

LA FUENTE

PROGRAM DESIGN CONCEPT OUTLINE

*“Here, right here, is the seat of all that you will
ever long for. It is simple and ordinary and
magnificent. You see, you are already home”
From As It Is by Tony Parsons*

What is La Fuente & What Do We Offer?

La Fuente is an eco-friendly, luxury retreat centre, offering a serene haven where guests are invited to discover the world of holistic well-being.

Dedicated to providing guests with the setting and tools needed to find their healthiest and most vibrant selves, our innovative approach combines world-class treatments and ancient traditions with balanced nutrition.

Our goal is for guests to leave feeling not only invigorated and refreshed in mind, body and soul, but empowered to continue along the path to well-being.

We offer a wide range of treatments, activities, classes and cultural experiences, with a choice of packages and wellness programs designed for specific goals.

We cater to a broad range of clientele, from individuals and couples looking to explore the retreat experience, to transformational group events led by international facilitators.

WHO WE CATER TO

TEACHERS, COACHES,
FACILITATORS

INDIVIDUALS, COUPLES,
GROUPS

DISCOVER

- ❖ A natural setting that nourishes the soul and transforms mind, body and spirit
- ❖ Healing and wellness activities
- ❖ New experiences
- ❖ Healthy, nutritious dining
- ❖ Holistic treatments and therapies
- ❖ Five star quality service with a friendly and relaxed attitude
- ❖ The inspiration and tools for a healthier, more vibrant and eco-friendly way of life

THE SPACE

Set in pristine oasis of the Reserva Natural de los Montes, with views over the breathtaking forest valley and Mediterranean sea, La Fuente is a sanctuary of tranquility.

The values that we promote through our retreats, as well as the beauty of our natural setting, are reflected in the environment we have created.

La Fuente represents a true retreat, a place where modern luxury fuses with mindful eco-friendly living.

- ❖ Gracefully restored cortijo
- ❖ Use of sustainable materials and methods
- ❖ Harmony with natural setting
- ❖ A calm and serene environment for healing and rejuvenation
- ❖ Diverse, state of the art facilities

SIGNATURE FEATURES

15 minutes from Malaga centre and
30 minutes from Malaga
International Airport

Restored cortijo located in an unspoilt
natural reserve

MODERN LUXURY AT LA FUENTE

At La Fuente, we believe that the definition of luxury is evolving. Modern luxury increasingly finds value in closeness to nature, open space, silence and time to be alone. These desires are reflected in different demands from guests, for discrete, unobtrusive service that still maintains flawless attention to detail.

La Fuente channels this new concept of modern luxury in every element of the retreat experience. **We are using** natural materials and thoughtful architectural design, ensuring that materials conform to high environmental standards for minimal impact.

Our minimalist interior design and wide open spaces outdoors inspire a sense of freedom, while our friendly and professional team ensure that every guest's stay runs smoothly.

FACILITIES

Luxury accommodation

Outstanding yoga & healing arts facilities

Modern spa

Fully equipped, state of the art fitness centre

Outdoor infinity pool & indoor pool

Sauna & herbal steam room

Healthy cuisine

Beautiful outdoor spaces

Library & shop

Conference facilities

SIGNATURE FEATURES

HALOTHERAPY Salt Cave

ONSEN
Japanese Mineral Baths

Outdoor infinity pool

ECO SUSTAINABILITY PHILOSOPHY

Our mission is to prove that luxury sustainable living can be achieved without sacrificing quality of service or comfort.

Our commitment is to minimizing our environmental impact provides a foundation for our environmental policy, and is a constant guide in our decision-making process.

Sustainability is an essential consideration for all building and business projects.

La Fuente's team of specialists work to ensure that every aspect of the project showcases environmentally accountable practices that will stand the test of time.

Every element, from flooring materials to menu ingredients, is selected to respect the local environment and minimize our impact on the planet.

Involved in Creating and Using
Innovative
New Eco Materials

Extensive Open Source Testing
and R&D-
information open to be shared as best
practice.

ECO SUSTAINABILITY PRACTICES

Our environmental policy is at the heart of everything we do. We take a proactive approach, both training our team members to be ecologically conscious, and encouraging our guests to adopt environmentally friendly lifestyle choices.

Our efforts towards offering an authentically “green” and sustainable sanctuary experience include:

- Green building standards, using sustainable materials and practices
- Organic permaculture garden and compost systems
- Rainwater harvesting system
- Energy-efficient air conditioning, lighting and electronic appliances
- Solar charging stations for electronics
- Recycling bins for convenient waste disposal
- Towel and sheet re-use program
- Volatile organic compound (VOC)-free cotton towels and sheets
- Allergy awareness when choosing furnishings and cleaning materials
- Bulk dispensers for soap and other consumables to reduce waste
- Spa and massage treatment products made from 100% organic, all natural ingredients

ACCOMMODATION

With views overlooking the surrounding forest, each room is designed for contemporary comfort and convenience while maintaining a peaceful Andalusian ambience.

75 Luxury rooms: 10 suites (45 sqm) and 65 double deluxe rooms (35 sqm)

- ❖ En-suite bathroom, hair dryer, high quality bathrobe & slippers, luxury organic toiletries
- ❖ Essential oil diffuser with signature organic aromatherapy oil blends
- ❖ Air conditioning (cold & warm), ceiling fan, desk, free WiFi, USB plugs, solar powered charging stations for personal electronic devices, safety deposit box
- ❖ Orthopedic mattress, choice of pillows hypoallergenic bedding
- ❖ Chill-out music, yoga mat & block
- ❖ Unlimited free filtered lime water, and ginger & lemongrass detox tea throughout the day. Detox minibar

SIGNATURE FEATURES

Contemporary elegant rustic design in harmony with architecture and natural surroundings

Signature local brand organic toiletries

DINING

Our goal is to highlight the pleasures and health supporting qualities of nutritionally balanced cuisine

- ❖ Healthy Mediterranean gourmet cuisine
- ❖ Vegetarian, vegan, raw and detox menu options
- ❖ Tailored menus available for groups
- ❖ Dishes planned to offer high nutritional value
- ❖ Super food ingredients
- ❖ Seafood and free range chicken
- ❖ No chemical additive, refined sugars or trans fats
- ❖ Organic wines and beer available on request
- ❖ Option to participate in healthy cooking classes
- ❖ Exclusive herb, vegetable and medicinal plant garden
- ❖ Facilities available for raw vegan cookery classes

SIGNATURE FEATURES

Open Air Terrace Restaurant
Seating for 200
Open Breakfast, Lunch & Dinner
Buffet style for groups
À la carte for individual guests

Café & Juice Bar
Open Daily
Healthy Savory & Sweet Snacks
Detox Juices & Elixirs

EDUCATIONAL RESOURCES

We are committed to building a community which promotes knowledge sharing and openness, empowering guests and staff alike to integrate healthy and environmentally-conscious habits beyond the retreat.

- ◆ Extensive library of wellness and healing arts resources
- ◆ Experienced retreat advisers and practitioners offering information and tips
- ◆ Workshops and lectures on mind, body and soul related themes
- ◆ Visits from international guest teachers and retreat hosts
- ◆ Information on living an eco-friendly lifestyle

BOUTIQUE

Offering a range of high quality products, our boutique allows guests to take the La Fuente experience home with them.

- ❖ Yoga clothing and equipment
- ❖ Health, wellness and spirituality books
- ❖ Essential oils, flower remedies and holistic health products
- ❖ Signature skin care range
- ❖ Signature range of locally produced organic aromatherapy oils
- ❖ Jewelry and Art

SPA & WELLNESS CENTRE

Our professional team of therapists are trained experts, provide the highest standards of treatment. Only the best equipment and skin products are used to ensure a safe and luxurious experience.

- ❖ 27 private consultation/treatment rooms
- ❖ Holistic therapies- Acupuncture, reiki, craniosacral, osteopathy, reflexology, aromatherapy, chakra balancing
- ❖ Detox & health therapies- Colonic hydrotherapy, naturopathy, lymphatic drainage, halotherapy massage
- ❖ Wellness therapies- Thai massage, deep tissue, shiatsu, hot stone massage, hot oil massage facials, body wraps, body exfoliation, hand and foot treatments

SIGNATURE FEATURES

On site Naturopathic health assessment

Choice of *à la carte* spa menu or tailored programs/rituals

OUR SIGNATURE SPA BRAND, SODASHI

La Fuente's commitment to excellence extends to the range of products used for all spa treatments.

- ❖ SODASHI is an Australian brand founded in 1999. Their highly effective products are crafted in small batches to an exclusive formula.
- ❖ The range is vegan, gluten-free and non-toxic, and contains a range of vitamins, antioxidants and essential oils.
- ❖ Ingredients are responsibly and sustainably sourced, including nutrient rich pure cold pressed botanical extracts and organic clays.
- ❖ The Sodashi approach to beauty is holistic, aiming to nourish mind, body, soul and spirit with their natural and luxurious product range.

SIGNATURE FEATURES

Trusted brand of international luxury hotels and spas

100% organic and all-natural line of cosmetics, beauty and skincare products

ONSEN NATURAL SPRING

Traditional Japanese Bathing Ritual

- ❖ Thermal mineral bath with water heated to at least 38°C, containing ionic minerals such as iron, zinc, sulphur, calcium, magnesium and lithium
- ❖ Relaxing. Can promote sleep, reduce pain. Stimulates blood circulation, cell oxygenation and immune system function.
- ❖ Therapeutic effects produced by the combination of heat and minerals
- ❖ Bathing ritual also includes sessions in herbal steam room and sauna
- ❖ Fully equipped changing rooms & Onsen inspired relaxation space

SIGNATURE FEATURES

First Onsen in Spain

Thermal waters from our
own
natural springs

HALOTHERAPY

- ❖ Custom built Salt Cave containing pure therapeutic fine grained pink Himalayan salt
- ❖ A unique microclimate of 40 to 50 percent humidity, 20-25°C, with natural dry sodium chloride aerosol and allergen-free air.
- ❖ Supports the immune, nervous, endocrine and lymphatic systems. Alleviates symptoms of respiratory and skin conditions, reduces stress & anxiety
- ❖ 45 minute relaxation sessions on lounge chairs with relaxing background music
- ❖ For therapeutic use or as part of custom detox programs

SIGNATURE FEATURES

Salt Cave for meditation, yoga and spa treatments

Environmental Toxicity Detox-
specifically respiratory and skin issues

OPTIMAL FITNESS SPACES

Taking full advantage of La Fuente's exceptional natural setting to promote a healthy lifestyle, we focus on outdoor activities, in addition to offering a comprehensive fitness plan.

- ❖ Gym with state of the art equipment
- ❖ Personal trainers
- ❖ Outdoor exercise spaces
- ❖ Guided hikes with routes for different fitness levels
- ❖ Strength and cardio circuits
- ❖ Schedule of daily group fitness classes

SIGNATURE FEATURES

State of the art gym equipment and experienced personal trainers

Natural outdoor spaces utilized to promote fitness and well-being

YOGA & HEALING ARTS

At La Fuente we believe yoga is an essential tool for emotional, physical and spiritual health.

La Fuentes' custom Yoga Shalas are designed for a unique yoga experience that brings participants closer to the nature.

We have constructed each Shala using sustainable materials and eco-friendly methods, with passive cooling systems, wooden floors, and green walls and roofs

Each of our four Yoga Shalas offers a unique experience.

- ❖ Signature Shala Avellano 120-250 capacity
- ❖ Shala La Cuca 50-130 capacity
- ❖ Shala Monte 40 capacity
- ❖ Shala Salt Cave 20 capacity

SIGNATURE FEATURES

250 capacity state of the art
Yoga Shala with
breathtaking views

Multi-use space sound system and
projector ready for conferences
and events

YOGA & HEALING ARTS

- ❖ We offer a variety of yoga styles and disciplines
- ❖ Yoga - Hatha, Vinyasa, Restorative, Yin, Kundalini, Aerial, Acro, Salt Cave Yoga, Fly Yoga
- ❖ Other Disciplines - Qi Gong, Tai Chi, Meditation, Sound Healing
- ❖ Outdoor spaces - Meditation garden, walking trails, quiet spaces for contemplation

We provide the necessary equipment for all yoga styles and teaching.

- ❖ Yoga mats
- ❖ Blocks - reclaimed wood or foam
- ❖ Bolsters – two styles
- ❖ Yoga sling
- ❖ Straps
- ❖ Resistance bands
- ❖ Yoga swings for acro/aerial yoga
- ❖ Hammocks for post-practice relaxation
- ❖ Hanging belts
- ❖ Yoga wall
- ❖ White board
- ❖ High definition digital projector
- ❖ Sound system

ACTIVITIES CALENDAR

Guests are invited to participate in wide range of daily, optional activities, classes and workshops. Offerings complement La Fuente's outlook, aiming to educate and inspire guests.

- ❖ Yoga- 3-4 classes 1 hour daily @ Shala
- ❖ Qi Gong- every morning @ outside space
- ❖ Meditation- morning & evening sessions @ Shala/Salt Cave/Outdoor
- ❖ Pilates- daily @ Pilates Studio
- ❖ Fitness Classes- daily @ Gym
- ❖ Tibetan Singing Bowls- daily @ Salt Cave/Shala
- ❖ Guided hikes in the surrounding countryside
- ❖ Weekly workshops & lectures
- ❖ Local activities and excursions led by trusted third party providers
- ❖ Cultural immersion experiences

SIGNATURE FEATURES

Core schedule of year round activities & dynamic specialized classes

Guest teachers
& in-house team of specialised practitioners

DAY PACKAGES

Our day packages are ideal for those who live locally and/or are not able to commit to an longer stay. A perfect introduction to the La Fuente experience and an opportunity to sample what we have to offer.

- Day Pass Includes 1 meal, 1 detox juice, access to all facilities/activities
- Onsen Bath Ritual Time to relax in our Onsen mineral baths and the steam rooms and sauna, followed by a 1 hour massage of your choice. Rest afterwards with a complimentary detox juice or tea and healthy snack.
- Onsen Deluxe Ritual The Deluxe Ritual includes an added 1 hour Facial and 1 hour Body Wrap.
- Salt Cave Experience 1 hour Salt Cave session on comfortable lounge chair with relaxing meditative music, plus 1 hour salt massage and 1 hour salt facial
- Hike and Relax Early morning hike incorporating pranayama breathing techniques. 2hrs followed by a healthy lunch and 1 hour muscle relaxing massage
- Wellness Journeys Massage and holistic treatment combinations

INDIVIDUAL WELLNESS PROGRAMS

Our individual wellness programs offer a flexible, tailored approach, ideal for those who are new to the retreat concept and/or guests who prefer customized treatments for specific needs. At the heart of all of our wellness programs is the personalized care with attention to detail that sets La Fuente apart.

Our wellness programs take guests on a healing journey that nourishes the senses, with every step taking them further along their own path to vitality and rejuvenation. When the program ends, we aim for guests to leave with the knowledge and tools to continue with this holistic process for a life of health and abundant well-being.

WELLNESS PROGRAMS (3, 7 or 14 day options)

Each program has been developed for specific goals and needs, with tailored, targeted treatments. Guests will be guided by a personal retreat adviser, and have the opportunity to customize their program, as well as participating in the schedule of daily activities.

- ❖ Detox - Halotherapy, set menu, colonic, lymphatic
- ❖ Fitness/Weight Management - Set menu, training sessions
- ❖ Balance & Revitalize - Massage, meditation, Onsen
- ❖ Yoga Meditation Focus - Private yoga and meditation
- ❖ Discovery - Local activity, treatments, yoga, introduction to meditation
- ❖ Custom - design your own retreat
- ❖ À la carte - no treatments included, add on as you go

ALL WELLNESS PROGRAMS INCLUDE

DAY 1 -

- ❖ Welcome juice
- ❖ Facilities orientation
- ❖ Initial health check
- ❖ Meeting with personal retreat adviser

Consultation: discuss expectations, ask any questions, review health check results

Personalize program: select treatments from spa menu, discuss add-ons

Activities calendar: recommendations on which optional activities would best complement the guest's chosen program

FINAL DAY -

- ❖ Final health check
- ❖ Review of stay with adviser and recommendations for how to continue at home

INCLUDED

- Airport transfers
- Luxury accommodation
- Use of facilities/grounds
- Unlimited activities
- 3 x gourmet meals

PERSONAL ADVISER

Guide is point of contact for guests throughout their stay

SAMPLE 1 WELLNESS PROGRAM – Detox

FOCUS : Cleanse the body of toxins, support the immune system, reduce inflammation and boost energy levels

Our detox retreat is a professional developed program offering the opportunity to rejuvenate and revitalise mind, body and soul. The treatments have been selected will address the build up of environmental toxicity and kick-start the healing process. Through an effective yet gentle program we provide the foundations to enhance the body's ability to eliminate toxins. Alongside our customized treatments, daily yoga and meditation sessions support and enhance the wellness journey.

3 Day Detox

Detox meal plan

2 colonic hydrotherapy sessions

1 lymphatic drainage massage

1 therapeutic abdominal massage

45 min Halotherapy sessions (daily)

2 spa treatments of choice

Add-ons available

7 Day Detox

Detox meal plan

3 colonic hydrotherapy sessions

2 lymphatic drainage massages

2 therapeutic abdominal massages

45 min Halotherapy sessions (daily)

4 Spa treatments of choice

Add-ons available

14 day DETOX

Detox Meal Plan

4 Colonic Hydrotherapy Sessions

2 Herbal Body scrub & wrap

4 Lymphatic Drainage Massages

2 Therapeutic abdominal massage

Daily 45 min Halotherapy Session

6 Spa Treatments of choice

Add-ons available

SAMPLE 2 WELLNESS PROGRAM- Balance & Revitalize

FOCUS: Stress management, self care, enhanced sleep, balancing nervous system, mental detox, spiritual recharge

This program is designed for those who need to recharge, switch off and escape the pressures and stresses of modern life. La Fuente's healing environment offers a deeply restorative and healing program which provides the tools for long-term change, helping regain balance, health and well-being. Through a combination of relaxing & healing spa treatments, nourishing foods & supportive and emotional therapies this program will rebalance and revitalize mind, body & spirit.

3 Day Balance & Revitalise

1 private pranayama &
mediation class
(stress management)

1 craniosacral session

1 Reiki session

1 aromatherapy massage

1 signature facial

1 ONSEN ritual

Add-ons available

7 day BALANCE & REVITALISE

2 private pranayama &
mediation class
(stress management)

1 Craniosacral Session

1 Reiki Session

1 Aromatherapy Massage

1 Signature Facial

1 ONSEN Ritual

4 Spa Treatments of choice

Add-ons available

14 day BALANCE & REVITALISE

3 private pranayama & mediation class (
stress management)

2 Craniosacral Session

2 Reiki Session

1 Aromatherapy Massage

1 Signature Facial

1 Signature Body Wrap

1 ONSEN Ritual

6 Spa Treatments of choice

Add-ons available

SAMPLE 3 WELLNESS PROGRAM – Discover

FOCUS: Cultural immersion, relaxation, variety, introspective discovery, healthy nutrition

Our discovery retreat is a wonderful introductory option for those wanting a relaxing, yet active and healthy getaway. A great way for guests who are new to yoga and holistic healing to sample the variety we have on offer, and discover the therapeutic powers of yoga and our treatments. Unique to this program is the opportunity to explore the local area and culture.

3 day DISCOVER

- 1 Private pranayama & meditation session
- 1 private yoga class
- 1 Halotherapy sound healing
- 1 nutrition consultation
- 1 60 min treatment of choice
- 1 local tour: choice of Malaga bike tour, horse-riding tour or cultural city walking tour
- Add-ons available

7 day DISCOVER

- 1 private pranayama & meditation session
- 1 private yoga class
- 1 Halotherapy sound healing
- 1 nutrition consultation
- 1 massage of choice
- 1 facial or body wrap of choice
- 2 local tours : choice of Malaga bike tour, horse-riding tour or cultural city walking tour
- Add-ons available

14 day DISCOVER

- 2 Private Pranayama & Meditation session
- 4 Private Yoga Class
- 1 Halotherapy sound Healing
- 1 Nutrition Consultation
- 4 Massages of Choice
- 4 Facial or Body Wrap of Choice
- 3 Local Tours : Malaga Bike Tour and Horse back riding Tour and Walking Cultural City Tour
- Add-ons available

GROUP RETREATS

Our goal is to be a community where yoga teachers, practitioners and students can learn and grow together in a uniquely inspiring setting.

La Fuente welcomes international teachers, coaches, influencers and facilitators who wish to host group events to share their courses and knowledge.

- ❖ Group leader sets theme (Yoga Immersion, Teacher Training etc.)
- ❖ 1 week minimum stay, up to 4 weeks
- ❖ Dedicated Shala (depending on group size)
- ❖ Full support from La Fuente team
- ❖ Fully customizable based on group needs
- ❖ Room estimate pre-booked
- ❖ 20% non-refundable deposit upon signing the contract
- ❖ 30% non-refundable deposit due 3 months prior to start date
- ❖ 50% 2 weeks prior to the start of program
- ❖ 1 Complimentary Room for Group Leader per 20 Rooms Booked

INCLUDED

- Accommodation
- Use of facilities/grounds
- Unlimited activities
- 3 x buffet meals
- Daily detox juice

Most risk-adverse policies in the industry.
No penalty for unsold rooms. You only pay for what you use!

GROUP RETREATS

Group Retreat Support

- ❖ La Fuente offers exclusive access to our luxury eco-friendly facilities, gardens and mountain trails for group events, ensuring complete privacy and comfort.
- ❖ Retreat leaders have access to a wide range of free services to help plan, market and promote their event
- ❖ Our team of retreat concierges' collaborate with the group leader or facilitator and support them in crafting a custom itinerary for their group.
- ❖ Supplemental activities may include healing sessions at our spa & wellness center, authentic cultural immersion activities in the local area, guided hikes, sound healing ceremonies in our Salt Cave and much more!
- ❖ Our staff will ensure that your event runs smoothly, and your guests enjoy comfort and tranquility during their stay.

SIGNATURE FEATURES

DEDICATED RETREAT CONCIERGE
Point of contact and support throughout
Group Retreat process

Retreat Creation Support
-Logistical support
-Planning support
-Marketing support
-Hosting support