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AHOD PORTUGAL GETAWAY 2024

September 20th to 24th



Comporta, Portugal



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What are wellness getaways?

Immerse yourself in an unparalleled journey of transformation with our holistic Wellness Retreats/ Getaways. These getaways now take place in new, serene locations carefully chosen to enhance your rejuvenation experience.

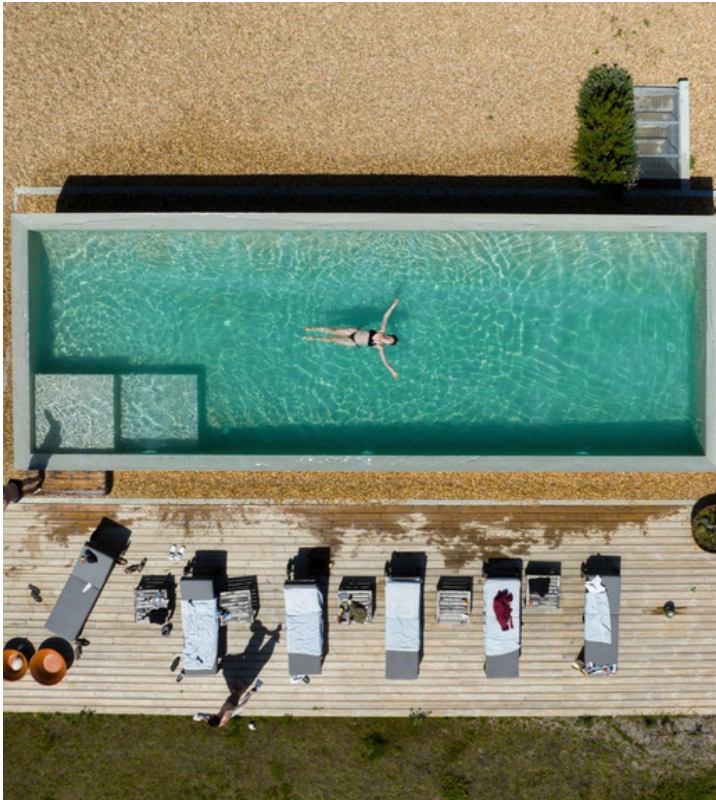
Our all-inclusive retreats offer you a comprehensive experience from the moment you arrive. From chauffeur services to luxurious accommodations, from nourishing meals to tailored activities, every detail is meticulously arranged to ensure your comfort and growth.

The getaways encompass a wide spectrum of experiences, drawing inspiration from a collective wealth of expertise. Beyond relaxation and self-care, our retreats focus on life coaching, career reorientation, healing past traumas, relationship enhancement, and a myriad of transformative processes. Our seasoned facilitators guide you through therapeutic modalities, relaxation techniques, and introspective explorations, offering a holistic blend of approaches to personal development.

These getaways provide a nurturing environment that fosters self-discovery, emotional healing, and personal growth. As you traverse this immersive experience, you'll not only absorb insights from experts across domains but also gain tools to address challenges, manifest change, and cultivate a life of fulfilment.

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Luxury Accommodation





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Therapy Programme

Pre-Getaway Preparation:

Transformational Preparation Call:

Before you embark on your journey, you'll experience a pivotal moment in an introductory call with your dedicated expert therapist. This call serves as the gateway to your transformation, where you'll delve deep into your aspirations, fears, and hopes, laying the groundwork for profound change.

Day 1: Arrival and Introduction

Therapy Session:

Visionary Consultation and Goal Setting:

Upon your arrival, you're greeted with the promise of a new beginning. In a sacred space, you'll engage in an intimate session with your dedicated expert therapist, charting the course for your personal odyssey. Here, your aspirations crystallize into tangible goals, igniting the spark of potential within.

Day 2: Deepening the Practice

Therapy Session:

Soulful Journey of Emotional Healing:

Embarking on a transformative pilgrimage, you'll engage in profound one-on-one sessions with your dedicated expert therapist. Through introspection and guidance, emotional barriers crumble, unveiling the raw essence of your soul. Techniques such as cognitive-behavioral therapy (CBT) and narrative therapy guide this profound excavation of the self.

Day 3: Integration and Closure

Therapy Session:

Harmonious Integration and Forward Momentum:

As the retreat draws to a close, you stand on the threshold of your newfound self. In a final communion with your dedicated expert therapist, insights gained during the retreat converge into a symphony of transformation. Together, you'll forge a roadmap for the future, anchoring newfound wisdom into the fabric of your daily lives.

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Activity Programme



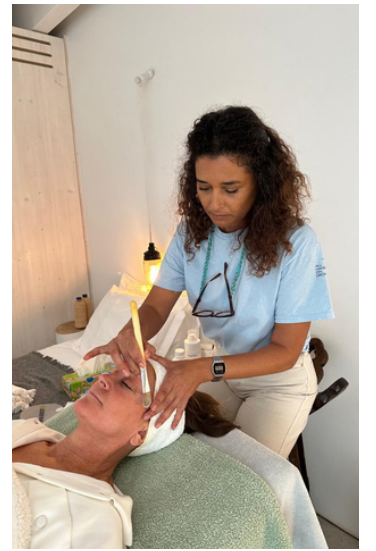
Airport Pick-up and Welcome
Dinner

1. Daily One-to-one session with our holistic therapy expert Bettina Decker
2. Daily one-to-one and group sessions with our expert Dida Silder
3. One on One session for men and women with our colour and fashion expert Carole Grimm (3 x sessions of 60 minutes)
4. Massotherapy (3 x sessions of 90 minutes)
5. Facials (1 x session of 60 minutes)
6. Daily Yoga and meditation



Farewell Dinner and Airport Drop-off Next
Morning

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Packages and Prices

The package includes:

Lisbon airport pick-up to Accommodation

Accommodation

Daily bespoke breakfast, lunch and dinner

Juices and herbal drinks

The complete Program

Full-time chauffeur

Pool access

Lisbon airport drop-off

Package prices:

- Suite, King Size Bed

Single Occupancy 6'500 Euros

Double Occupancy: 5'500 Euros per person

- Double Room, Double Bed

Single Occupancy 5,900 Euros

Double Occupancy 4,900 Euros per person

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Meet the Team

Virginie
Maillard



Dida
Sidler



Bettina
Decker



Carole
Grimm



Tatyana
Salimova



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More of Comporta





Inquiries

For any questions , booking or extra information please use the following:

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