



DECOMPRESS AFTER GOAT

JULY 6-9



GRANDE HOTEL THERMAS
AN ELEVATED RECOVERY EXPERIENCE



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After the intensity of the festival, our decompress invites you to slow down, breathe and restore.

Over three nights, within the exclusive setting of Grande Hotel Thermas, this program is designed to promote deep recovery, balance and wellbeing, combining a protein-rich menu with refined vegetarian options, carefully curated rituals and sensory experiences at the spa.





BAR &
BREAKFAST



ROOMS

PROGRAMME



MONDAY, JULY 6

Touch down softly. Your room welcomes you with a bespoke detox elixir, the first ritual in your regeneration journey.

As the evening settles, gather for an unhurried dinner in a setting designed for presence and warmth.

TUESDAY, JULY 7

A full day of renewal. Nourishing breakfast and lunch open the day before David Boot leads an 11am Guided Sauna Ceremony & Breath Activation.

As afternoon light softens, join us on the rooftop for a Tea Ceremony at the Spa. Dinner included.

WEDNESDAY, JULY 8

Your final full day begins gently, with breakfast and lunch to sustain you.

As dusk falls over the rooftop, fire meets flavour in a sophisticated open-air barbecue accompanied by curated olive oil and wine tastings, followed by three hours of Madmotormiquel's finest vinyl.

THURSDAY, JULY 9

A final breakfast to close the circle.

Body revived. Mind quieted. Spirit restored.



SPA



GYM



THREE DAYS TO RECONNECT, RESET, AND BE
TOGETHER. SEE YOU THERE.

[Book yours here](#)

SINCE **GH** 1919
THERMAS
NATURE & SPA

