

A Sanctuary for Fitness & Wellness

In the heart of Portugal, iRetreat was founded with the vision of creating a space dedicated to Fitness, Detox & Wellness. Inspired by the connection between nature and health, our founding team set out to create a place where instructors could lead groups on profound journeys of transformation.



DISCOVER IRETREAT



Contact For More Info

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📍 iRetreat Portugal on Google Maps



IRETREAT

Values

Empowerment & Support
Innovation & Excellence
Community & Collaboration
Integrity & Transparency
Holistic Wellness &
Sustainability

Features

- Caters for groups of 8 - 16 comfortably
- En-Suite bathrooms
- Fitness / Star Gazing Roof Terrace
- Large Fire Pit
- Quiet Deck
- Farm Animals
- Duck Pond
- Veg Garden
- On-Site Parking
- Bookshelf Corner
- Comprehensive Menu
- Large Lounge & more...

Facilities

- Salt Water Swimming pool
- Fully equipped Gym
- Yoga, Meditation, Pilates & Dance Dome
- Soccer / Sports raised court
- Games, Music & Social bonding Dome
- Comfort-focused accomodations
- Projector, WiFi, Powerful Bluetooth Speak
- Indoor & Outdoor Dining
- Sauna & Massage Zone



Excursions Offered

Retreats of 4 Nights or More

Agroal River Beach



A natural paradise located in the heart of central Portugal, perfect for wellbeing enthusiasts seeking a unique outdoor setting for exercise and relaxation.

Fragas de Sao Simao



A stunning natural area, offering a perfect blend of rugged beauty and outdoor wellness opportunities. This dramatic landscape features impressive rock formations, hikes with a view, crystal clear streams and lush forests.

Lago Azul



A serene, crystal-clear lake nestled in the lush mountains of central Portugal, offering an idyllic setting for wellness professionals. Great for Paddle boarding and other water sports.

Tomar Castle



Tomar Castle is a 12th-century fortress and monastery in central Portugal that served as the Portuguese headquarters of the Knights Templar and is now a UNESCO World Heritage site.

Pricing Structure

We offer flexible, affordable, and bespoke packages designed to meet the needs of different types of events and wellbeing professionals.

Below are some basic package examples to consider and help you start building your retreat.

Silver Package - €100 per person per night sharing or €120 per day private room

Includes

Accommodation - either shared or solo use. Breakfast, Lunch & Dinner (pre-selected from our comprehensive menu.

Exclusive use of all facilities and entertainment spaces, including the gym, Pool, Games room, Roof terrace, music room, cinema, conference room, raised pitch, and more.

Gold Package - €130 per person per night sharing or €160 per day private room

Includes

Accommodation - either shared or solo use. Breakfast, Lunch & Dinner (pre-selected from our comprehensive menu.

Exclusive use of all facilities and entertainment spaces, including the gym, Pool, Games room, Roof terrace, music room, cinema, conference room, raised pitch, and more. Plus excursions, Pick-up & Drop-off from Lisbon Airport (At agreed times)

Optional Extras to add or build your own package

Massage/Physiotherapy - €60 per person, 1-hour full body

Colon hydrotherapy - €50 per person 1-hour (minimum 2 required over 2 days)

Boat trips and Jet Ski days out - TBC

Benefits for Wellbeing Professionals

No Initial Investment

We give you 4 weeks of grace period before you need to secure with a small deposit

Marketing Support

Access to Images, Videos, leaflet templates to help you build and advertise your retreat

Risk Free Reservation

After your initial grace period, you will also have a risk free period, with a full refund of more than 90 days before your retreat

Potential for Earning

Retreat leaders following our recommendations, earn on average **€1000 per day**

Terms & Conditions

Reservations

Can be made up-to 2 years in advance, subject to availability. Reservations can be made without initial risk of investment. A small deposit of 10% will be required to secure the reservation date after the 4 weeks of grace period.

Payment Plan

We offer a variety of payment plans to suit all needs. Monthly, Quarterly, or One-off payment options. Final payment must be complete no less than 30 days before the retreat start date.

Cancellation Policy

Full refunds offered for cancellations made more than 90 days in advance. 50% refund for cancellations between 60 - 89 days. 20% refund between 31 - 59 days. No refund within 30 days of retreat start date.