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HERDADE
MALHADINHA
NOVA



WELLNESS WEEKEND

3 DAYS, 2 NIGHT EXPERIENCE

WELLNESS WEEKEND

In a world increasingly dominated by stress, technology and a strong connection with the digital world, we invite you to take a break, and reconnect with what's real: nature, our body, our mind.

In the endless Alentejo landscapes, where the only sound you can hear is the birds singing in distance and the wind reminding us of the passage of time and washing away all our worries, join us to discover the true meaning of Slow Living. Across 3 days, we will provide you with the tools required to relearn how to live in full alignment with nature and how to take those tools into your day-to-day life in order to live in a more balanced way. Because in the end, that's what Malhadinha is all about: balance. The natural balance of nature and its ecosystems, balance in health, in wellbeing... in life.

*There are special places on our planet,
places of power, healing and renewal,
places where the mind-body connection
is enhanced and that enable us to get
back in touch with our deepest
innermost feelings.*

– Frederick Lenz

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01 [RE]CONNECTING

Very often we find ourselves almost prisoners of the world we live in. A world and a society where stress, self-indulgence and rush prevail and where we tend to forget what really matters. This first day in the countryside will be the perfect opportunity to reconnect with nature and with yourself, in this small paradise called Alentejo, where the peace, the silence and harmony and unbeatable.

Arrival

Arrival at Herdade da Malhadinha Nova, where you will be welcomed by our team of chefs with some special-treats made with seasonal and fully organic fruits and vegetables from our estate, our certificate organic wine.

Wine Tasting

Visit our estate and all the animals that live here, followed by a workshop about organic wine production, where you will be able to learn the main differences between this process and the traditional methods, the biggest trends in wine production and organic and biodynamic wine. We will also share how we transitioned to organic and sustainable production not only in wine production but in all areas of business we operate in. Finish this experience with a wine tasting of some of our new vintages of organic wines. We will provide an overview of the concept and vision behind Malhadinha Nova, the role of sustainability in our project and the desire to become fully self-sustainable.

Dinner

On this day, we challenge our executive chefs to create a special menu using only products from Herdade da Malhadinha Nova and our Alentejo.


"Occasionally we must disconnect to reconnect later on."

– Dominic Riccitello

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02
CONNECT WITH NATURE

Nature is perhaps the space with the biggest potential to make us calm and relaxed. Therefore, we have focused the second day of this program in building a stronger connection with nature and enjoy everything it brings to us.

Breakfast

Enjoy our breakfast prepared with organic fruits and vegetables from our estate, with views to our infinity pools above the Alentejo landscapes.

Woodland Shower

In a unique sensory moment that promotes deep relaxation and emotional well-being, we invite you to reconnect with nature in a full and conscious way.

Lunch

For this day, we propose a light and healthy lunch, but also with lots of color and flavor, because healthy cuisine can also be delicious, as you will have the opportunity to learn during the workshop with our chef.

Visit to the Pottery

We invite you to visit our pottery house and use the clay from our estate in this activity that feels almost like a meditation, giving you the opportunity to relax and reflect while also stimulating your creativity.

Dinner

Discover the Farm to Table concept in our restaurant where you can taste many of the products that we grow here throughout the year and that we serve in the most natural way possible to maintain all the nutrients, flavors and textures that nature gives them.

"Nature is the purest portal to inner-peace."

- Angie Weiland Crosby

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03
CONNECTING WITH OUR MIND

Breakfast

Enjoy the gifts of Nature in our breakfast prepared with fresh products from our lands and the region to start your day in the best possible way.

Relaxation Moment

Relaxation massage and bath. The massage with grape seed oil alone already promotes deep relaxation results. To continue and intensify the treatment, a bath will be prepared with products from the estate that will help to enhance the properties of wine, honey and rosemary.

Check-out

"Your mind will always believe everything you tell it. Feed it hope. Feed it truth. Feed it with love."

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VALUE OF THE EXPERIENCE

530,00 € [Experience per person in a double room at Monte da Peceguina]

570,00 € [Experience per person in a junior suite at Monte da Peceguina]

610,00 € [Experience per person in a suite at Monte da Peceguina]

690,00 € [Experience per person at Casa do Ancoradouro]

770,00 € [Experience per person at Casa das Pedras]

930,00 € [Experience per person at Casa das Artes e Ofícios] - Minimum occupancy of 4 people

930,00 € [Experience per person at Casa da Ribeira] - Minimum occupancy of 6 people

[Includes] 2 nights accommodation. All meals mentioned in the program. All activities mentioned in the program.

[Excludes] All drinks inside and outside the meal period, except those mentioned in the program.

[Cancellation Policy] Reservations can be changed or canceled up to 5 days before the arrival date. In case of cancellation after 5 days before check-in, 100% of the reservation amount will be charged. In case of no-show or early departure, 100% of the reservation value will be charged.

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