



LACURA

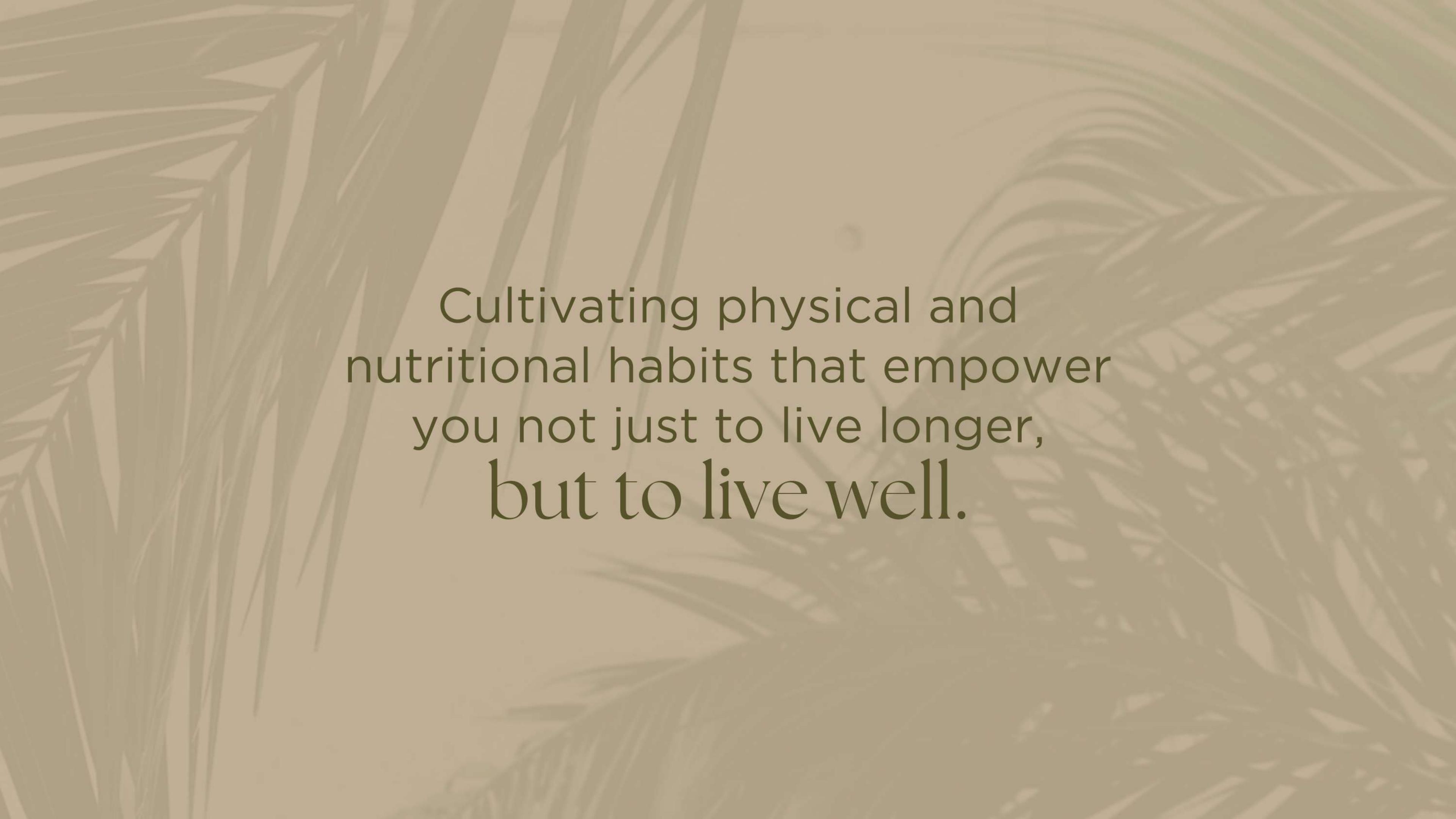
WELLNESS RETREAT

# THE SUMMER Refresh Retreat

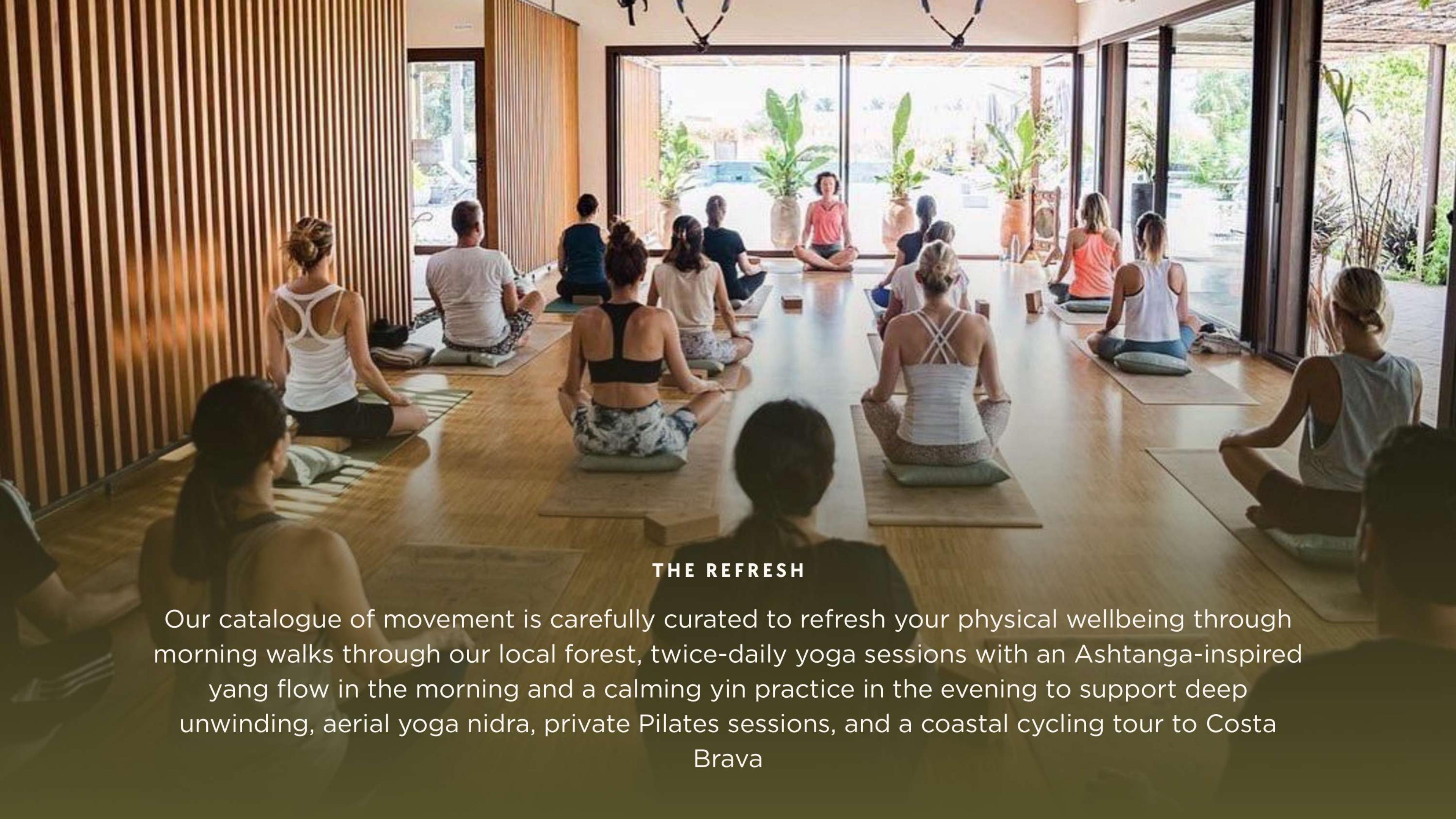
Designed to help you form fresh perspectives on your body, mind, and energy wellness. Set among rolling Spanish hills, this experience invites you to step out of autopilot and back into present.

Space limited. Reserve your place now.





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



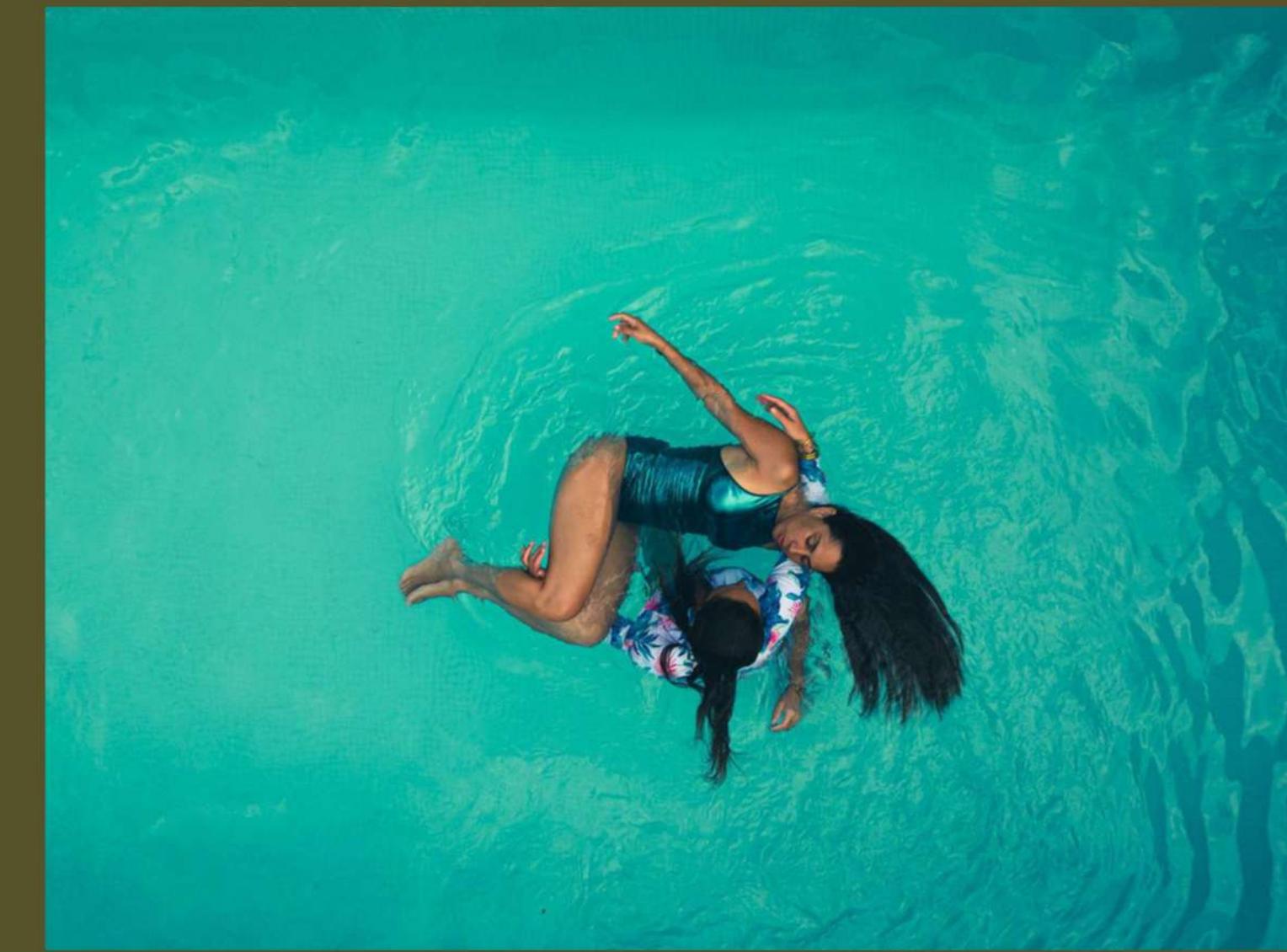
## THE REFRESH

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 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

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

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4 nights accommodation in one of our beautiful king rooms.

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

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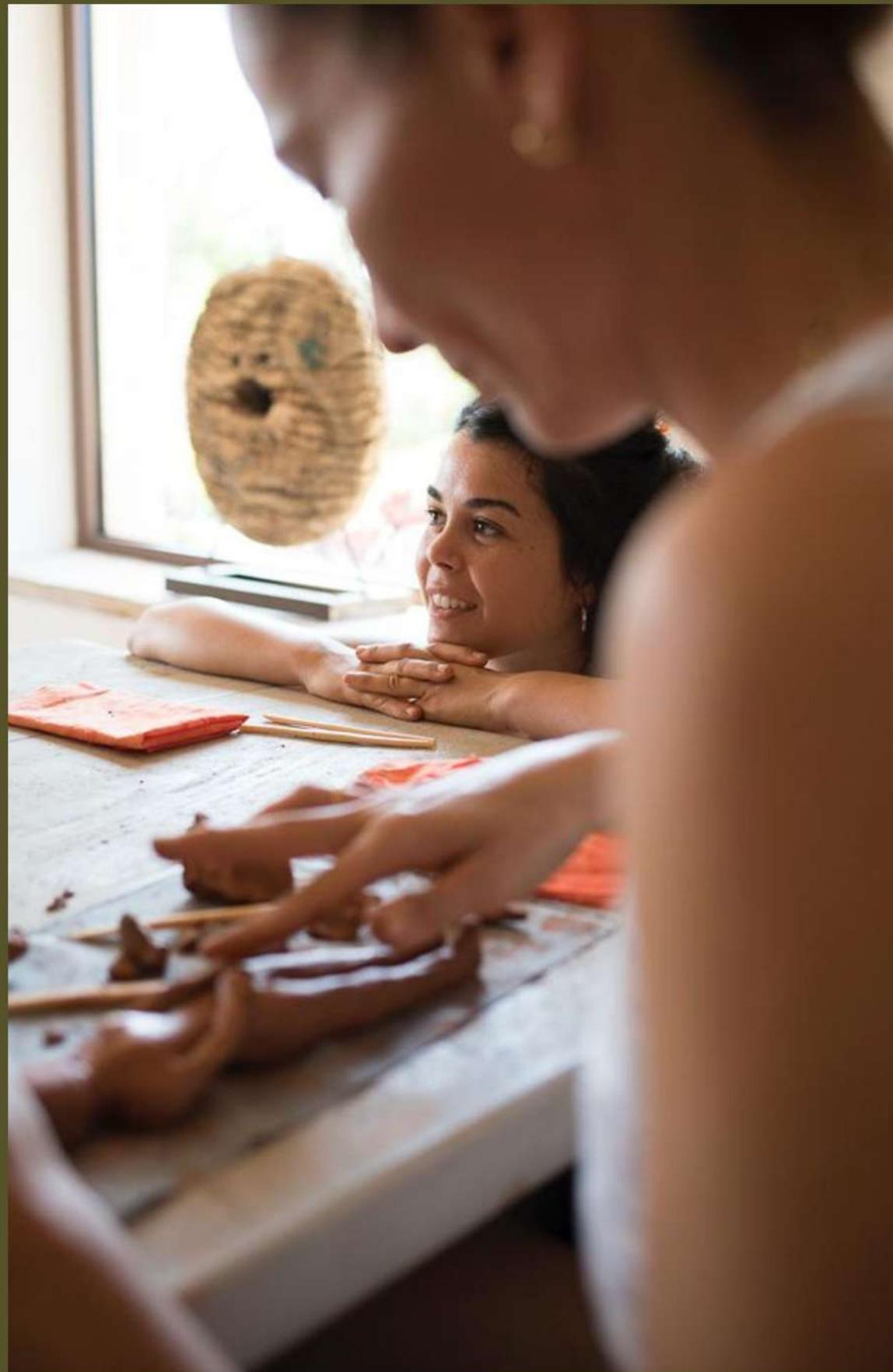
Twice daily yoga classes, a private pilates class, morning forest walks, aerial yoga nidra, a coastal cycling tour.

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

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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