



# ENERGIZE

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## WELLNESS PROGRAM





# ENERGIZE

- EMBARK ON A TRANSFORMATIVE JOURNEY TO RECHARGE YOUR ENERGIES, WHERE EACH STEP IS AN INVITATION TO BALANCE AND WELL-BEING -



Immerse yourself in the gentle ocean breeze, escape the daily grind in the serenity of a rice field, find tranquility in intimate contact with nature, and dive into the diverse melodies of birds - a perfect sanctuary to renew both body and soul.





Embark on a transformative wellness journey, devoted to rejuvenating your energy and enriching your overall well-being.

This program brings complete renewal, boosting energy levels and improving mental balance.

Immerse yourself in revitalizing practices that awaken both body and mind, resulting in a profound sense of vitality.

Embracing a harmonious blend of invigorating physical activities and serene moments, our holistic approach provides a comprehensive renewal experience.

Experience the dynamic impact of energetic revitalization, with each facet of the program meticulously crafted to nourish and restore your body and mind. Uncover a journey that not only invigorates but also elevates your spirit, fostering enduring equilibrium and a sustained feeling of vitality and renewal.





# THE PROGRAM

2-NIGHTS

## DAY 1

Check-in  
Customized massage (30 minutes)  
Water circuit  
Dinner

## DAY 2

Private yoga class  
Breakfast  
Relax massage (90 minutes)  
Water circuit  
Lunch  
Walk on the rice fields  
Oryza Lab Facial (60 minutes)  
Dinner

## DAY 3

Meditation & Sound Healing Private Class  
Breakfast  
Exfoliation & Lymphatic Drainage (90 minutes)  
Check-out

SINGLE ROOM: 903€

DOUBLE ROOM: 1 464€ (732€ per person)



FOR BOOKINGS AND FURTHER QUESTIONS PLEASE CONTACT:  
[reservations@quintadacomporta.com](mailto:reservations@quintadacomporta.com) | +351 265 112 390



# THE PROGRAM

3-NIGHTS

## DAY 1

Check-in  
Customized massage (30 minutes)  
Water circuit  
Dinner

## DAY 2

Private yoga class  
Breakfast  
Relax massage (90 minutes)  
Water circuit  
Lunch  
Walk on the rice fields  
Oryza Lab Facial (60 minutes)  
Dinner

## DAY 3

Breakfast  
Bike tour  
Lunch  
Exfoliation & Lymphatic Drainage (90 minutes)  
Water circuit  
Meditation & Sound Healing  
Dinner

## DAY 4

Breakfast  
Relax massage & Quick and Fix Glow (90 minutes)  
Water circuit  
Check-out

SINGLE ROOM: 1 295€

DOUBLE ROOM: 2 076€ (1 038€ per person)



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RENEW  
YOUR  
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WITH THE  
SERENITY  
OF THE  
PRESENT  
MOMENT.



# TERMS & CONDITIONS

## RATE TYPE

Our NON REFUNDABLE rate offers accommodation, breakfast, lunch, dinner, all treatments and private classes included in the program, and complimentary access to the QDC facilities, which includes a wellness center for adults aged 18 years and above, adhering to the guidelines outlined by the WHO (World Health Organization).

## METHOD OF GUARANTEE

To confirm your reservation, we require a 100% prepaid amount of the total reservation through our secure online payment platform.

## CANCELLATION POLICY

Please be advised that this rate does not allow for any modifications or cancellations. In the event of a no-show, the entire reservation amount will be charged.

- Valid until 20/03/2024 -

