



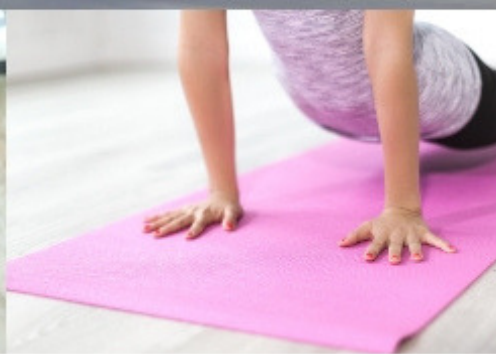
HARÍA, LANZAROTE

Wellness Detox Retreat

YOGA - FITNESS - MASSAGE



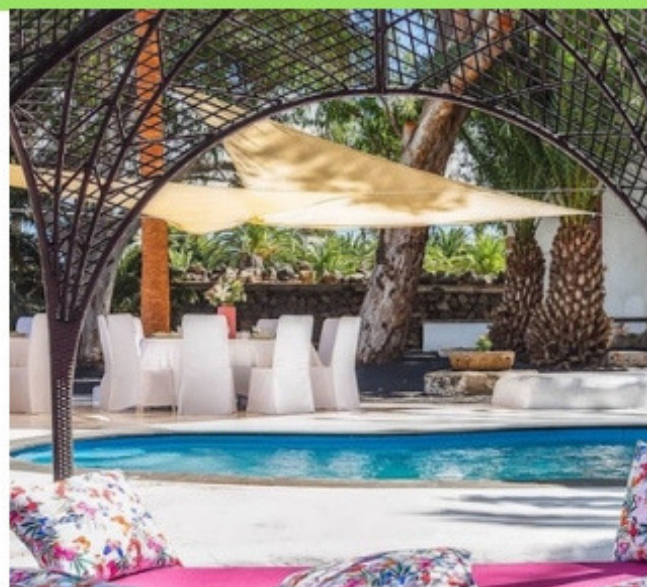
THE CONCEPT



The popularity of detox holidays derives from the health benefits through good nutrition, carefully chosen treatments and well-being activities such as yoga to achieve mental clarity, body detoxification and stress reduction. On our detox holidays you'll receive a specialised detox instructions before starting your programme so you can establish clear goals and, we will help you in this process to customise the programme so that it's tailored to you.

WHY CHOOSING OUR RETREAT...

Gree Tara Wellness retreat is for you if you want to reconnect and conquer your body, mind, spirit and peace. This retreat takes care of your inside and outside and helps you rebalance through a vibrant healthy nutrition, yoga, mindfull meditation and connection with the calm healing nature of the island.



FITNESS & YOGA



Life-changing and invigorating detox and fitness holiday, With regular scheduled fitness and yoga activities you are sure to find something to suit your fitness needs to help you get active and get healthy. Detox with plant-based cuisine and detox juices and learn how to lead a healthier lifestyle with cooking classes and health and nutrition master classes. In between fitness classes you can choose to unwind at the sauna, meditation or therapeutic daily massages for a complete wellness experience at this wellness retreat thought for you.

WHAT IS INCLUDED...

- Yoga
- Pilates
- Guided walks
- Daily smoothies
- Unlimited sauna sessions
- Unlimited jacuzzi sessions
- 3 Organic plant-based meals
- Unlimited drinks
- Wellness gift pack





DETOX

Give your body the opportunity to rebalance itself with a well-being detox retreat in the peace and quiet of historical village of Haría, Lanzarote. We will Intensify your detoxification process with an Ayurveda cleanse treatment and will help you get rid of toxins with unlimited sauna and jacuzzi sessions.

HOLISTIC DETOX INCLUDES...

- Ayurvedic treatment to cleanse liver and support bowel health and aid digestion.
- Daily smoothies
- Unlimited sauna sessions
- Unlimited jacuzzi sessions
- 3 Organic plant-based meals (breakfast, lunch, Dinner)
- Detox Skin brush treatment
- Detox infusions
- Daily walks to eliminate toxins



THE HOUSE



The Perdomo family invites you to live the essence of the island of Lanzarote. An emblematic house built in the 18th century, with a mixture of flavours and modern decor with a warm and intimate atmosphere that allows you to get away from the rush of everyday life and immerse yourself in the subtle pace of life of the locals.

FACILITIES

- WiFi both indoors and outdoors
- TV national and international channels
- Cool/Heat Air conditioning.
- Heated swimming-pool
- Jacuzzi - Sauna
- Parking
- Garden designed by César Manrique
- Near main touristic attractions



LANZAROTE



The strange volcanic soils of Lanzarote welcome you, and the island's tranquillity and silence invite you to disconnect and recharge your energy levels during the long, sunny days.

The unique landscapes form a valuable ecosystem that is recognised internationally. It's an ideal environment to relax and lose yourself amongst the volcanoes, lava tubes and pristine beaches. Stop and take in the peace: You'll feel like you're visiting another world.

WHY CHOOSING LANZAROTE

Lanzarote is an island that you are certain to fall in love with. It has everything – stunning natural landscapes, great cuisine, beautiful beaches, historical towns, typical architecture, and locals that are open and friendly towards those that come to enjoy the island.

Highlights: Teguise, Timanfaya, Hervideros, Cactus Gasden, La Geria, Cueva de los Verdes, Papagayo beach, La Graciosa, etc.





THE FOUNDER

PAULA SAN MARTIN

Paula has an entrepreneur soul. After running her own plant-based restaurant in Lanzarote and working as a Chef catering Yoga Retreats around Europe, she decided it was time to start her own retreat.

As a Health Coach and Plant-based Chef she has a lot to offer to help you reset your body through the detox programme she has specially designed for this unique luxury retreat.

Paula invites you to discover simple and nourishing recipes that are vegan or raw and also to learn how to organize your meals to continue what you learn in this retreat as part of your daily habits by eating whole ingredients that make you feel energized and give you vitality and clarity to enjoy this life adventure to your fullest potential.





PRICES

Red Room

1 guest (shared twin)	€1410
1 guest (private double)	€1790
2 guests (private double)	€2820

Blue Room

1 guest (private double)	€1680
2 guests (private double)	€2710

Yellow Room

1 guest (shared twin)	€1330
1 guest (private double)	€1637
2 guests (private double)	€2260

Apartment

1 guest (shared twin)	€1300
1 guest (private double)	€1565
2 guests (private double)	€2600



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