

RESOURCE

Luxury Wellness Retreat

IN SANTAR, PORTUGAL



Retreat in Royal *heritage estate*



Recover *your life-force energy*

Life asks so much of us—whether it’s years of giving to others, the relentless pace of work, or the deep desire to nurture everyone else before yourself.

This retreat is a gentle invitation to step away from it all and rediscover the vitality you may have thought was lost.

For those who treasure the art of self-care and wellness, this is more than a retreat—it’s a moment to indulge in the kind of nurturing you know you deserve.

Here, in a serene space infused with intention, you’ll find the balance between nourishment and stillness, between soothing your spirit and embracing your radiant potential.

Whether you’re seeking a reset, an opportunity to care for yourself in a meaningful way, or a chance to deepen your connection with the rhythms of wellness, this is your sanctuary.





Journey *embraces*

5 DAYS & 4 NIGHTS IN ROYAL
HERITAGE ESTATE

"RESOURCE" TAILORED
PROCESS OF ENERGY RECOVERY

HOLISTIC PROTOCOLS OF DAILY
WELLNESS PRACTICES

CURATED MINDFULNESS
EXPERIENCES

WELLBEING COACHING

HOLISTIC PLANT-BASED CUISINE

What makes this journey unique



More Than A Reset

RESOURCE is a ritual for those who see longevity as a conscious practice—a way to sustain vibrancy year after year through holistic renewal and intentional living. This experience is designed to deeply nourish the body, restore clarity, and renew the energy that fuels your life's passions.

Thoughtfully Curated Process

This retreat is crafted with precision and soul, designed to meet you exactly where you are. From the moment you join, every element is tailored to your personal needs, ensuring a bespoke healing experience that feels as if it were created just for you.

Ultimate Recovery

For those who feel drained, uninspired, or simply running on empty, this is a journey back to life, energy, and purpose. If exhaustion has dimmed your inner spark, if creativity and joy feel distant, this retreat is designed to revive, replenish, and reawaken your deepest vitality.

Transformative Wellness

3 Pillars of Bliss Body

Conscious breathwork oxygenates the body, reduces oxidative stress, and enhances cellular renewal, slowing the aging process.

Through fluid movement and mindful yoga, you'll unlock stiffness, enhance circulation, and stimulate detoxification.

Meditation anchors you in the present, calms the mind, and resets the nervous system.



SPA Sanctuary

The Space to Let Go

Set within the estate's historic winery, the Luxury Spa draws inspiration from the surrounding vineyards and nature's serenity.

Retreat guests will have access to a refined wellness circuit, including a heated indoor pool, sauna, Turkish bath, and sensory showers—each designed to enhance detoxification, restore balance, and invite deep relaxation.

For an elevated experience, bespoke healing rituals and therapeutic treatments using Vinoble Cosmetics' natural, vineyard-infused skincare can be booked, offering a profound sense of renewal.



Holistic Dining

Food is more than sustenance—it is a sacred ally in your healing.

At the Resource Retreat, our holistic, plant-based menu is thoughtfully curated by Michelin Guide-recognized chef Luis Almeida.

Grown from his own organic farm and harvested in harmony with nature's cycles, each ingredient is chosen for its ability to rejuvenate, hydrate, and nourish the body on a cellular level.

Expect a dining experience that gently supports your digestive system, enhances vitality, and delivers a rich spectrum of microelements and vitamins—all while delighting your senses.

Every meal is a uniquely crafted celebration of well-being and flavor, designed to facilitate deep recovery and replenishment.





Vlada de Sousa

Spiritual Guide & Wellness Expert

Vlada de Sousa is an IFS Therapist, Spiritual Guide & Mentor, Intuitive Energy Healer, Meditation Teacher, and Integral Wellness Counselor, as well as the Founder of Bliss Body Journeys.

With over a decade of experience working with individuals from around the world, she specializes in holistic wellness, deep healing, and transformational self-discovery.

Vlada's approach is deeply integrative and personalized, attuning to each person's unique energy to identify and release the barriers to their well-being.

Her work is dedicated to guiding individuals beyond surface-level wellness—toward deep self-awareness, emotional freedom, and the restoration of mind-body balance.



Pedro Rui Sousa

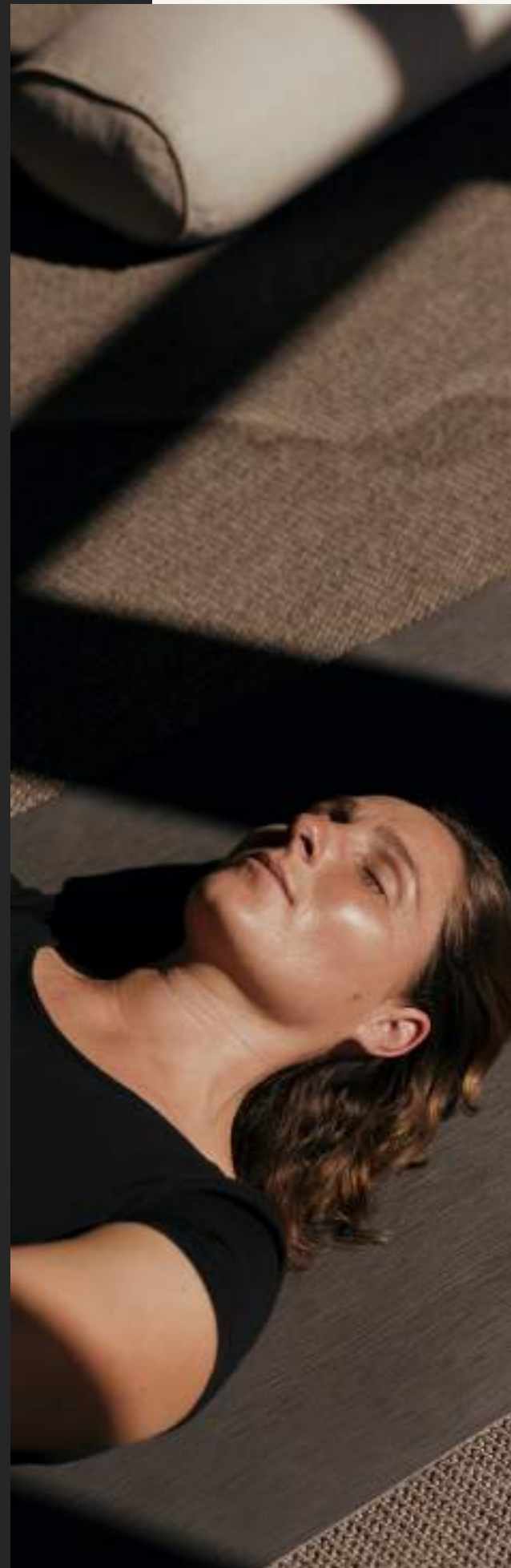
Host & Self-Authoring Guide

Pedro Rui Sousa aims to grow into his full mature splendour allowing everyone around to flourish and live in grace. He has accepted the call to create a life surrounded by beauty while digging deep into his own experience in search of answers or simply the right questions. His openness and compassion offer acceptance to everyone in contact with him.

He has lived and traveled around the world, worked in different industries as a luxury marketing expert, and has written and published three novels during the last decade.

His background in psychoanalysis, his dedication to spiritual practice, and self-authoring exercises bring insight and soothing energy to the retreat experience.

Guests *Testimonials*



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I feel like I have never breathed so much in my life as during this retreat. I have discovered the power and magic of meditation and conscious breathing that are precious tools that I am sure will help me going forward.

Amor - CEO

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The retreat was great for recharging. Good balance of sessions and rest. I haven't felt so energized and at peace in a very long time. The practices were well programmed. I couldn't be happier with the experience. I feel resurrected.

Adriana - Managing Director

“

There was a highly spiritual component in most of what we did, which helped me heal from a recent loss. I definitely feel something has shifted inside, and I want to follow this inner voice.

Luis - Writer

Reservations

For reservations or press enquires please contact:
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blissbodyjourneys.com