



LACURA

WELLNESS RETREAT

WEEKENDS At La Cura

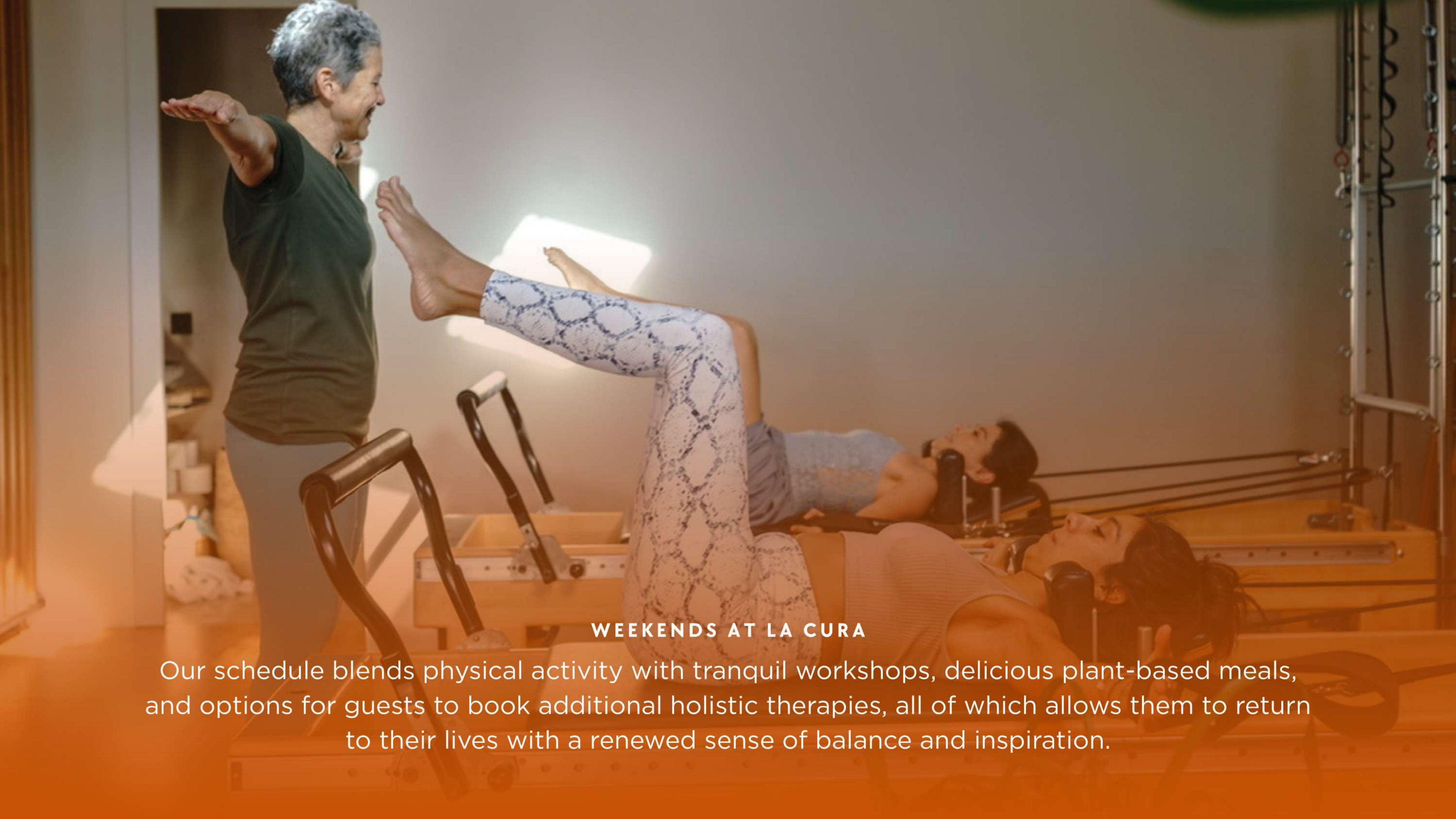
A weekend getaway offering breathing space to rebalance the body and restore the spirit hosted in the warmth of our home.

Space limited. Reserve your place now.



A relaxation and wellbeing taster
that can inspire
energetic reawakening





WEEKENDS AT LA CURA

Our schedule blends physical activity with tranquil workshops, delicious plant-based meals, and options for guests to book additional holistic therapies, all of which allows them to return to their lives with a renewed sense of balance and inspiration.



WEEKENDS AT LA CURA

Over the weekend we provide revitalising hot-and-cold practice in our sauna, saltwater pool, and cold water pod, morning and evening yoga, guided walks, sound baths, and plant-based meals made in our holistic kitchen.



At La Cura, we firmly believe downtime is key. Guests always have the option to unwind in our communal spaces, browse our library, and share meaningful conversation or, alternatively, enjoy the peaceful atmosphere of their bespoke king-size bedrooms.



On the last day, guests are given free time to enjoy our facilities as well as a enjoy a final yoga nidra to leave them floating back into their week. A nutritious plant-based lunch is also served.

WEEKENDS AT LA CURA

2 nights accommodation in one of our beautiful king rooms.

Aerial yoga and Jivamukti-inspired yoga sessions.

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

Mindful workshop and soundbaths.

Delicious plant-based food crafted prepared in our holistic kitchen.



WEEKENDS AT LA CURA

Pricing

Single room: 750 EUR

Shared room: 550 EUR

PRICE PER PERSON

Additional therapies

Price upon enquiry



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