
WHERE SADDLE
MEETS SURF

Welcome to

Maresia

Women's ride + surf retreat in the Algarve, Portugal



Salty
COWGIRLS

Photo +
film bundle
INCLUDED

HOSTED BY
LIV & PARIS · [DATES]

MAREZIA
PORTUGAL



The experience

Seven days on Portugal's wild south-west coast
for women who want to come home stronger,
not just rested. We ride, we surf, we stretch and
we eat beautifully, with every meal planned by
our own nutritionist.

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Your Algarve adventure

WHAT YOU'LL BE DOING

-
- 3 **Horseback rides.** Through the natural park, along the clifftops and one at sunset. Every level welcome.

 - 3 **Surf lessons.** We chase the best waves of the day on the west or south coast, boards and wetsuits included.

 - 1 **Sea cave day.** Kayak into the Benagil caves and swim off hidden beaches.

 - 2 **Yoga classes.** A teacher comes to us, so you roll out of bed and onto the mat by the pool.

 - 1 **Nutrition seminar.** An evening with Paris of Blu Nutrition, with all your questions answered.



And also: breathwork with Paris, a bonfire night, a sunset picnic at Cape St. Vincent, a morning in Lagos old town, ginger shots at breakfast and a gift bag waiting in your room.

Nourished all week

WITH PARIS OF BLU NUTRITION

This is what makes our retreat different. Every meal is fresh, nutritious and overseen by Paris, and you leave knowing how to keep it going at home.

Photo: Paris, or a colourful plate of food

Before you fly

Your nutrition analysis. A short questionnaire and a one-to-one call, so Paris knows how you eat, move and feel.

During the week

Every meal by design. Menus built for active days, ginger and turmeric shots each morning, and a seminar with Q&A.

When you leave

Your personalised nutrition book. A plan written for you, with the recipes from the week, to take home and keep.

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Photo: the villa and pool

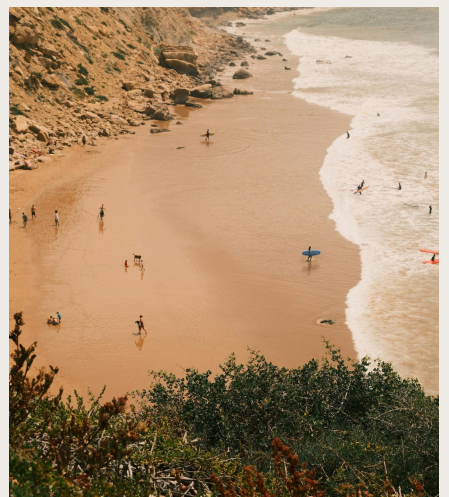
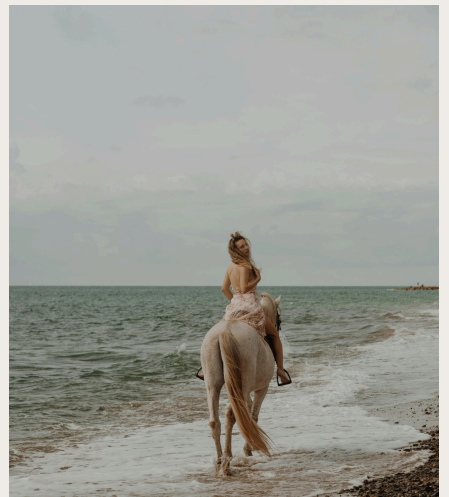
Photo: bedroom

[VILLA NAME]

Your home for the week

A private villa in the western Algarve is ours alone for 6 nights and 7 days. Shared and private rooms, a pool, a terrace for morning yoga and long dinners, a fire pit for bonfire night, and a kitchen cooking from Paris's menu. [CONFIRM VILLA]

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PORTUGAL | [DATES]

What's included

YOUR RETREAT PRICE INCLUDES

- ✓ 6 nights in a private villa with pool
- ✓ Faro airport transfers
- ✓ 3 horseback rides
- ✓ 3 surf lessons, all gear
- ✓ Every meal, designed by our nutritionist
- ✓ Nutrition analysis, seminar + your personal plan book
- ✓ Benagil sea cave kayak day
- ✓ 2 yoga classes + breathwork at the villa
- ✓ Bonfire night + sunset picnic at Cape St. Vincent
- ✓ Your photo + film bundle
- ✓ Welcome gift bag
- ✓ Two hosts + support throughout

Not included: flights, travel insurance, personal spending

SHARED ROOM

€2,300

PRIVATE ROOM

€2,600

€1,000 deposit holds your place. Balance due 30 days before arrival.

Meet your hosts



Liv

YOUR HOST · RIDES AND WAVES

From Sweden, a licensed nutrition counsellor, and never far from a horse or the sea. [YOUR RIDING AND SURF BACKGROUND]. She plans every day of the week, so all you have to do is show up.



Paris

NUTRITIONIST · BLU NUTRITION

The reason the food is a highlight, not an afterthought. [HER QUALIFICATION AND WHERE SHE'S BASED]. She designs every menu, leads the seminar and the breathwork, and writes your personal plan.

We built the week we wanted to go on ourselves.

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Ready to come to Portugal?

You don't need to know how to surf, you don't need to be an experienced rider, you don't need to come with a friend. You just need to be ready for an Atlantic adventure!

YOUR NEXT STEP

1. Submit your application
2. We'll book a call with you to chat + answer your questions + make sure it's a good fit
3. Pay your €1,000 deposit
4. Start getting excited

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