

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 cleaning 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