



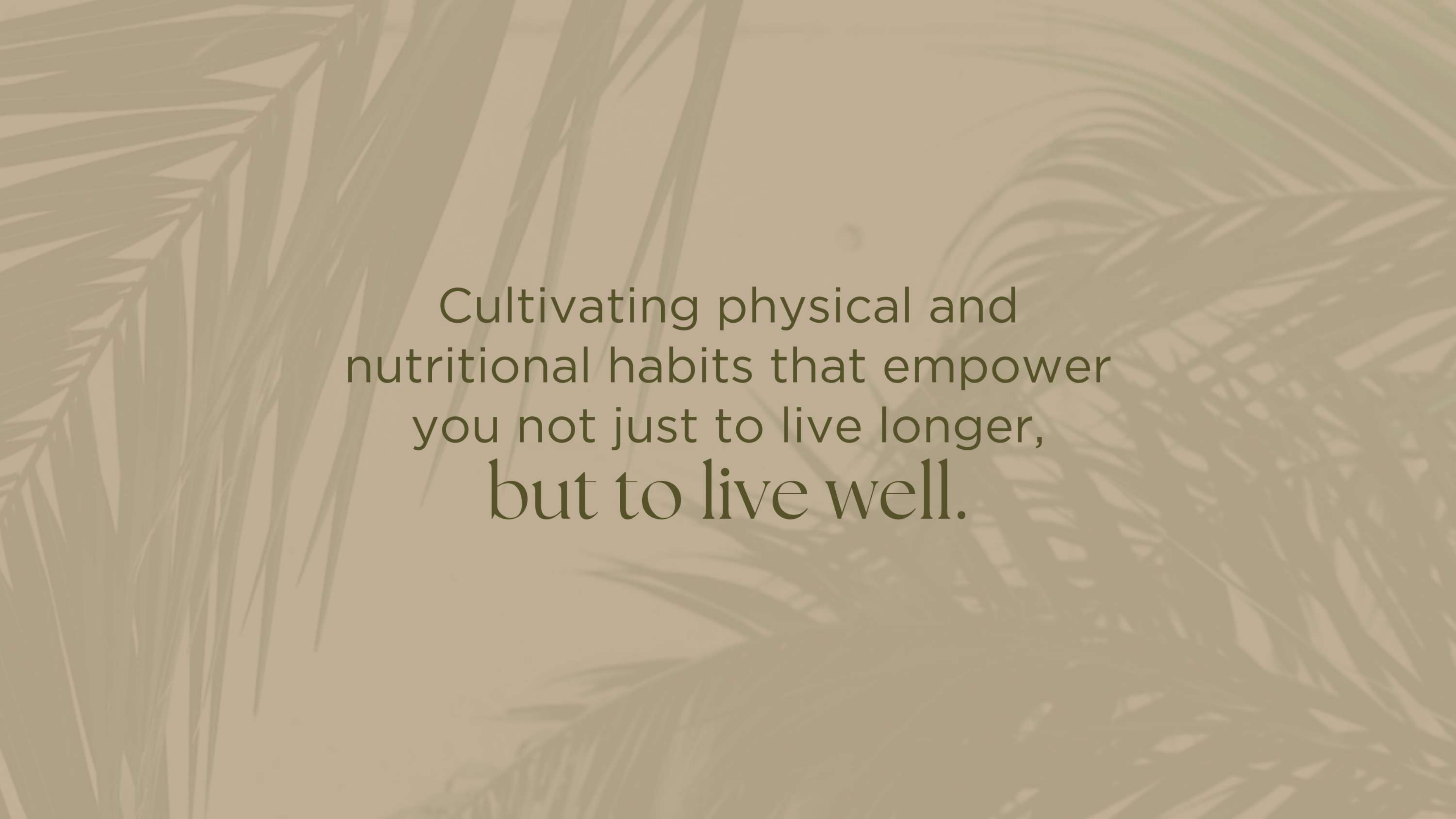
LACURA
WELLNESS RETREAT

THE SUMMER Refresh Retreat

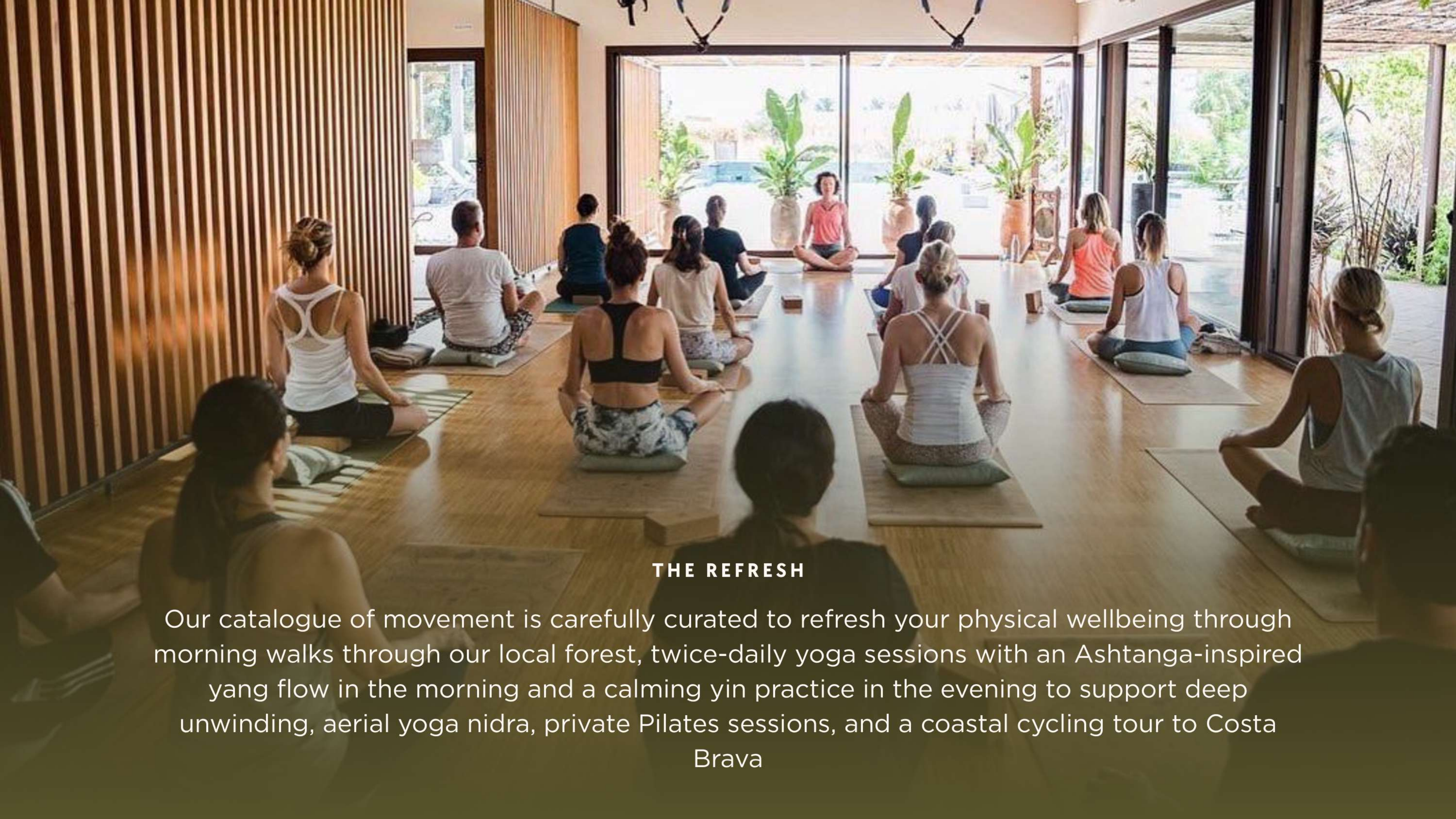
Designed to help you form fresh perspectives on your body, mind, and energy wellness. Set among rolling Spanish hills, this experience invites you to step out of autopilot and back into present.

Space limited. Reserve your place now.



The background of the image features a repeating pattern of palm fronds in a muted, earthy green color. The fronds are long and slender, with distinct, pointed leaflets. They are arranged in a way that creates a sense of depth and texture, with some fronds appearing more prominent than others. The overall tone is calm and natural.

Cultivating physical and
nutritional habits that empower
you not just to live longer,
but to live well.



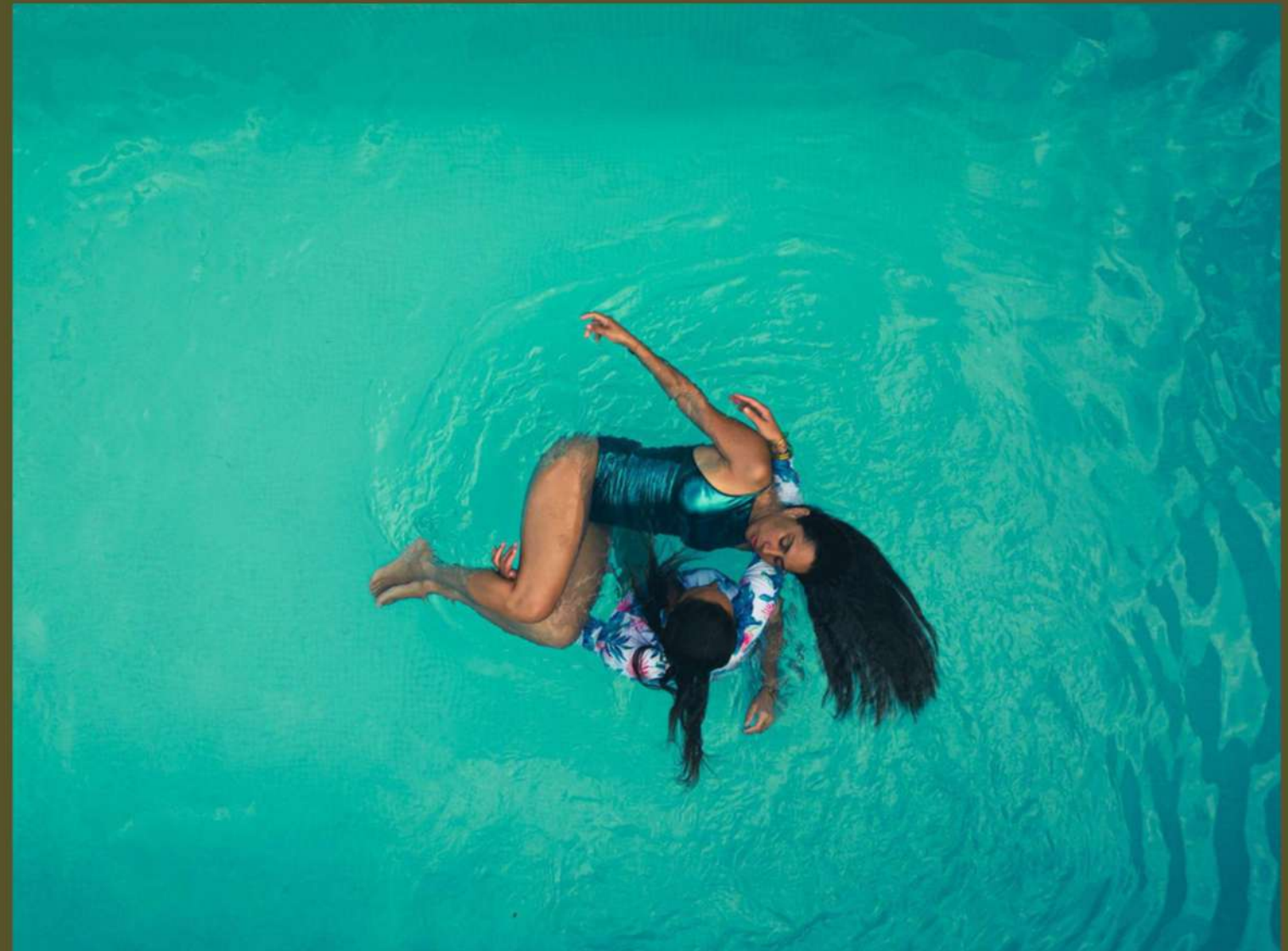
THE REFRESH

Our catalogue of movement is carefully curated to refresh your physical wellbeing through morning walks through our local forest, twice-daily yoga sessions with an Ashtanga-inspired yang flow in the morning and a calming yin practice in the evening to support deep unwinding, aerial yoga nidra, private Pilates sessions, and a coastal cycling tour to Costa Brava




THE REFRESH

While immersive and energising, The Refresh leaves space for stillness and and contemplation, coupling active movement with holistic massages, a floating sound bath, water therapy, and a mindful art workshop



We also encourage our guests to embrace moments of quiet reflection, read from our library, and enjoy thoughtful conversation with their companions

A photograph of a dining table with a rustic, natural aesthetic. In the foreground, a person's hands are visible, wearing a watch, as they eat from a light-colored ceramic plate. The plate contains a dish with yellow and red ingredients, possibly a salad or a small pizza. A silver fork and knife are placed on the plate. To the left of the plate is a large, textured paper cup and a small glass jar filled with water. The table is set with woven placemats. The background is softly blurred, showing more of the table and the person's hands.

THE REFRESH

Through plant-based nourishment and a farm-to-table workshop, The Refresh empowers guests to take ownership of their physical and energetic health to create lasting change

THE REFRESH

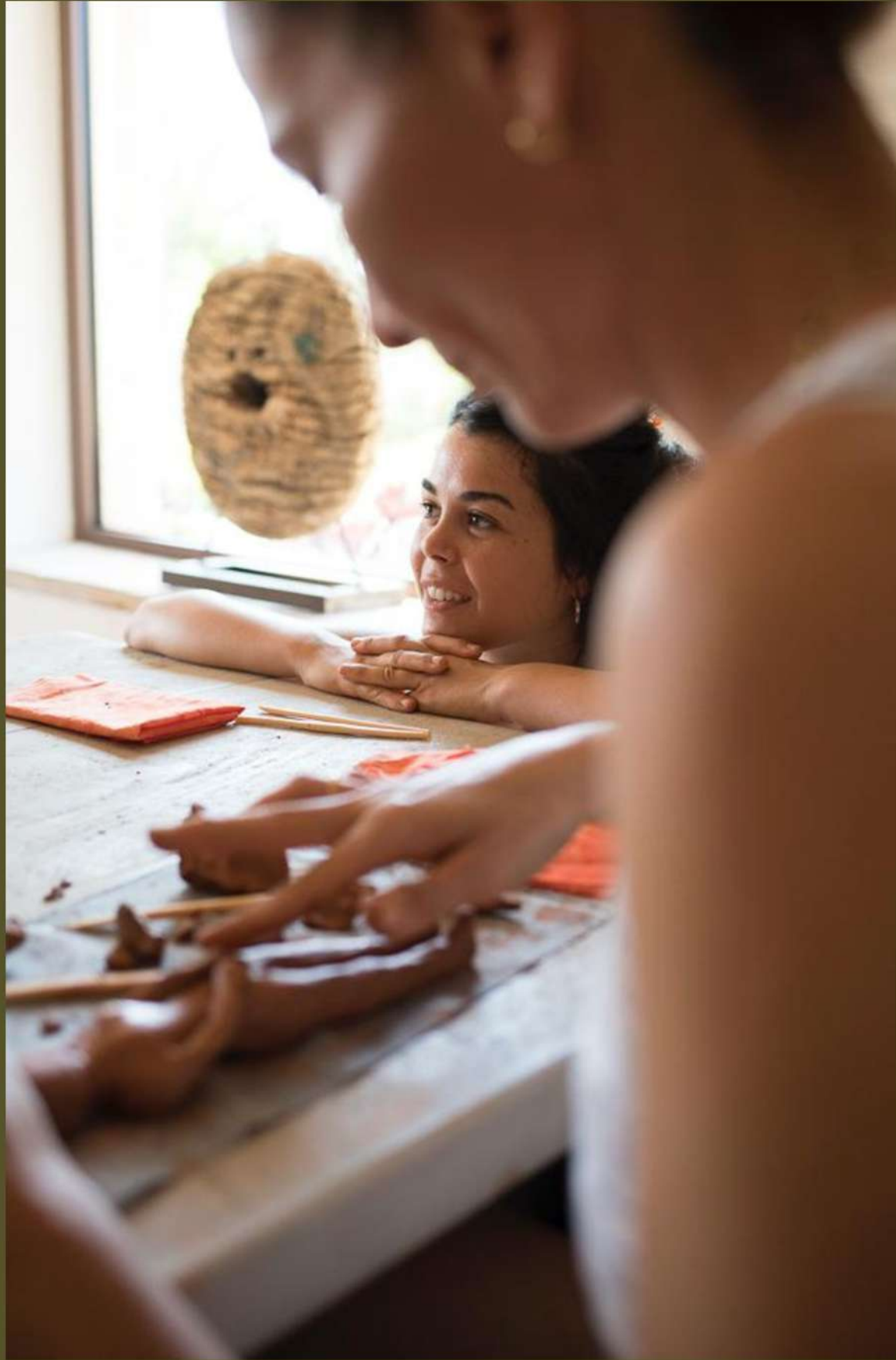
4 nights accommodation in one of our beautiful king rooms.

3 meals a day prepared by our in-house plant-based chef.

Twice daily yoga classes, a private pilates class, morning forest walks, aerial yoga nidra, a coastal cycling tour.

A holistic massage, cooking workshop, mindful art workshop, water therapy, floating sound bath.

Open access to our salt-based swimming pool, cold water therapy pod, sauna, and Ofuro Japanese hot-tub.



THE REFRESH

Pricing

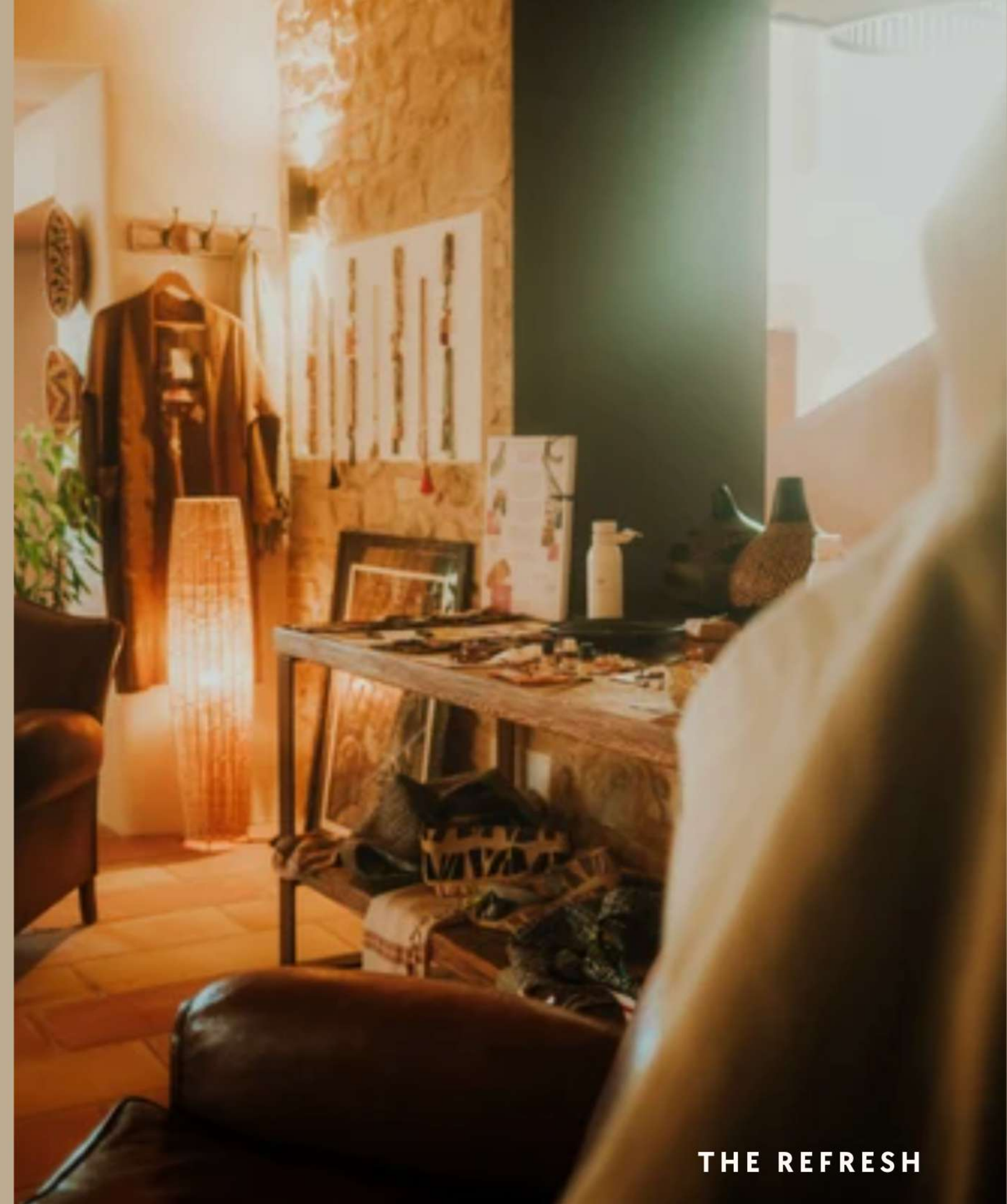
Single room: 2000 EUR

Shared room: 1600 EUR

PRICE PER PERSON

Additional therapies

Price upon enquiry



THE REFRESH