



# Retreats at Moodz



Moodz  
SPA & RESORT



# Perfect Venue

***THE PERFECT VENUE FOR YOUR EXCLUSIVE RETREAT.  
A MAGICAL PLACE, SURROUNDED BY DIVINE ENERGY***

Moodz Spa & Resort is an exclusive wellness resort located in the beautiful mountainous landscape of Silves. A tropical, boho-vibed resort, surrounded by stunning views from all luxury accommodations and the luxurious spa. At Moodz

Spa & Resort, various retreats are organized, primarily focusing on yoga, meditation, wellness, business, and coaching sessions. The luxury of the resort, its spa facilities, combined with the magical energy present at the resort, form the perfect foundation for a high-quality event. Searching for an amazing venue? Look no further & let's create magic together at Moodz. Lots of love,

*Selina & Mitchell*

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[www.moodz.pt](http://www.moodz.pt)







***HI BEAUTIFUL SOUL,  
WE'RE MITCHEL & SELINA, FOUNDERS OF MOODZ SPA & RESORT  
THE PERFECT VENUE FOR YOUR EXCLUSIVE RETREAT***

In 2008 we started building Moodz Villa in this beautiful peace of heaven, in the Algarve. From the very first moment, we knew this place would be and would stay special to us!

In 2020 we started the construction of Moodz Spa & Resort. Two years later we opened our doors and we have had amazing guests ever since! Great vibes, amazing energy & many beautiful retreats have taken place at Moodz.

We are looking forward to receive you and your group for your own, unique retreat at Moodz. We are sure we can create a magical journey together!

Our main aim is to make sure your retreat is an absolute success! This is the reason why communication, support and confidence are the most important gift we can give you prior, during and after your retreat!





# Information

## ***EXCLUSIVE RESORT***

01

Emerge in a divine state of relaxation at this magical boho resort. Relax at one of the amazing lounge areas, at one of the private bali beds or underneath one of the boho shades by the pool.

02

## ***LUXURY ACCOMMODATIONS***

The luxury accommodations are the perfect way for your guests to enjoy their stay at Moodz. The resort provides 3 luxury lodges and 1 luxury villa.

03

## ***DIVINE SPA FACILITIES***

Exclusive Spa Facilities are an amazing way to complement your retreat. Your guests will love the Infra-red Sauna, Finnish Sauna, Ice-bath, Jacuzzi, Mineral Pool, Hammam, Meditation Lounge & Massage Lounge

04

## ***YOGA SHALA/ CEREMONY STUDIO***

The Yoga Shala/ Ceremony Studio is a great INDOOR space for all your group sessions. A 120 m2, heated space, surrounded by amazing views. Perfect for Bikram Yoga, Aerial Yoga, Yoga, Sound Healings, Workshops, Business masterminds, Fitness, Creative & Ceremony Sessions, Teachings, Meditations, etc.

05

## ***YOGA DECKS***

Moodz Spa & Resort offers 2 Outdoor Yoga Decks with amazing views. A shade yoga deck and sun yoga deck. These Decks can be used for coaching sessions, team building, Sound healings, Fitness sessions, Ceremonies, Meditations, amongst others.





# Information

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## ***SPA TREATMENTS IN THE MASSAGE LOUNGE***

Relaxing Spa Treatments are provided by Moodz crew on request for all your guests. Treatment list is available below.

07

## ***BONFIRE MEDITATIONS***

Magical Bonfire Meditations underneath a sky full of stars will take your breath away. This is an extraordinary experience for your retreat! A gas bottle for one bonfire night is included.

08

## ***CONTACTS WITH AMAZING THERAPISTS & SERVICES***


We provide you with contact details for additional services of high-quality coaches, instructors, caterers, transfers, and other services if needed. Our primary goal is to help and ensure the best possible retreat experience for you and your group.

09

## ***SUPPORT, COMMUNICATION & CONFIDENCE***

Prior to, during and after your retreat/ event, we offer you assistance, support and help wherever we can. Over the phone, e-mail and on-site.





# Information

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## **WIFI & AED**

Strong and fast Wi-Fi is available throughout the entire resort & accommodations.

An English spoken AED is present at the resort in case of emergency.

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## **CATERING**

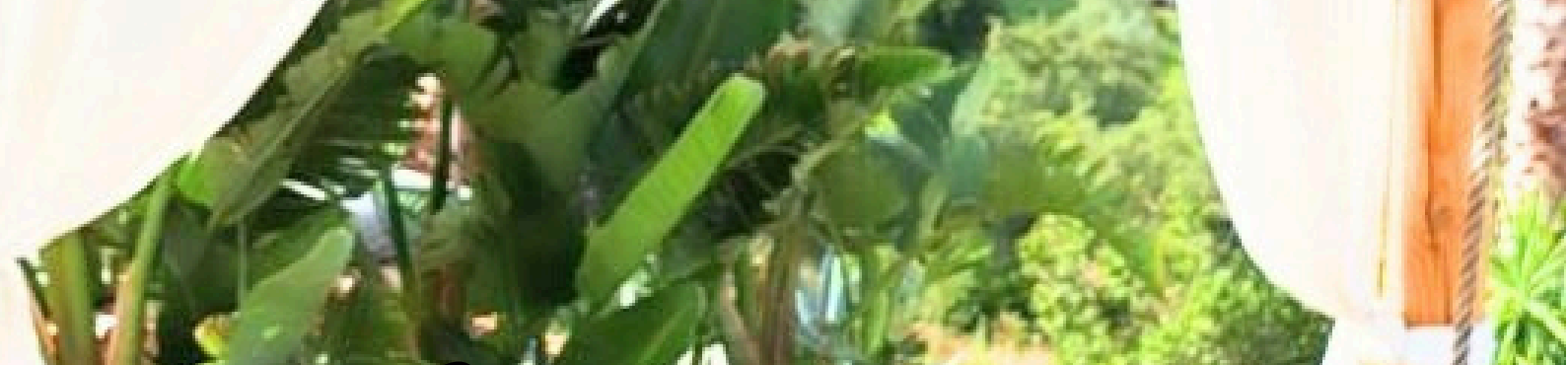
We work with amazing private chefs, that are well known to the kitchen at Moodz. If you have a larger or smaller group at Moodz, that is no problem, each meal will be prepared with the most care! The cost is around 65 € per person per day for 3 meals, depending on the menu (vegan & vegetarian or meals with meat/ fish).

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## **CONTENT FOR YOUR RETREAT**

Before your event/ retreat begins, we offer the possibility to create content (photos and videos) at Moodz (not a professional photoshoot, if required then additional costs will be charged). This content shoot/ visit of Moodz can be scheduled for the max. of 90 min. We can assist you in capturing content or you can bring your own photographer.





# Information

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## **WASHING MACHINE & DRYER**

Use of the washing machine and dryer is included.

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## **UNIQUE LIGHTNING SCHEME**

The option of an unique lighting scheme tailored to your event/ retreat.

15

## **CLEANING**

During events/ retreats, Moodz Spa & Resort crew takes care of the daily clean of the spa facilities. Daily cleaning of all accommodations is not included. This can be arranged and will cost 25 € per hour. The floors of the villa (the central location of the retreat) is required to be cleaned daily, this is not included. This can be booked separately.

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## **ICE BATH**

Hosting an ice bath during your event can be a magical and bonding experience for your guests. It is no problem that Moodz Crew delivers the ice for the plunge pool. The additional cost is 50€ for 40 kg of ice. If more ice is needed then a additional fee will be charged, depending on the kg.



# Accommodations



## Villa Moodz

The resort offers a beautiful boho and spacious villa of 250m<sup>2</sup> with a large garden with an amazing veranda underneath which your group can have amazing brunch, dinners or creative sessions. This exclusive villa has 4 bedrooms with room for 8 guests (all beds can be separated), 2 large bathrooms and a separate toilet. The villa also has an open kitchen, where the caterer will create the most amazing meals. There is a buffet table, a coffee table and a spacious living room with a large fireplace which creates a cozy place during colder days. During the retreats, the villa is often used as a central place where you can have breakfast, lunch and dinner. We have large dining tables both inside and outside at all times, which provides an incredible setting for breakfast, lunch and dinner for groups.

# Accommodations



## Lodges

The resort has three luxurious lodges, which are very spacious and have a spacious, private veranda, so that the guests of the retreat can optimally enjoy the peace and nature.

The lodges are equipped with a luxurious bathroom, a modern kitchen which is fully equipped, beautiful bedrooms, a spacious living room including dining room and a very large private veranda of 40m<sup>2</sup>.

Lodge 1 and 2 each have three bedrooms, each with two very comfortable double beds and one bedroom with two very comfortable single beds. All beds can be separated.

Lodge 3 has two bedrooms with a very comfortable, spacious double bed, a shower and a bath. All beds can be separated.



# Facilities



Bali Beds & Yoga Deck





# Facilities



Outside Dining & Bar





# Facilities



Yoga & Ceremony Studio





# Spa Facilities



Mineral Pool & Jacuzzi





# Spa Facilities



Finish & Infra-red sauna





# Spa Facilities



Hammam & Meditation Lounge





# Spa Facilities



Ice Bath & Massage Lounge





# Facilities



Bali Beds & Yoga Deck







# Facilities

## Mineral Pool

Spacious mineral pool with multiple levels, ideal to swim or relax, surrounded by a Sun Lounge Area, shaded by charming boho umbrellas.

## Sauna's & Ice Bath

Infrared sauna and Finnish sauna with stunning views.  
Refreshing ice bath with an exquisite waterfall.

## Jacuzzi & Hammam

Relaxing 6-person Jacuzzi, ideal for stargazing at night.  
Luxurious Hammam with two extra showers where guests can relax, shower, scrub and enjoy spa treatments.

## Lounge & Massage

Several lounge area's with breathtaking views.  
4 floating, covered private Bali sunbeds, one for each accommodation.  
Modern, spacious massage lounge with 2 massage beds.





# Facilities

## Yoga Deck

Two spacious yoga decks, one shaded deck and one sun deck, suitable for yoga, meditations, healing sessions, coaching, business motivation sessions, or sports activities

## Indoor Yoga Studio

An indoor Yoga shala/ Business studio. For Bikram yoga, yoga, arial yoga, coaching sessions, breathwork, ceremonies, workshops, sport activities, amongst others. Yoga mats and blocks are available.

## Moodz Bar

A boho vibed honesty bar with 4 fridges filled with delicious organic beverages.

## Private Hikes

6 hectares of private nature. Numerous hiking trails through the beautiful mountains.





# Arrival

## **UPON ARRIVAL**

01

On your arrival day, check in is at 10.00 o'clock for hosts.  
For guests it is at 15.00 o'clock.

02

All beds will be made upon arrival, according to  
designated schedule of host (single beds + double beds).  
All guests will receive a large bath towel, a bath towel, a  
bathrobe and a hammam towel.

03

Moodz will provide water, tea and coffee in each  
accommodation. A separate coffee table is present in villa.

04

Moodz will provide shampoo, conditioner, bodygel in each  
bathroom. Each bathroom is provided with a hairdryer.  
Toiletpaper is provided by Moodz.

05

Moodz will provide a gas bottle for one bonfire evening.





# Check out

## Checkout Rules For All Guests

### **Checkout Times**

- Lodges: by 10:00 AM
- Villa & Resort: by 12:00 PM

- Leave the property in a neat and orderly condition.
- Take all personal belongings with you (check drawers, closets, and bathrooms).
- Report any damages or issues to reception before departure.
- Respect the quiet and privacy of incoming guests and cleaning staff.
- Dispose of trash and recyclables in the designated bins.
- All drinks and massages must be paid for before departure.



# Woody Team





venue



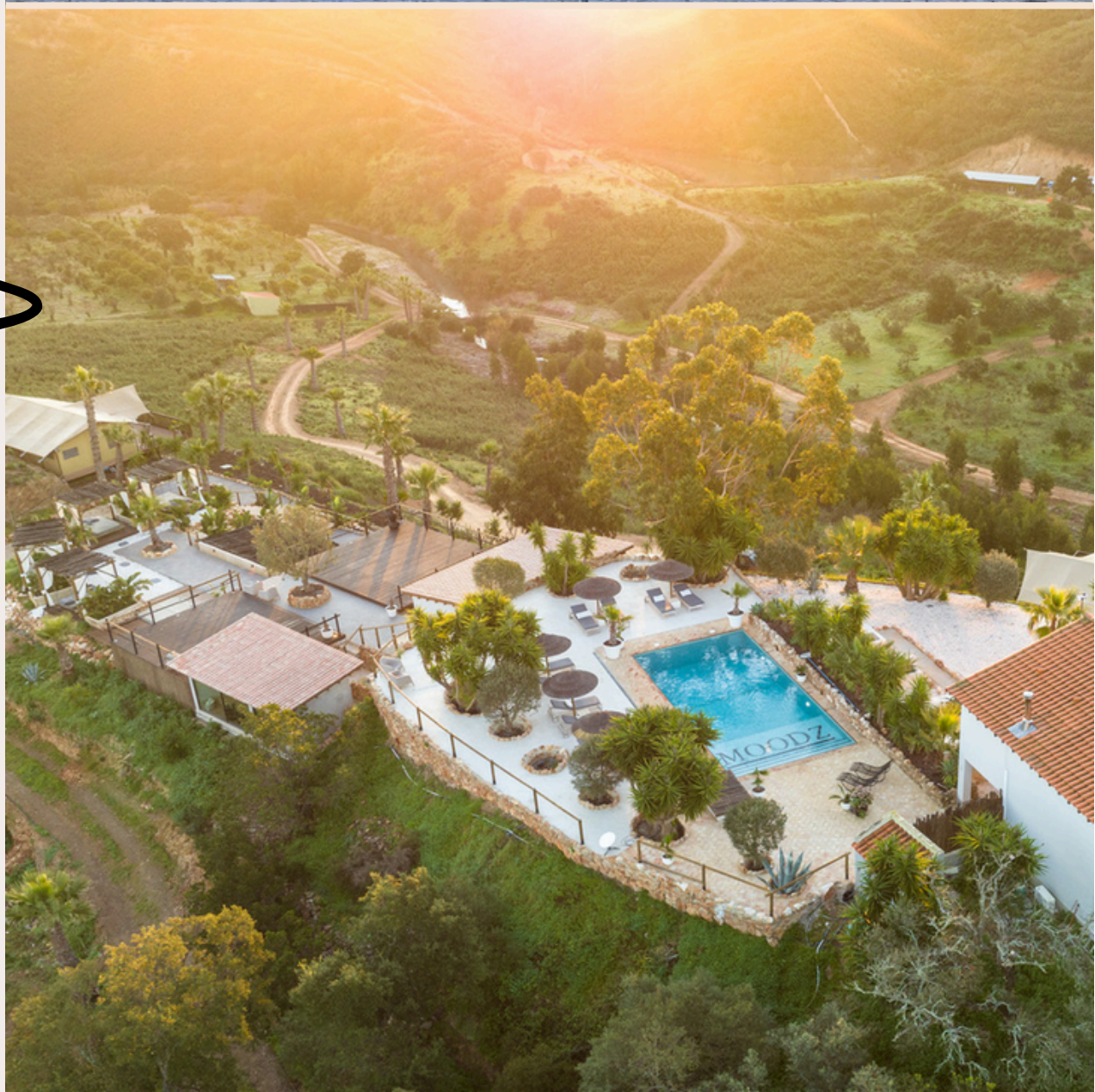


venue





Venue





female





Leanne





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Let's Create Magic

