



LACURA

WELLNESS RETREAT

LA CURA'S 2026  
SEASONAL RESET RETREATS

# REST AND RENEWAL

Our Seasonal Reset Retreats have been created to provide guests with the opportunity and the space to physically and mentally re-set, and leave feeling ready for a new season with renewed energy.



## REST AND RENEWAL

A key component of these retreats is the healing power of movement and breath, helping to release trauma and stress from the energetic body. In addition to daily yoga and meditation practices, private Pilates sessions are offered, and expert practitioners provide holistic therapies. These practices, in conjunction with walks through the beautiful Spanish hills and relaxation by the pool, complete the physical reset.

Special workshops are included in our retreats and range from art therapy to African dance. Nightly meditation and a closing ceremony leave guests completely renewed and ready for their next adventures in life, whatever they might be.

We offer a carefully planned cleanse of freshly made juices, vegetable shots, smoothies and creamed soups put together by a nutritionist in conjunction with our experienced vegan chef. With these experts, our guests have the opportunity to harvest their own vegetables and understand the processes and benefits of detoxifying the body.






### Each of our seasonal retreats includes:



**6 nights accommodation** in one of our beautiful king rooms. You may choose whether you'd like to share with a friend, or have a room to yourself.



**Two daily yoga classes** with meditation and sound bath



**A private Pilates lesson** will be organised for each of our guests




Daily **hot/cold Wim Hof** inspired therapies



**Special group activity/workshop**



Juices, broths, smoothies and teas prepared in our **holistic kitchen**



**Two complimentary therapies** (holistic massage and chsmanuc healing)

*Extra therapies can be added upon request from our therapy menu by previous request according to availability and can be paid by cash on site.*



Guests have open access to our **salt-based swimming pool, sauna and Ofuro Japanese hot tub**



**Daily walks** in the nearby countryside



**A nutrition workshop** in our teaching kitchen



**Closing Ceremony**



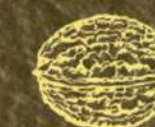
# Pricing

**Single Room**

**2700 EUR**

**Shared Room, *Per Person***

**2100 EUR**



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