

Relax Detox



LONGEVITY WELLNESS HOTEL
PORTUGAL

12TH - 16TH JUNE 2025



RAW:ME
RUN AWAY WITH: ME

welcome bestie!

Do you ever feel like you want to press pause on your life for a moment to relax? Do you spend so much time working in and on your business that there isn't much time left for yourself? After the success of my 2024 retreat, this is your invitation to do just that, with me in 2025. To press pause on the world for four nights, to take stock and breathe.

You deserve all the good this world has to offer. As a brave busy female business owner you are constantly juggling all of the balls and holding it all together. And you do a fantastic job!

Let me take care of you and hold a safe space for you to recover and thrive.

♡ Lily Jo






The OVERVIEW

Four-night stay from 12th to 16th June 2025.

FLIGHTS


- **Thursday, 12 June 2025**

 Depart Manchester (MAN) at 07h25 Ryanair

 Arrive Faro (FAO) at 10h20
20kg Hold Luggage + underseat bag

- **Monday, 16 June 2025**

 Depart Faro (FAO) at 10h45 Ryanair

 Arrive Manchester (MAN) at 13h45
20kg Hold Luggage + underseat bag

Meals: Half board

Programme: Relax and Detox

Inclusions:

1 x Himalayan salt and spirulina body scrub

1 x Seaweed detox body wrap ritual

1 x Detox alkaline bath

1 x Detox and re-energise massage

1 x Herbal sachets massage

Additional Benefits:

- Access to the Detox & Relax wet area circuit, infra-red sauna, hammam, ice fountain, Epsom salt room, sensation showers, relaxation room, relax walking path, Indoor heated detox pool and indoor sensation relax pool
- Access to fitness centre
- Access to the Longevity Vitality Activity Plan daily group activities such as yoga, Pilates, stretching, core training, tone & fit, jump, Fit ball and walks (subject to availability and change)
- Longevity infusions, alkaline water ph 9.5, and aromatherapy essential oil

Guaranteed complimentary room upgrade Early check-in from 10h00 and late check-out until 14h00, upon hotel availability on arrival/departure days





retreat inclusions

Dates: 12, 13, 14, 15, 16 June 2025

- Direct Flights
- Transfers to Luxury Hotel
- Your own bedroom
- Breakfast & Evening meals
- Optional Morning & Afternoon activities including meditation & journalling yoga, pilates, mindfulness, stretching, spiritual workshops
- 5 x Spa treatments
- Access to Spa facilities including Infra-red sauna, Epsom Salt room, Sensation Shower rooms and more



£ 1999



Client's testimonials

” What a special week 😊

It was more than I ever anticipated... I went away with no expectations, just felt this retreat was going to be a perfect time to knuckle down on my goals and my work (with a side of peace and rest which I was overdue) but it was so different

I have come back having met the most amazing women that are definitely friends for life, who just want to help you and support you... my cup is definitely full ☕️ (even if it is full of coffee and wine)

The chats. The laughter. The support. The ideas. All from powerful women that want the best for you 😊

I'm so ready to put every I learnt into action and make self care a priority

Thank you for an amazing opportunity @runawaywithme_retreats 🌞🌸

apbeauty_uk



” Thanks to you all I've actually looked INSIDE myself this week and realised I have a long way to go but that's ok And even with my 'long way to go' I am loveable ... 🌸

Satisfied Client



” @runawaywithme_retreats invited 6 women on their detox retreat for female business owners..

And what a trip.

How she managed to get 7 in total, females, with such strong amazing women to get to come away, and bring such different things to the table is incredible.

Personally I thought I needed the trip to get my head down and work. But what I actually got from it was to reflect on what I actually needed.

Journaling & meditation.

Treatments.

Pool time.

Counselling intro sessions.

Meals out.

Healthy food.

A gorgeous gym.

Gorgeous energy.

I feel like I'm walking away with 6 new besties who support the hell out of each other.

I think the MOST amazing thing was - there was no competition, no gate keeping, just good vibes and support.

laurafayefitness



” Honestly I cannot put into words what a different path I am on right now. For the first time in a few years I feel like there is a glimpse of the old me. After some bumps in the road, I was beginning to think I was broken forever. After spending time on your retreat with amazing women I am excited for what life can bring again. Thank you.” ☺️

Satisfied Client





Frequently Asked Questions

How much spending money will I need?

We will dine out on two nights so we will swap our evening meal for lunch. We may also need to spend on taxis, there's uber. You will probably need between £150-£350 spends, depends how bougie you want to be!

What is the weather like?

In June, the Algarve region of Portugal typically experiences average daily temperatures ranging from 18°C (64°F) to 25°C (77°F). Mornings and evenings are usually mild, with warmer afternoons. On particularly hot days, temperatures can climb to around 30°C (86°F).

(Source: www.tuiholidays.ie)

Can I write the cost off as a business expense?

Yes!! This can be written off as business trip.

What are the requirements of me?

You can engage in as much or as little as you like. You are not required to join in with everything, how ever, the more you put in, the more you get out.

I have special dietary requirements is that ok?

The hotel can cater for your needs just let us know how we can help.

Do I have to get involved in every activity?

No, it's your break! You do you!

Ready to book?





JOIN US!

There are **only ten rooms available** at this property for **£ 1999**. To book click here:

Book a Room

PAY in 1

Book a Room

PAY in 4

Any other questions, drop me a message via:

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 hello@runawaywithme.co.uk