

# LONGEVITY DETOX & CANTIENICA RETREAT

8. - 14. March 2026,  
Mallorca

6<sup>TH</sup>  
EDITION



## **Reset, recharge and rise – your spring renewal starts here**

Renowned retreat duo Bettina & Ursula invite you to their sixth signature retreat: Step into this transformative journey with our rejuvenating cleanse – thoughtfully crafted to help feel your natural glow return after winter.

Bettina's CANTIENICA sessions (no prior expertise needed) give you radiant, relaxed appearance and unparalleled posture. Ursula's medicinal food supports shedding pounds, reversing signs of aging, fighting inflammation...and tastes great.

Blissful treatments, an ice bath experience and an optional trip to Mallorca's thermal waters allow you to rise and shine.





# WHAT TO EXPECT FROM YOUR RETREAT

## LONGEVITY DETOX

### MEDICINAL CUISINE

based on the ancient wisdom of Traditional Chinese Medicine.

Indulge in nourishing, organic detox cuisine – Expect solid food bursting with Mediterranean notes, refined with wild herbs, medicinal mushrooms and adaptogens.

100% free from gluten, animal protein, lactose, yeast, soy and refined sugars.

### TREATMENTS

Soothing acupuncture & Tuina treatments

Rejuvenating Kobido & Dr. Hauschka facials

Luxurious gold oil massages

Near-infrared light devices

Hydrogen foot baths

This is more than a cleanse — it's your reset button. Feel your energy surge, your hormones realign, your sleep deepen, and your natural glow return.





# THE HOLISTIC CANTIENICA® TRAINING



The holistic CANTIENICA® training by Benita Cantieni is one of its kind, it allows you to achieve visible results, noticeably more strength, flexibility and youthful appearance within a week.

Take that as a promise.

CANTIENICA® might look like stretching but is way more than that.

It is not Pilates either – maybe even more effective than that.

Ursula calls it her DIY osteopathy and it is partly true, CANTIENICA® makes you feel re-aligned and great in your body.

You don't need any prior experience to participate and have fun with Bettina's CANTIENICA® training.



8. - 14. MARCH 2026,  
PORRERES,  
MALLORCA

BETTINA KUBLI  
&  
URSULA PEER

## PRICES

**2.290 € oder 2.390 €**

TCM DETOX Retreat with organic full board, **shared double room**

**2.490 € oder 2.690 €**

TCM DETOX Retreat with organic full board, **single room**

*Budget rooms share a bathroom with another room or are smaller than the rooms of the higher category.*

**NEW\*Early bird pricing** - Book until 31.12.2025 and **save 100 €!**



## INCLUDED

- 7 Days/6 Nights in magical Finca Sa Nau
- Organic Full board with 3 TCM-DETOX meals/day
- 1 x Buddha Bowl take away (day off)
- All day energized water & organic tea bar
- 7 CANTIENICA Group Sessions with Master Teacher Bettina Kubli
- 1 individual CANTIENICA Coaching
- Optional Icebath Experience with expert guide
- 1 balancing TCM Treatment
- Power of TCM-DETOX Talk
- Transfer to/from Palma airport
- Plenty of Me-Time to simply be, relax, read or explore the island and it's beaches







## BETTINA KUBLI

CANTIENICA®-Master Teacher  
Founder & Owner [www.Bodyworx.ch](http://www.Bodyworx.ch)

Bettina realigned her body's painful imbalances due to her professional figure skating career with CANTIENICA®, she has not only become pain-free — she is now one of the few certified CANTIENICA® MASTER Teachers worldwide.

Bettina's always inspiring and joyfully engaging sessions never miss their mark: an unmistakably upright posture, improved vision, and a relaxed, radiant appearance are just a few of the remarkable results. Sharing this transformative knowledge has become her passion.



## URSULA PEER

Retreat organizer  
Certified TCM nutritionist, author, speaker, detox chef  
Founder & owner of [www.detoxmallorca.com](http://www.detoxmallorca.com) [www.ursulapeer.com](http://www.ursulapeer.com)

Ursula left the corporate World following her calling after healing on a TCM diet and lifestyle more than 30 years ago.

Her cleanses are based on Traditional Chinese Medicine & latest medical research. The ancient wisdom of TCM is her guiding star while a dash of biohacking is added – spoiling her international guests with effective cleanses and delicious meals (they say).

Ursula has been living and passionately cooking in Mallorca since 2009 and serves organic "free from" Mediterranean cuisine.

## TRAVEL DETAILS

We do recommend renting a car to visit different beautiful beaches and villages on Mallorca during your stay.

A free transfer from and to the airport is provided on arrival and departure days.

## START END

Our retreat starts with dinner on arrival day, March 8th and ends with breakfast on March 14th 2026. Your room will be available from 4 p.m. on arrival day.

Detailed information will be sent out 4 weeks before the start of the retreat.

Travel information, exact address and coordinates are included, as well as recommendations on how to best prepare for the LONGEVITY DETOX retreat.

# BOOKING FORM

## CANTIENICA & TCM DETOX Retreat

08.03. – 14.03.2026 | Finca Sa Nau, Mallorca

Hereby I register for this retreat

Full name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Mobile: \_\_\_\_\_

Room preference \_\_\_\_\_

**Price:** 2.290 – 2.690 € TCM DETOX & CANTIENICA with organic full board.

Splits into 1.500 € retreat cost when booking after 1.1.2026, Early bird retreat price 1.400 € until 31.12.2025. Pre-payment to Bettina Kubli/Ursula Peer via invoice. **Accommodation cost** see retreat briefing. Double room depending on category 690 – 890 € p.p., single occupancy double room depending on category 990 – 1.190 € p.p., payment cash on site directly to the finca.

Budget category rooms share a bathroom with another room or are small rooms.

I hereby book a retreat in the above-mentioned retreat on Mallorca and reserve a room in the finca, I accept the above conditions and cancellation policy below. I agree that my personal data mentioned above can be used for planning and coordination purposes of the retreat program.

Date: Signature: \_\_\_\_\_

**Cancellation policy:** Your registration is binding. Should it be impossible to travel or hold the retreat as planned for public health restrictions retreats costs will be reimbursed. The organizers assume no liability for flights or other expenses on the part of the client.

If you cancel for any other reason before the start of the retreat, a processing fee of 300 € will be charged. The cancellation fee from eight weeks before the start of the retreat is 100%, a replacement participant can be announced free of charge.

For your peace of mind, we recommend securing travel cancellation insurance.

### A very warm welcome!

Wonderful to have you on board!

We are over the moon that you will spend a week of your precious holiday with us.

Please send your signed booking form to

**info@ursulapeer.com,**

to reserve the place of your choice.