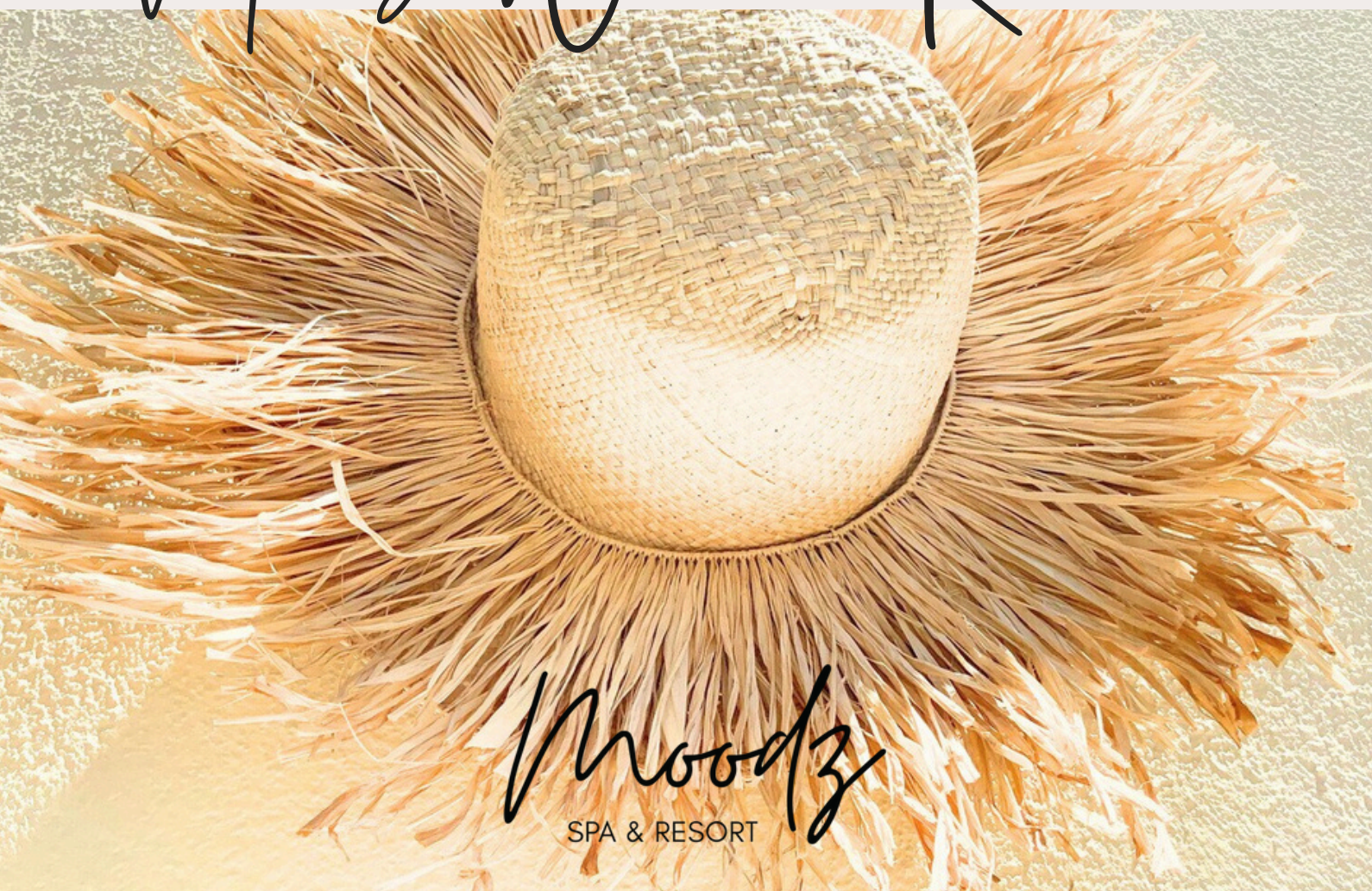


Moodz Winter Retreats



Moodz

SPA & RESORT

Moodz Winter Retreats

Organise your Unique, Cozy Winter Retreat at Moodz Spa & Resort

- Intimate Retreats up to 8 guests. The spacious, luxurious villa with fireplace will offer a magical stay for your guests.
- The crew is able to stay in one of the comfortable boho lodges.
- Exclusive use of the Resort and all spa facilities for only your group.
- Enjoy sauna's, the heated Hammam, meditation room, jacuzzi & bonfire.
- A beautiful heated indoor Yoga Shala for magical ceremonies, yoga, coaching, meditation sessions & fitness, gym equipment on site.





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 & Mitchel

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About us

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

01

EXCLUSIVE RESORT

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 FACILTIES

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

06

SPA TREATMENTS IN THE MASSAGE LOUNGE

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

07

BONFIRE MEDITATIONS

Magical Bonfire Meditations underneath a sky full of stars will take your breath away. This is an extroardinary 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.

11

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.

14

UNIQUE LIGHTNENING SCHEME

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

15

CLEANING

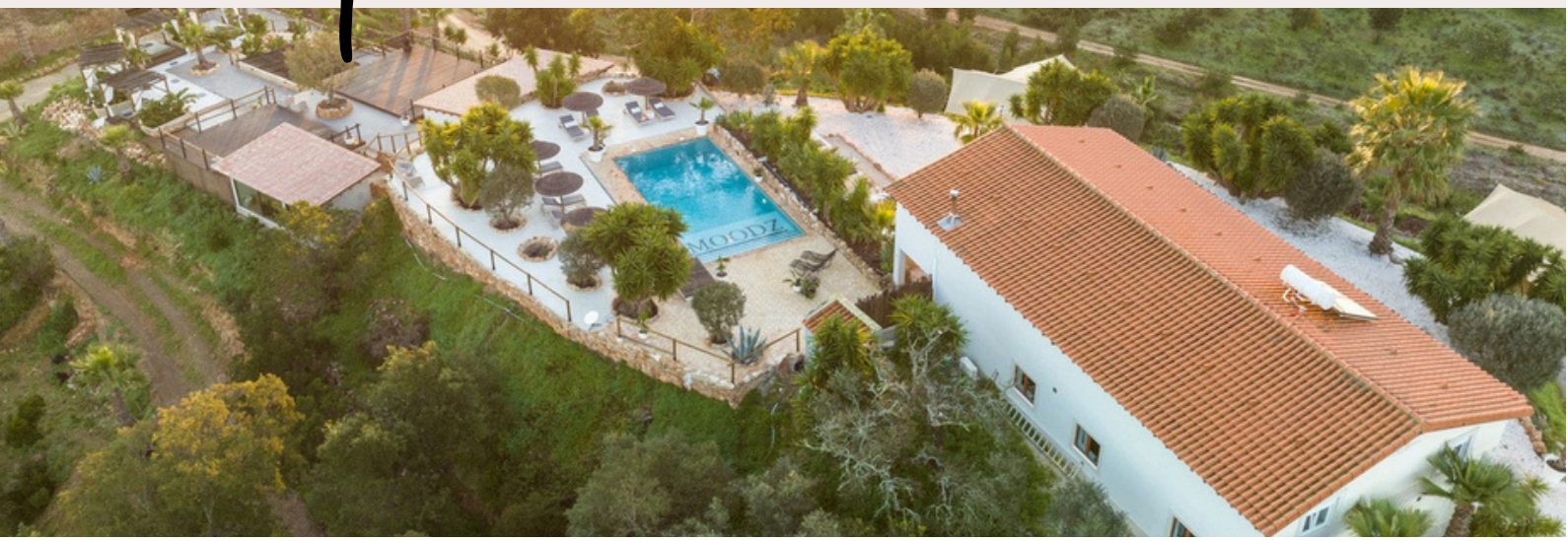
During events/ retreats, Moodz Spa & Resort crew takes care of the daily clean of the spa facilities. Daily cleaning of all accommodations is not included. This can be arranged and will cost 25 € per hour. The floors of the villa (the central location of the retreat) is required to be cleaned daily,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

16

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.

Accommodation



Accommodation Guests

The Villa

The resort offers a beautiful boho and spacious villa of 250m2 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 bedroom 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.

Accommodation



Accommodation Crew

The Lodge

During the winter retreats, the crew of the retreat, are very welcome to stay in one of the three luxurious lodges for a small extra fee. This way the villa can remain as a private accommodation for your guests and you can have up to 8 guests. TThis also secures a sense of privacy for the hosts in the spacious lodge with a private veranda. The lodges are equipped with a luxurious bathroom, a modern kitchen which is fully equipped, beautiful bedrooms with comfortable and heated beds, a spacious living room including dining room and a very large private veranda of 40m2.

Facilities



Bali Beds & Yoga Deck



Facilities



Outside Dining & Bar



Facilities



Yoga & Ceremony Studio



Spa Facilities



Mineral Pool & Jacuzzi



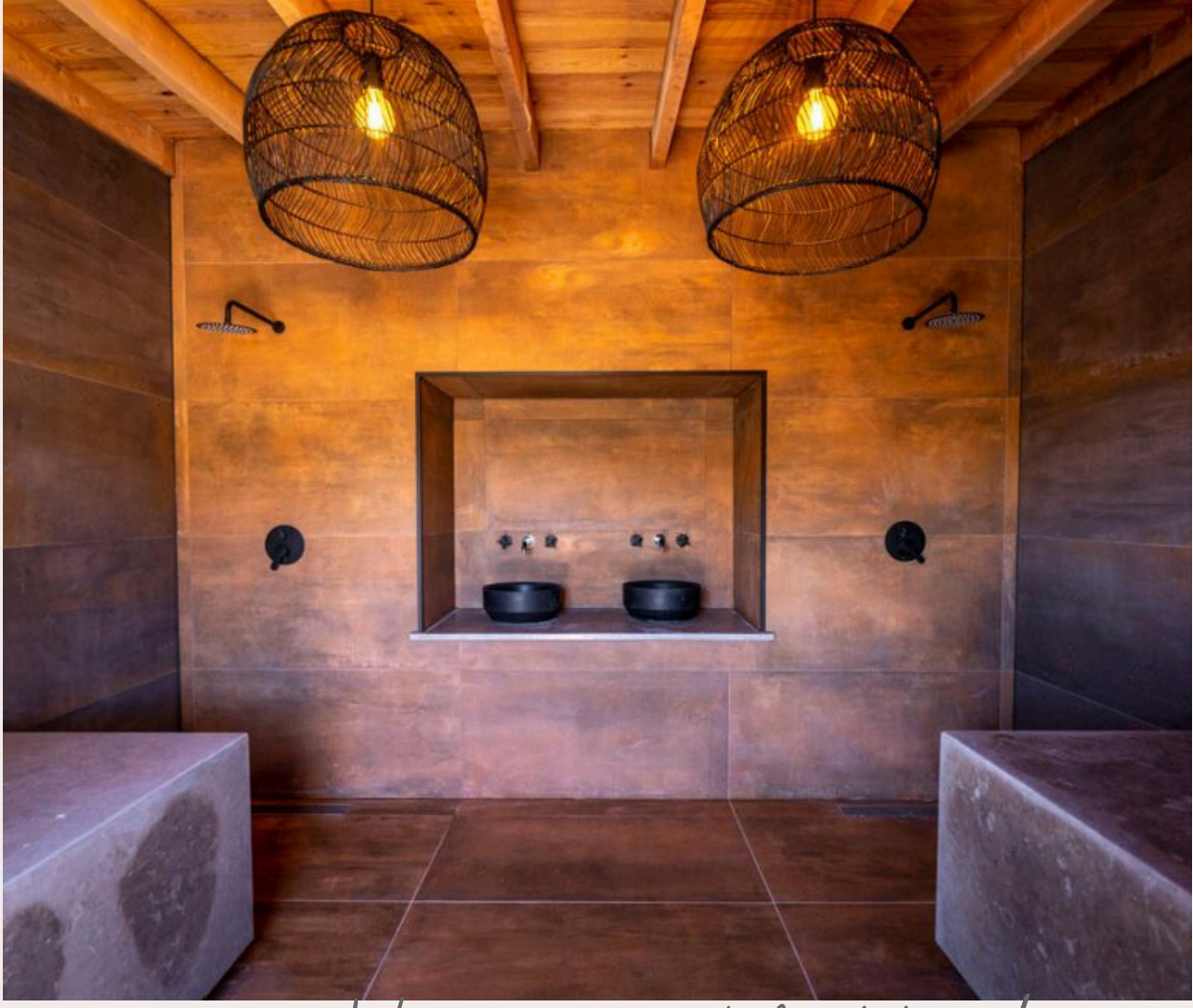
Spa Facilities



Finish & Infra-red sauna



Spa Facilities



Hammam & Meditation Lounge



Spa Facilities



Ice Bath & Massage Lounge





Facilities

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 equisite 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

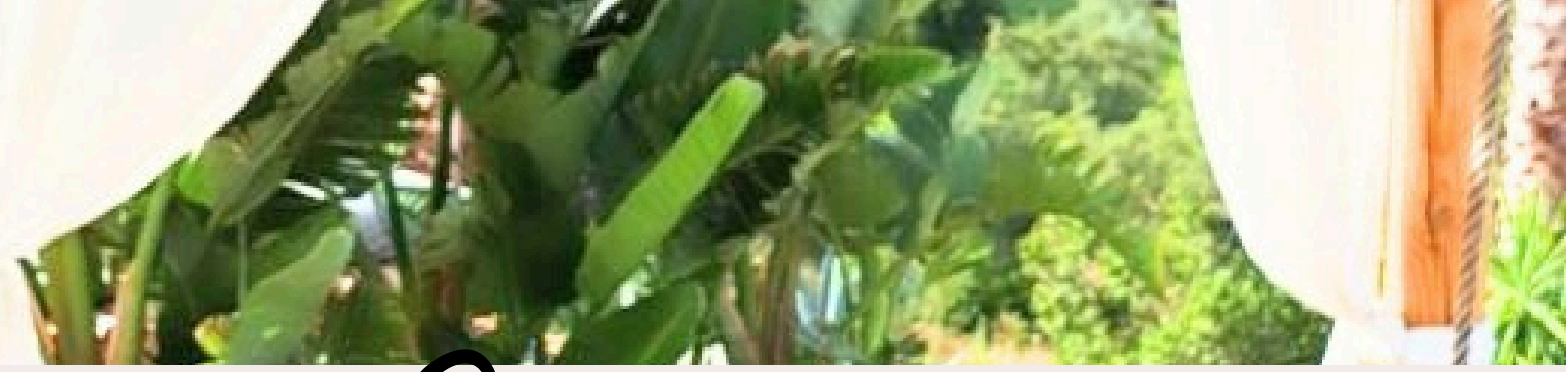
01 On your arrival day, check in is at 10.00 o'clock for hosts. For guests it is at 15.00 o'clock.

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

03 Moodz will provide water, tea and coffee in the 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 Times & Rules

- Lodge by 10:00 AM
- Villa by 11:00 AM
- 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.

Moodz Team

Venue





Venue





Venue







Yenne





Venue

Let's Create Magic



