



# ACTIVE

WELLNESS PROGRAM



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- ENERGIZE YOUR LIFE WITH AN ACTIVE LIFESTYLE, WHERE EVERY MOMENT BECOMES AN OPPORTUNITY FOR MOVEMENT, VITALITY, AND WELL-BEING -

Revitalize your lifestyle with our Active Program at Quinta da Comporta - Wellness Boutique Resort, designed to kickstart a healthy way of living. Immerse yourself in the natural beauty as you walk on the rice fields, participate in invigorating personal training sessions, and join a stretching class that promotes flexibility and relaxation. Embrace an active life that goes beyond the ordinary, where each element is tailored to inspire and guide you in cultivating a balanced and health-focused lifestyle.





# ACTIVE LIFESTYLE

## THE BENEFITS



Regular exercise not only enhances physical fitness but also contributes to mental clarity, fostering a healthier mindset. As you integrate activity into your daily routine, you'll experience improved cardiovascular health, enhanced muscle strength, and increased flexibility. The release of endorphins during exercise promotes a positive mood, reducing stress and anxiety levels. Start here a long-term commitment to an active lifestyle.

FOR BOOKINGS AND FURTHER QUESTIONS PLEASE CONTACT:  
[reservations@quintadacomporta.com](mailto:reservations@quintadacomporta.com) | +351 265 112 390

# THE PROGRAM

2-NIGHTS

## DAY 1

Check-in  
Back, neck and shoulders massage (30 minutes)  
Water circuit  
Stretching Private Class  
Dinner

## DAY 2

Personal Training  
Breakfast  
Deep tissue (50 minutes)  
Water circuit  
Lunch  
Walk on the rice fields  
Customized Massage + Oryza Lab Facial (80 minutes)  
Dinner

## DAY 3

Breakfast  
Bike tour  
Lunch  
Modeling massage (50 minutes)  
Water circuit  
Check-out

SINGLE ROOM: 898€

DOUBLE ROOM: 1 454€ (727€ per person)



# THE PROGRAM

3-NIGHTS

## DAY 1

Check-in  
Back, neck and shoulders massage (30 minutes)  
Water circuit  
Dinner

## DAY 2

Personal Training  
Breakfast  
Deep tissue (50 minutes)  
Water circuit  
Lunch  
Walk on the rice fields  
Customized Massage + Oryza Lab Facial (80 minutes)  
Dinner

## DAY 3

Breakfast  
Bike tour  
Lunch  
Modeling massage (50 minutes)  
Water circuit  
Private yoga class (60 minutes)  
Dinner

## DAY 4

Stretching private class (60 minutes)  
Breakfast  
Relax massage (60 minutes)  
Water circuit  
Check-out

SINGLE ROOM: 1.290€

DOUBLE ROOM: 2.066€ (1.033€ per person)



NOURISH  
YOUR BODY,  
REFRESH  
YOUR MIND,  
AND THRIVE  
IN WELL-BEING.



# TERMS & CONDITIONS

## RATE TYPE

Our NON REFUNDABLE rate offers accommodation, breakfast, lunch, dinner, all treatments and private classes included in the program, and complimentary access to the QDC facilities, which includes a wellness center for adults aged 18 years and above, adhering to the guidelines outlined by the WHO (World Health Organization).

## METHOD OF GUARANTEE

To confirm your reservation, we require a 100% prepaid amount of the total reservation through our secure online payment platform.

## CANCELLATION POLICY

Please be advised that this rate does not allow for any modifications or cancellations. In the event of a no-show, the entire reservation amount will be charged.

- Valid until 20/03/2024 -

