, and the surprising, flavorful experience in the Raízes garden.

A complete high-end gastronomic journey, with menus expertly crafted by a nutritionist, designed to nourish both body and soul in perfect balance.



Special 10% discount —————
 For early bookings – valid for all sales until May 18th.

ROOM TYPE	PACKAGE DETAILS	RATE (EUR)
Junior Suite Garden View	Package 1 Pax / 3 Nts / 4 Days	€2,844.30
	Package 2 Pax / 3 Nts / 4 Days	€4,012.80
Deluxe Suite Upgrade	Package 1 Pax / 3 Nts / 4 Days	€2,994.30
	Package 2 Pax / 3 Nts / 4 Days	€4,162.80
Residence 2 Bedroom Upgrade	Package 2 Pax / 3 Nts / 4 Days	€5,722.80
	Package 3 Pax / 3 Nts / 4 Days	€6,891.30
	Package 4 Pax / 3 Nts / 4 Days	€8,059.80

BOOKING OPTIONS

Book online at www.vilalara.com or contact our Reservations Team at (+351) 282 320 000 / reservas@vilalara.com.

PAYMENT METHOD

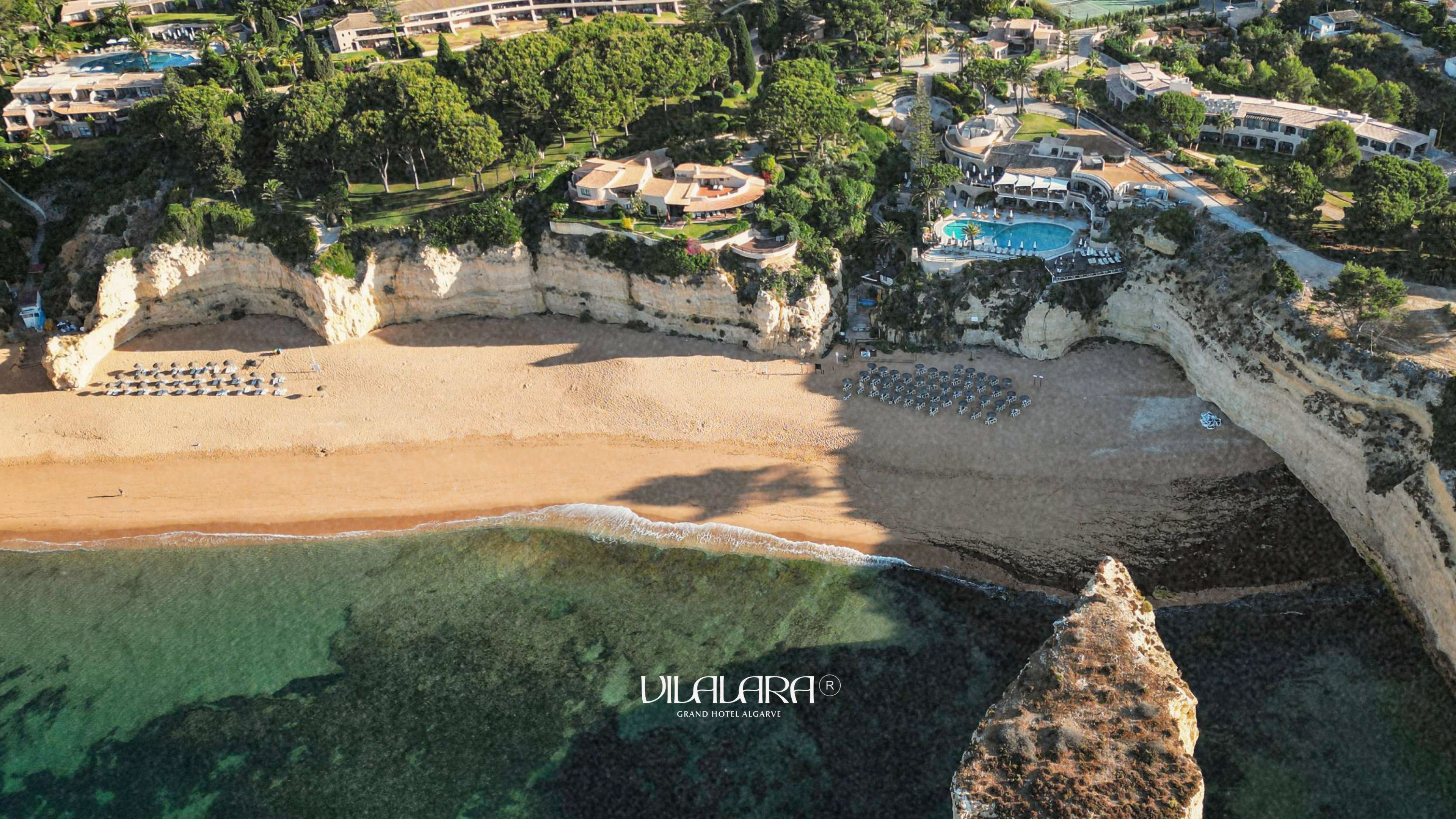
A credit card is required to guarantee the reservation. All charges (deposit or cancellation) will be processed by the reservations department using the provided credit card details.

CANCELATION CONDITIONS

- The reservation can be cancelled free of charge up to fifteen (15) days before the arrival date.
- A deposit equivalent to one night of the total stay cost will be requested fifteen (15) days prior to the arrival date, to guarantee the reservation.
- Should a reservation be cancelled within fifteen (15) days of the arrival date, a penalty amounting to fifty percent (50%) of the total stay cost will be incurred.
- In the event of a cancellation or no-show on the day of arrival (where a room is not occupied on the contracted arrival date), or early departure (leaving before the contracted departure date), the reservation will be charged in full.

PRAIA das GAIVOTAS
 ALPORCHINHOS
 Serviço 8400-450, PT





VILALARA®
GRAND HOTEL ALGARVE