

SELF HEALING



TAKE A BREAK FROM EVERYDAY LIFE...

... and discover what a 3 nights journey experience at Pine Cliffs Resort can do for your well-being. Make the most of experiences such as introduction to a good sleep or Nature's Star Cinema and enjoy all the benefits of Serenity Spa treatments. This program includes accommodation in a One Bedroom Serenity Suite, buffet breakfast at Jardim Colonial and lunch & dinner within our Zest healthy living concept.

DAY 1 (ARRIVAL)

- Guest welcome & package introduction
- Green Cleaning Juice
- Back-pain consultation
- Dinner – Zest concept
- Introduction to good sleep

DAY 2

- Morning Energy Boost
- Breakfast at Jardim Colonial
- Full body detox ritual
- Organic Lunch – Zest concept
- Healthy skin, Healthy Life
- Dinner – Zest concept
- Nature's Star Cinema

DAY 3

- Morning Energy Boost
- Breakfast at Jardim Colonial
- Breathing & meditation
- Energy break under the pine trees
- Organic Lunch – Zest concept
- Serenity Signature Treatment "Senses of the Algarve"
- Dinner – Zest concept

DAY 4

- Sand drawing on beachfront
- Breakfast at Jardim Colonial