



Pilates & Beauty Retreat

by Rowse Beauty and Alice Pilates

19-22 | ABRIL | 2024

FINCA SERENA MALLORCA



DATES:
19 to 22 of April

LANGUAGE:
English

BY:
[@pilatesalice](#)
[@rowsebeauty](#)

PRICE:
Double room for single use: 1680€
Double room for two people:: 2880€
(1440€/per person).

Limited places*

**If you come alone and want to share a room, please send an email*



JOIN US FOR A
FUSION OF MODERN PILATES,
BEAUTY PRACTICES AND
INTIMATE CONNECTIONS.

We extend a heartfelt invitation of four days to embark on a transformative journey, one that will guide us towards reconnecting with our bodies, our inner essence, and the unspoiled beauty of Mallorca's nature.

In today's fast-paced world, it's all too easy to find ourselves living outside of our own bodies. That's why this retreat is dedicated to nurturing a profound sense of awareness, shifting our focus from what we think we need to a deep appreciation for the abundance already present in our lives.

This retreat offers you a unique opportunity to delve deeper into your pilates and beauty practices, granting you precious time to unwind and recharge amidst the wonders of the great outdoors.



FINCA SERENA



Finca Serena Mallorca, complete peace and quiet in this hidden Mallorcan treasure. Just 20 minutes from the airport, the city of Palma, and the best beaches, this beautiful hotel lies hidden away in the countryside surrounded by vineyards, olive trees and lavender.

Join us for revitalizing pilates and beauties for body and soul at the most magical spot in the Mediterranean. Four luxurious calm days at Finca Serena.

An oasis away from everyday life where you can rejuvenate, grow and reconnect with your true self. This retreat is designed to serve your total wellbeing.



ALICE

Alice Pilate was born in Paris and raised in the North of France. Being immersed in the endlessly rich pilates culture while living in Sydney for over 3 years, she lost her heart to the practice.

The classes of Alice Pilates Practice are designed to be modern, dynamic and fun. There are no previous skills needed to start the journey, as all the classes are created and destined for beginner to advanced practitioners.

Alice is full energy and give you dynamic and fun exercises to also enjoy the practice.

By working with different blocs of exercises, different muscle groups will be targeted deeply. During the practice we mostly use our own body weight.



ROWSE

Welcome to the revitalizing retreat where ROWSE invites you to embark on a journey of self-care and holistic wellness. Throughout this retreat, we're delighted to present two workshops designed to nourish both body and mind.

In the first workshop, "Introduction to Plant-Based Beauty by ROWSE Founders", Nuria Val and Gabriela Salord, founders of ROWSE Beauty, will guide you through the transformative world of plant-based skin care. Discover the power of nature's bounty as you explore natural ingredients and their benefits for your skin and overall well-being.

Join Mariona Villanova during the second workshop, "Self-Massage Class by Mariona Villanova featuring ROWSE Products", for a blissful journey of self-discovery through the art of self-massage. In this class, you'll learn practical techniques to release tension, reduce stress, and promote relaxation. Mariona will guide you through gentle massage movements and mindful breathing exercises, allowing you to connect deeply with your body and cultivate a sense of inner peace.



WHAT'S INCLUDED:

- Accommodation in a double room for 3 nights.
- Welcome drink.
- Mini bar stocked with healthy drinks and snacks.
- Full board featuring a balanced, vegan menu.
- Daily Pilates classes- Energizing Pilates in the mornings, restorative Pilates in the evenings.
- Workshop “Introduction to Plant-Based Beauty” by ROWSE Founders.
- Self-Massage Class by Mariona Villanova featuring ROWSE products.
- Mindful walking around the state.
- Access to UnicoSpa.
- Specialist equipment including yoga mats, blocks and belts.



F I N C A
S E R E N A

MALLORCA

fincaserenamallorca.com

(+34) 971 18 17 58

reservations@fincaserenamallorca.com

 [@fincaserenamallorca](https://www.instagram.com/fincaserenamallorca)

 [@rowsebeauty](https://www.instagram.com/rowsebeauty)

 [@alicepilate](https://www.instagram.com/alicepilate) / [@pilatesalice](https://www.instagram.com/pilatesalice)

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