



RETURN

Women's Wellness Retreat, Mallorca, Spain
12th October – 16th October, 2026



Nestled in the Soller valley within the beautiful Tramuntana mountains, a protected UNESCO world heritage site. With easy reach of the crystal, aquamarine waters and breath taking coastline, this is a perfect setting for you to escape the busyness of everyday life and **'return to you'**.

WELLBEING IN NATURAL LUXURY

By Claire Welton & Caroline Gardner



REST, RESTORE, RESET

5 blissful days where you will be able to rest, restore and reset, enjoying a slower pace of life and a more intentional way of being.

Step into a soothing sanctuary of calm and grounded luxury, away from the pace of everyday life and allow the gentle beauty of nature support your rest and reconnection.

This retreat has been thoughtfully created to offer a deeply nourishing and memorable experience.

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OUR RETREAT HOME

Set within 50 hectares of peaceful, open land, our retreat home is an elegantly restored 16th century finca, offering a true sense of space, stillness and simplicity.

Surrounded by nature and bathed in soft Mediterranean light, this is a place where time begins to slow and the body can gently unwind.

Lush vegetation, fragrant lemon trees and ancient olive groves create a deeply grounding and tranquil setting – inviting you to soften into the rhythm of slower days.

From this secluded and peaceful position the beauty of the surrounding area feels gently held at a distance with beautiful nearby villages and coastline within easy reach, should you wish to explore.



With its quiet charm and quietly luxurious feel, the finca offers a nurturing environment to rest, restore and return to yourself.



Each meal is designed to feel grounding, comforting and quietly nourishing – a simple daily ritual of care.

NOURISH

Nourishment is at the heart of your stay.

This is a full board retreat, where you will enjoy seasonal, thoughtfully prepared meals, rooted in plant-based nourishment. Ingredients are carefully sourced locally, with additional produce lovingly gathered from our chef's own kitchen garden.

Each meal is a gentle celebration of the gifts of the island – from the finca's own homegrown olive oil, to fresh herbs and lemons picked from the gardens and the natural richness of Mallorca's sea salts.

A beautiful guest kitchen is available to enable you to help yourself to drinks and light refreshments at your pace.

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REST

A collection of elegant bedrooms within the finca offers a restful and tranquil space to retreat and simply be...

Designed in traditional Mallorcan style, each room blends rustic charm with gentle comfort. Soft linens, ensuite bathrooms and thoughtfully chosen natural textures create a space where you can fully relax and feel at ease.



These rooms offer a quiet sanctuary for rest – inviting you to slow down, soften and restore.

Many rooms open onto terraces or overlook the mountains, gardens and courtyard, offering a gentle connection to nature and the rhythm of slower days.

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THE RHYTHM OF YOUR DAYS

...sunrises, rest, journal, read, wander, dream, explore, sunsets, moon gazing, heartfelt conversations, blissful night's sleep.

Gift yourself the space to listen to the quiet whispers of your heart and to fill your days with whatever you need most.

Restorative yoga and breathwork, gentle somatic movement and nourishing holistic practices are offered and thoughtfully adapted to support all levels of experience and needs.

You are invited to move through each day at your own pace – doing as much or as little as you wish.



WHAT YOU WILL RECEIVE

Exclusive use of our retreat home

4 nights/5 days of luxury accommodation

Daily holistic practices with Claire

Restful yoga, restorative breathwork, nurturing relaxations

A blissful face and body treatment with Maria

Meditation and journaling sessions

Natural facial rejuvenation workshop

Lovingly made, nutritious plant based breakfasts, lunches, suppers and healthy snacks

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YOUR HOST



I've always felt a natural draw towards health and wellbeing, guided by an inner sense of what feels true in my body. Yoga became my sanctuary - a space to breathe, soften and come home to myself.

My teaching is intuitive and rooted in gentleness, spaciousness and deep listening. Inspired by nature and the turning of the seasons, my offerings flow with the rhythms of the earth.

Through movement and stillness, I hold space for women to return to their own natural rhythm - where balance, ease and quiet strength reside within.

Claire Welton

[@pure.essence.yoga](https://www.pureessenceyoga.com) www.pureessenceyoga.com

OUR INTENTION

*... is to create a supportive space where you feel truly held,
wrapped in kindness and filled with joy.*

You will be warmly guided through this deeply restful and nurturing journey with Claire holding space throughout your time on retreat.

With years of experience and our shared passion for wellbeing, this retreat has been lovingly created to surround you with care and support - allowing you to soften, rest deeply and gently return to yourself.



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ROOMS AND INVESTMENT

LUXURY SHARED ROOMS



Shared Occupancy - two people / two beds

Elegant ensuite rooms featuring a four poster bed alongside a separate single bed, offering comfort, space and a choice of sleeping arrangements to suit your preference. Perfect for friends sharing or for those open to sharing with a fellow retreat guest.

Suite:

Four poster king bed: £2,245pp

Single bed: £2,045pp

Double room:

Four poster double bed: £1,955pp

Single bed: £1,795pp

LUXURY DOUBLE ROOMS



Shared Occupancy - two people / one bed

Spacious ensuite rooms with one king size bed , thoughtfully designed for rest and ease. Ideal for close friends or family members sharing.

Suite: £2,095pp

Double room: £1,805pp

LUXURY SOLO ROOMS



Single Occupancy - one person

Peaceful, private rooms offerings a sense of space and quiet comfort. Featuring four poster beds and soft, restful interiors- these rooms are perfect for those seeking a little more privacy.

Suite: £2,645pp (ensuite bathroom)

Double room: £2,245pp (ensuite bathroom)

£2,195pp (shared bathroom with one other)

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HOW TO JOIN US

Secure your place with a £600 non-refundable deposit by contacting us [here](#). We will guide you through the booking steps, including the option to set up a payment instalment plan for the remaining balance.

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FAQs

We understand you may have questions before committing to the retreat.

We hope these frequently asked questions will help provide ease and clarity with your decision making. Please do not hesitate to reach out if you need any further support.

T&Cs

The guidelines outline the practical details for the retreat. They are intended to ensure clarity and mutual understanding and are written in a more formal and legal tone than our usual way of writing.



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