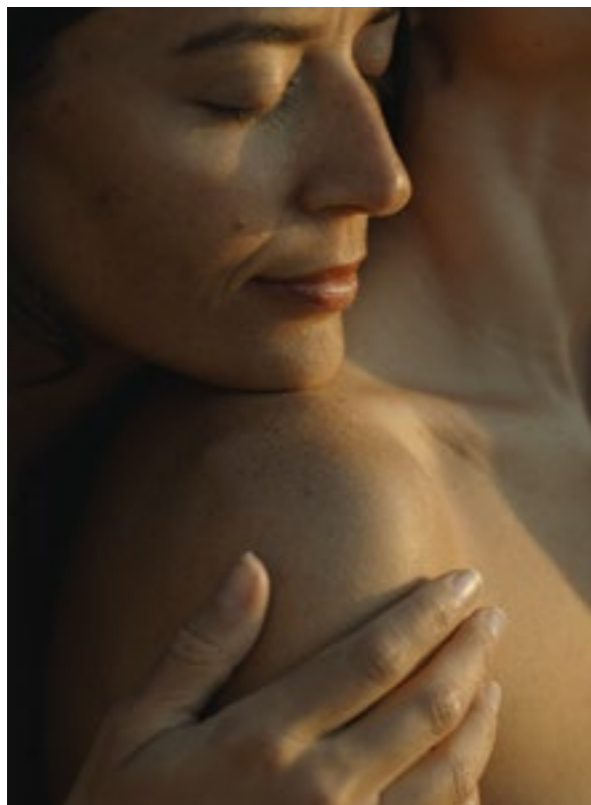


movement, and calming bedtime rituals. Mealtimes are rooted in the philosophy that what we eat and how we eat is a reflection of the relationship we form with ourselves. An all-female team focuses on thoughtful eating experiences, merging cooking techniques with an aesthetic of beautiful simplicity and wholesomeness. The dynamic vegetarian menu combines local and seasonal ingredients, and each serving comes from careful consideration of the whole journey of the food, from the root to the table. Guests are

mostly women traveling alone, with a wide range of ages and from diverse backgrounds. They share bedrooms and daily activities with one another in an intimate environment without judgment or preconceptions and in which all are equal. Inevitably, they form a sense of sisterhood that is inspiring, transformative, and empowering. *



ABOVE In the belief that well-being extends far beyond purely physical activity, each stay includes a creative workshop, a cooking workshop, and a self-care workshop. OPPOSITE The simple, honest architecture of the Mallorcan retreat helps to create a sense of calm.

