



LACURA

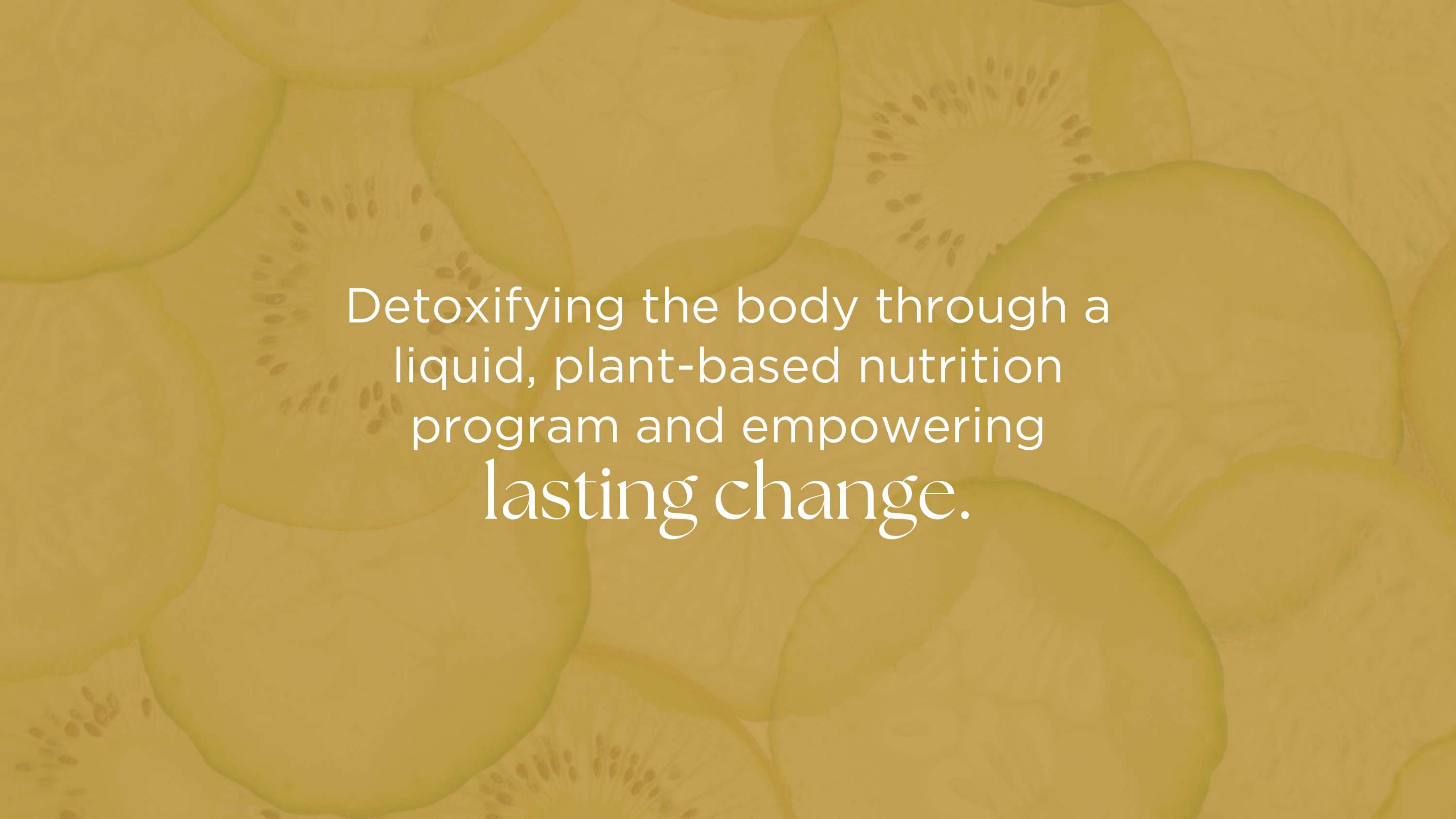
WELLNESS RETREAT

# THE SEASONAL Reset Retreat

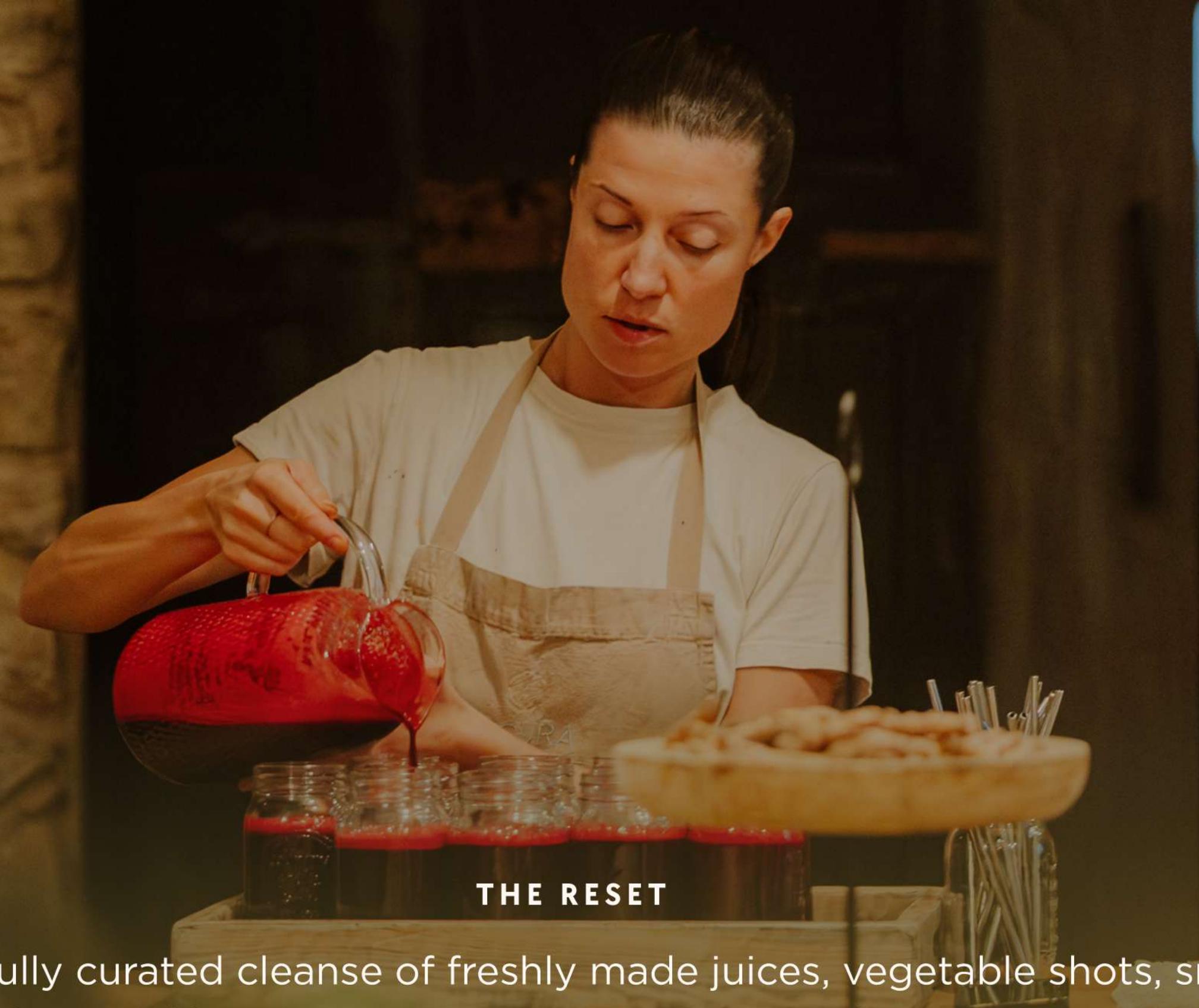
A curated program inviting guests to take time and space to physically, mentally and energetically re-set, leaving them ready for a new season with renewed energy.

Space limited. Reserve your place now.





Detoxifying the body through a  
liquid, plant-based nutrition  
program and empowering  
lasting change.



## THE RESET

We offer a carefully curated cleanse of freshly made juices, vegetable shots, smoothies and creamed soups designed by a nutritionist in conjunction with our experienced plant-based chef. Guided by these experts, guests are invited to harvest their own produce from our vegetable garden to deepen their understanding of the body's detoxification process

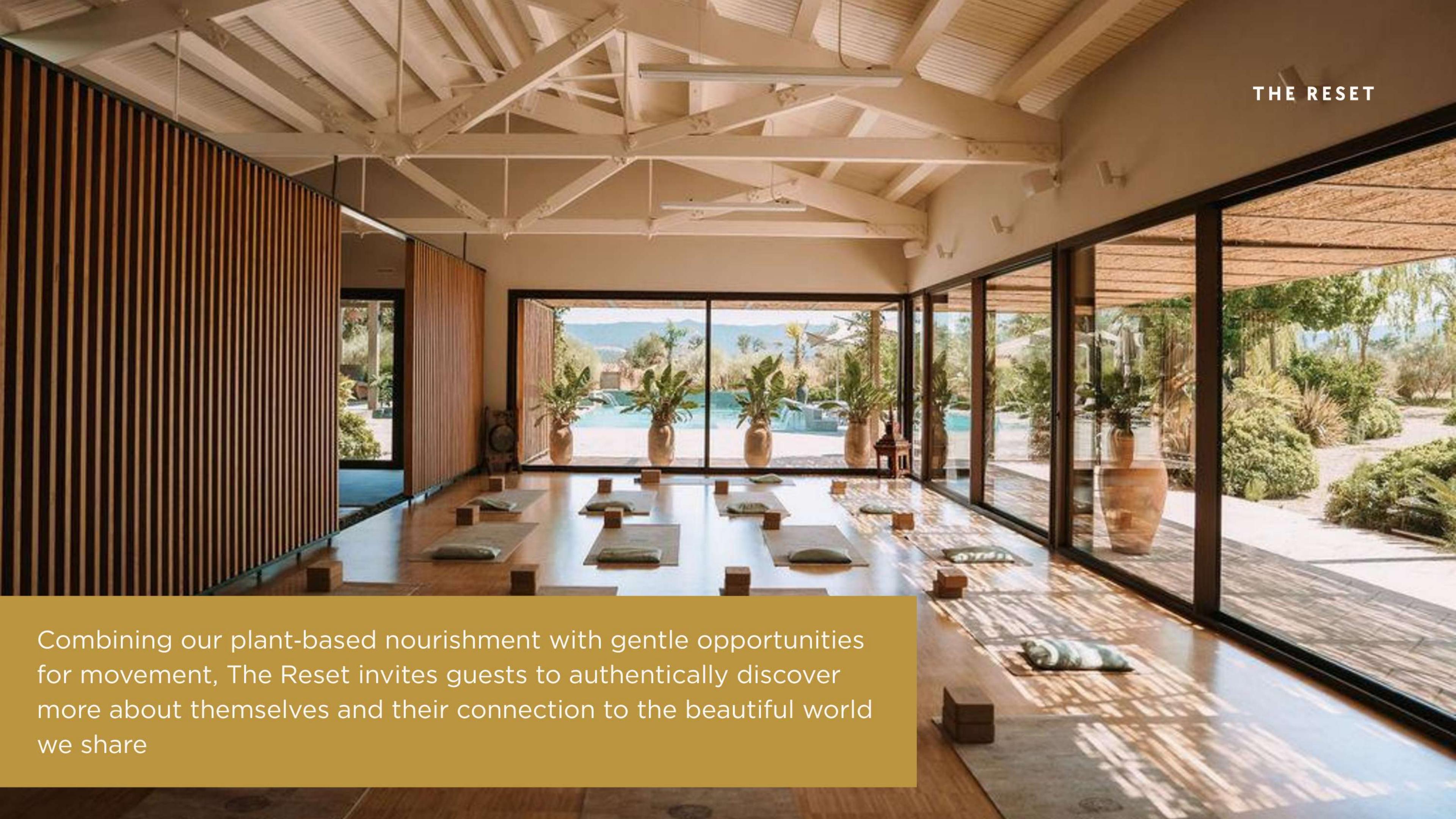


## THE RESET

Key to these retreats is the healing power of movement and breath, which support cleansing the energetic body from trauma and stress. In addition to daily yoga and meditation, we offer private reformer pilates sessions and holistic therapies, such as massage.



Special workshops are included, ranging seasonally from botanical art to painting and aromatherapy. By the time of our closing ceremony, guests take with them a renewed zest for life.



Combining our plant-based nourishment with gentle opportunities for movement, The Reset invites guests to authentically discover more about themselves and their connection to the beautiful world we share





THE RESET

# Pricing

Single room: 2700 EUR  
Shared room: 2100 EUR

## PRICE PER PERSON

# Additional therapies

Price upon enquiry



THE RESET