

NATIONAL
GEOGRAPHIC

TRAVELLER

SPA & WELLNESS

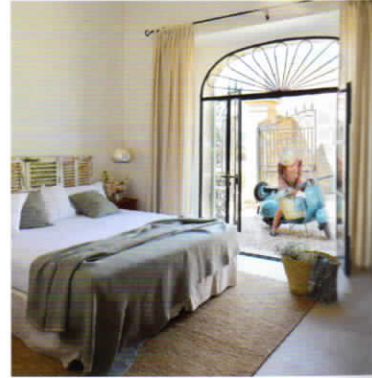
COLLECTION



2018 EDITION

Cal Reiet Holistic Retreat

MAJORCA, SPAIN



Set in idyllic grounds, spacious and light-filled Cal Reiet is where wellness-oriented travellers and yogis can find rest, restoration and rejuvenation. Guests become part of a like-minded community, making new friends with a shared interest in wellbeing, but still have their own space for silence and meditation.

Cal Reiet hosts companies and practitioners organising retreats within the field of mind-body-spirit wellbeing, such as yoga, tai chi, Ayurveda, detox, and stress management as well as individual travellers.

Cal Reiet offers hospitality from the heart, and space for guests to reconnect with themselves, others, and the world around them. The aim is that guests leave with more energy, mental clarity, connection and vibrancy.

The owner's model for Cal Reiet was Baravara, created by a Swedish entrepreneur who championed alternative therapies including yoga and psychotherapy. The idea is to deliver a unique transformative experience that helps guests live a happier and healthier life.

Mornings begin with a complimentary yoga class. Different activities are available in the afternoon: guided meditation, breathing sessions, zen vitality and tai chi classes. Guests can design their own programme with a wide range of massages and treatments.

Cal Reiet's mission is to bring creative vegetarian and vegan dining to a new, fresh and delicious level, making health-conscious cuisine accessible to all food lovers, and bringing awareness to guests on how eating healthy food can improve lifestyle.

The retreat is an oasis set in a beautifully lush Mediterranean garden, with plenty of hidden corners and a swimming pool. The main building is inspired by Moorish architecture.

Set in the rural heart of Majorca, the retreat is only five minutes' walk away from the picturesque village of Santanyi. There's a market twice a week and plenty of little cafes, restaurants and boutique shops in the narrow streets. Cal Reiet is situated only a few minutes' drive from the coast and a variety of beaches are within easy reach.

NEED TO KNOW

KEY FACILITIES

- 15 rooms and suites
- Dining area
- Swimming pool
- Wellness area
- Gym

KEY TREATMENTS

- Thai massage
- Balinese massage
- Lomi Lomi massage
- Osteopathy
- Cranio-sacral and kinesiology bodywork
- Shamanic healing
- Chakra-balancing massage

GET IN TOUCH

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Don't miss // Indulging in a beauty treatment using entirely natural cosmetics, all from the sun-kissed island of Majorca