

NOVEMBER 2022

# HOLISTIC BEAUTY RETREAT



QUINTA DA  
COMPORTA

WELLNESS BOUTIQUE RESORT

BY CLAIRE ANDREEWITCH

"Claire Andreewitch is originally from Sweden and now lives in France with her family since 2006. She works as a holistic wellness therapist, who vibrates by her mission to transmit. She is a naturopath specializing in holistic beauty and skincare, yoga teacher, author of the book "Revelez votre glow" (reveal your glow") and she organizes workshops and wellness trips in France and abroad. She has also created several online wellness programs.

## Thursday 3rd November

4 p.m.: Welcome to Quinta (presentation and healthy afternoon snack together)  
6:30-7:30 p.m.: Rejuvenating Yoga & Meditation  
8:00 p.m.: Dinner

## Friday 4th November

8:30 a.m. – 9:20 a.m.: Light breakfast  
(drinks / fruits / nuts)  
9:30 a.m. – 11:00 a.m.: Morning yoga, meditation & visualization  
11:30 a.m. – 1 p.m.: Brunch

Free time to enjoy the pool, do treatments in the spa, relax...

4.30-5.30/6 p.m.: Nutrition workshop with preparation of boosting fall recipes  
6:30 p.m - 7 :pm.: Gentle yoga & meditation  
8:00 p.m.: Dinner

## Saturday 5th November

8:30 a.m. – 9:20 a.m.: Light breakfast  
(drinks / fruits / nuts)  
9:30 a.m. – 11:00 a.m.: Morning yoga, meditation & journaling  
11:30 am - 1:00 pm: Brunch  
2.30p.m-5.30p.m.: Beach time together – we go by electric bikes to walk and meditate on the beach (optional)  
6:30 p.m - 7 :pm.: Gentle yoga & meditation  
8:00 p.m.: Dinner

## Sunday 6th November

8:30 a.m. – 9:20 a.m.: Light breakfast  
(drinks / fruits / nuts)  
9:30 a.m. – 11:00 a.m.: Morning yoga, meditation & "the power of intention"  
11:30 am - 1:00 pm: Brunch  
1:00 p.m. - 2:00 p.m.: Holistic Beauty Workshop  
(fall/ winter protocols, toning self-massage, Oryza Lab beauty advice)  
Departures in the afternoon\*  
\*In case you need transfer services please email QDC team.  
info@quintadacomporta.com

## DATES & PRICING

NOVEMBER

3rd - 6th 2022

- Single: 1705 €  
- Double (per person): 1293€

## NOT INCLUDED

- Flight and Transfer to Lisbon
- Transfers from and to the airport
- Optional Rental Car to move from the Hotel
- Additional Snacks and Other Alcoholic Drinks



[www.claireandreewitch.com](http://www.claireandreewitch.com)

## INCLUDED

- Accommodation at Quinta da Comporta
- Three Healthy & Organic meals daily
- 15% discount on Oriza Lab Spa Treatments
- Heated pools

## TERMS AND CONDITIONS RETREATS

Check In Time after 3pm and Check out Time before 12 pm

### PAYMENT POLICY

50% at time of booking | Non-refundable

50% 15 days before arrival

### CANCELATION POLICY OR NO SHOW

Retreat, 100% of the deposit is non refundable

[www.quintadacomporta.com](http://www.quintadacomporta.com)