



# INNERSCULPT

## RETREATS

FARO, PORTUGAL

19-25TH JULY 2025



# INNERSCULPT X HETTIE'S HOLIDAYS

THE RETREAT, FARO, PORTUGAL

19TH - 25TH JULY 2025

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Escape the hustle of daily life and immerse yourself in a transformative journey designed to nurture your body, mind, and soul. Our **Innersculpt x Hetties Holidays Wellness** offers the perfect blend of rejuvenating Pilates, calming yoga, and mindful relaxation, all set in a stunning, secluded peaceful location with a touch of balance. This exclusive retreat is your sanctuary for true relaxation, providing you with a holistic experience that fosters both physical and mental well-being.

At the Wellness Retreat, we have crafted a carefully curated program that combines the best of wellness and luxury. From energising Pilates sessions to serene meditation practices, each day is designed to help you reconnect with yourself and find your inner balance. Our expert instructors and wellness professionals provide you with personalised guidance, ensuring that every aspect of your retreat is tailored to your needs. Hettie has a background in event planning and organisation and experience in running her own solo trips and retreats, helping you every step of the way!







# THE LOCATION

Nestled in the heart of Portugal's breathtaking countryside, The Retreat offers an unparalleled setting for our Balance Wellness Retreat. Surrounded by lush forests, rolling hills, and panoramic views of the serene landscape, this tranquil haven is the perfect backdrop for your journey to relaxation and rejuvenation.

The Retreat is a sanctuary of natural beauty and peace, where the calming sounds of nature blend harmoniously with the luxurious, eco-friendly accommodations. The serene environment encourages a deep connection to the earth and offers the ideal atmosphere to disconnect from the demands of daily life, reset your mind, and restore your body.

With spacious, elegantly designed rooms that offer stunning views of the countryside, a crystal-clear pool, and beautiful outdoor spaces to explore, every corner of the retreat is designed to enhance your experience. Here, you'll enjoy the perfect balance of nature, comfort, and tranquillity, ensuring that your time at the retreat will be nothing short of transformative. Imagine waking up to do sunset pilates with an insane view!









## 7 NIGHTS & 6 DAYS OF

### Wellness Sessions:

- Daily Pilates and yoga with Mesh Movement
- Sunrise Pilates to energise your day
- Hikes and walks
- Meditation and sound bath for relaxation

### Nourishing Meals:

- Healthy breakfasts with health shots
- Refreshing lunches and dinners
- BBQ & Tapas experience
- Dinner at a restaurant with the group

### Relaxation Time:

- Poolside relaxation to unwind
- Smoothie breaks throughout the day

### Special Experiences:

- Wine tasting paired with tapas
- Goodie bags and welcome juices

### Farewell:

- Final breakfast and farewell smoothies
- A calming conclusion to leave you revitalised

Plus much more!

Subject to variation. All activities optional

All breakfasts, lunches & dinners provided by the Chef.  
Massages optional and will be allocated different times during the Retreat

# COST

Price per person:

**£1,850 in full**  
**£1,850 with finance**

£350 deposit

£1,500 paid in full 4 weeks before  
OR

£1,500 in £375 instalments taken over 4 months

19th July - 25th July 2025

Check in from 5pm

Check out at 10:30am

PRICE DOES NOT INCLUDE FLIGHTS OR AIRPORT TRANSFER.

## INCLUDED:

- All retreat activities
- Luxurious accommodation
- Daily pilates & yoga sessions
- Massage at the spa
- All meals
- Wellness experiences designed to rejuvenate and restore your body and mind

## NOT INCLUDED:

- Flights
- Airport transfers
- Travel insurance
- Personal expenses (eg. souvenirs, snacks, etc outside of the retreat)
- Excursions or activities outside of the retreat schedule
- Additional spa treatments





## HOW IT CAN BENEFIT YOU

### PHYSICAL REJUVENATION

Through a combination of Pilates, yoga, and other fitness practices, you'll build strength, improve flexibility, and increase your overall vitality.

### MENTAL CLARITY

Our mindfulness and meditation sessions will help you release stress, calm your mind, and enhance your emotional well-being, leaving you feeling centered and clear-headed.

### RELAXATION & RECOVERY

With luxurious accommodations, soothing spa treatments, and ample relaxation time, you'll experience the perfect environment to unwind and reset.

### HOLLISTIC TRANSFORMATION

Beyond physical wellness, this retreat offers an opportunity to foster personal growth, deepen your self-awareness, and cultivate long-lasting positive habits for a balanced life.

### COMMUNITY

Like minded girls like yourself, it's a chance to meet new people and find friends for life!



# WHAT TO EXPECT

## PERSONALISED WELLNESS EXPERIENCE

Each activity, whether it's Pilates, yoga, or meditation, is designed to suit your unique needs and goals, allowing for a deeply personal and transformative experience.

## LUXURIOUS ACCOMMODATIONS

Stay in beautifully appointed rooms with stunning views, enjoy top-tier amenities, and indulge in nourishing meals crafted for your health and wellness.

## EXPERT GUIDANCE

Our team of experienced Pilates instructors are here to support you throughout your journey, ensuring you feel nurtured every step of the way.

## TIME TO UNWIND

With plenty of poolside relaxation, spa treatments, and downtime to enjoy the serene surroundings, you'll leave feeling truly restored.

This is more than just a retreat; it's an opportunity to reset, rejuvenate, and rebalance your life. Join us for a luxurious, transformative experience that will leave you feeling renewed, revitalised, and ready to take on the world with a fresh perspective. Your wellness journey starts here.

# WHAT TO PACK

## CLOTHING

- Comfortable workout gear
- Stretchy, breathable top for pilates
- Sports bras for support
- Lightweight jacket or hoodie for cooler mornings/evenings
- Swimwear
- Casual/resort wear
- Comfortable clothing for downtime
- Yoga/pilates socks

## FOOTWEAR

- Comfortable walking shoes or sandals for exploring
- Flip flops for the pool or spa
- Athletic shoes for outdoor activities or excursions

## WELLNESS ESSENTIALS

- Pilates mat (will be provided by welcome to bring your own)
- Water bottle
- Sunscreen
- Hat/cap
- Skincare
- Shampoo/conditioner
- Hair ties or clips
- Any daily vitamins or prescriptions

## PERSONAL ITEMS

- Travel documents
- Notebook / journal
- Books
- Chargers
- Camera
- Small day bag



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