

AWAKENING OF SENSES



FEEL YOUR BODY MERGE WITH THE SCENT OF THE PINES...

... and the freshness of the sea and reborn on every sunrise. Make the most out of the wide range of sport activities and enjoy the luxurious treatments that Serenity Spa has prepared for you. Try a session of Sauna and Shots, an Afternoon Tea Sample Tasting and many other activities included in this 5/6 nights experience with accommodation in a One Bedroom Serenity Suite. Buffet breakfast at Jardim Colonial and lunch & dinner within our Zest healthy living concept will make your experience complete.



| | |
|-----------------|---|
| DAY 1 (ARRIVAL) | Guest welcome & package introduction |
| | Green cleansing juice |
| | Initial assessment with Personal Coach to understand, evaluate and adjust the program to suit guest's needs |
| | Dinner – Zest concept |
| DAY 2 | Beach workout with Personal Trainer |
| | Breakfast at Jardim Colonial |
| | Paddle board session (pool /sea) |
| | Organic Lunch – Zest concept |
| | Ayurveda Massage |
| | Dinner – Zest concept |
| | Nature's Star Cinema |
| DAY 3 | Breakfast at Jardim Colonial |
| | Calorie Killer with Personal Trainer |
| | Breathing Class under the pine trees |
| | Organic Lunch – Zest concept |
| | Guided cycling |
| | Serenity Thermal Oasis Experience |
| | Dinner – Zest concept |
| DAY 4 | Morning Energy Boost |
| | Breakfast at Jardim Colonial |
| | Golf for couples |
| | Organic Lunch – Zest concept |
| | Enjoying beach and pine forest |
| | Dinner – Zest concept |
| DAY 5 | Breakfast at Jardim Colonial |
| | Yoga and meditation (60') |
| | Organic Lunch – Zest concept |
| | Serenity Signature Treatment "Senses of the Algarve" |
| | Afternoon Tea Sample Tasting - Taste! Feel! Enjoy! |
| | Dinner Zest concept |
| DAY 6 | Breakfast at Jardim Colonial |
| | Enjoying beach and pine forest |
| | Organic Lunch – Zest concept |
| | Paddle board exercise in pool/sea |
| | Sauna & Revitalising Juices |
| | Wine and Healthy tapas tasting |
| | Dinner – Zest concept |
| DAY 7 | Breakfast at Jardim Colonial |
| | Thank you for the day |

AWAKENING OF SENSES



| 6 days program | Nov. - Mar. | Apr. - Jun. / Sep. - Oct. |
|-----------------------|-------------|---------------------------|
| 1 pax | 2.247,00 € | 2.787,00 € |
| 2 pax | 2.856,00 € | 3.396,00 € |

| 7 days program | Nov. - Mar. | Apr. - Jun. / Sep. - Oct. |
|-----------------------|-------------|---------------------------|
| 1 pax | 2.505,00 € | 3.153,00 € |
| 2 pax | 3.180,00 € | 3.828,00 € |