

Women's Wellness Travel Retreat

Exploring upcoming destinations ~ Oct-Nov 2023

Island of Crete, Greece



This mystical, gorgeous, ancient island to the south of the Aegean Sea captures the spirit of Greece and enchants everyone who visit. Elafonissi beach is one of the most breathtaking in Crete, where rose-pink-hued sands meet the mint-blue sea – a surreal, yet spectacular sight. Go for a dip in the warm, transparent waters at this magical place, ideally in autumn, when the waves are gentle, as is the pace of life. The perfectly pink swathes of sand are made up of crushed shells and the iridescent blues are just part of daily life on Crete. Wherever you visit, it's an island of thousands of vibrant images, filled with an open-hearted and vivacious spirit, rich history, and hospitable people. Crete island is, hands down, one of the most magical islands in Greece!

Algarve, Portugal



Algarve, the beautiful southern coastline of Portugal, is a region blessed with glorious sandy beaches, picturesque fishing towns, and an incredible climate with an average of 300 sunny days a year. The Algarve is a vibrant and wonderfully varied destination with more than 200 km of stunning coastline, a mountainous interior, and tranquil nature reserves all for you to discover.