

LONGEVITY DETOX RETREAT

1 - 6 November 2026



“I am delighted to welcome you back to my rejuvenating retreat at wonderful Hotel Font Santa!”

Ursula Peer
Retreat Facilitator

Mediterranean Longevity Detox by Ursula Peer

Your Escape to reverse the process of aging.

Ursulas carefully curated retreat masterfully blends the ancient wisdom of Traditional Chinese Medicine (TCM) with cutting-edge detox science to guide body, mind and spirit gently guided back to their natural state of balance.

Organic detox CUISINE

Savor 3 exquisite, plant-based meals each day — free from gluten, dairy, yeast, soy, refined sugars, and artificial additives — lovingly prepared by Head chef Jhonatan using fresh, organic ingredients, inspired by TCM principles.

Expert Movement

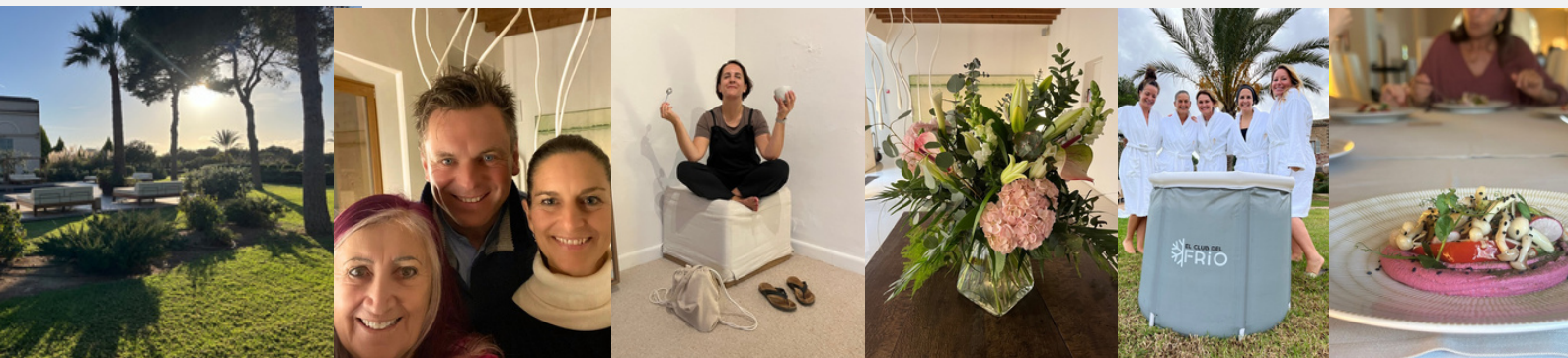
TCM Treatments & Ice Bath Experience

Qi Gong, yoga, acupuncture, detox and thermal water treatments complement this retreat, an optional ice bath challenge with our expert guide opens boundaries on many levels.

LONGEVITY DETOX RETREAT



1 - 6 November 2026



This Mediterranean Longevity Detox retreat

is designed to cleanse and help you age backwards, reset your body's innate healing system with satisfying, organic detox meals, blissful treatments in Font Santa's holy waters, spot on TCM specialist treatments (acupuncture & TuiNa), expert movement sessions (Qi gong & bodyworks), time to rest and indulge time at unspoiled beaches right down the road from Font Santa.

An expertly guided ice-bath experience helps you to push your boundaries, detoxing footbaths and other biohacking treatments help you shed toxins (and pounds if needed). Ursula Peer offers this retreat for the 5th time and unpacks the latest science of detox and the secrets of TCM and longevity.

This retreat is not about fasting.

Meals are designed to both cleanse and nourish, are **gluten-free, dairy free and free from refined salt, sugar and anything artificial**, based on the ancient wisdom of Traditional Chinese Medicine. Enjoy three organic delectable nourishing meals per day, all dishes are finished with tonics and superherbs.

Feel how beautiful organic anti-inflammatory meals can be **both your food and your medicine**. Be prepared to return home both physically and emotionally cleansed and inspired to make **lasting changes**.



*****HOTEL FONT SANTA SPA & WELLNESS

Home to Mallorca's only natural thermal hot spring

An incredibly stylish gem 5-star Hotel Font Santa has translated its Roman origins into modern times.

Font Santa's thermal hot springs are unique on the Balearic Islands neighboring natural park and beach Es Trenc.



PROGRAM

SAMPLE DAY

08:00	Start with hot water cleanse
08:15	Green Juice
08:30 - 09:20	Movement Session
09:30	LONGEVITY DETOX Breakfast
10:30 - 11.30	1:1 Health Assessment
12:00 - 13.00	Thermal Water treatment
13:30	LONGEVITY DETOX Lunch
until 17.30	Siesta Time to recharge, enjoy time at the nearby beach, Font Santa's pools and SPA
17.30 - 18.30	LONGEVITY Workshop/ Movement/Treatment
18:45	LONGEVITY DETOX Dinner

START & END

Our retreat begins with an optional lunch starting from 14 h on Sunday, November 1st 2026.

On Sunday, the arrival day, both your rooms and the SPA open their doors at 15 h for you and we all meet for our first dinner and briefing at the restaurant. The retreat ends after breakfast on 6th November, there is an optional lunch available.



MEET URSULA PEER



RETREAT Facilitator

Certified TCM nutritionist, author, speaker, detox chef
Founder & owner of detoxmallorca.com

Ursula has been creating her own detox formula based on Traditional Chinese Medicine & latest medical research since 2009.

She left the corporate World to follow her passion after she healed on a TCM diet and lifestyle. Apart from retreats Ursula teaches cooking classes and creates organic, gluten-free, dairy-free Mediterranean cuisine with superfoods, refined with wild herbs.



JHONATAN MALDONADO

Head Chef at ***Hotel Font Santa**

Jhonatan and his team are on fire adapting their decorated dishes to the retreat's TCM and DETOX needs.

The kitchen team cooks up amazing organic menus interpreting Ursula's TCM DETOX philosophy and have received standing ovations on retreats.

Not being in the kitchen herself gives Ursula the wonderful opportunity to devote herself to all retreat guests.



MARIA SANCHEZ

TCM therapist & acupuncturist

Maria is an expert therapist in acupuncture and Tui Na, known for her clinical precision, sensitive touch, and deeply caring approach. She skillfully integrates diagnostic insight with hands-on expertise. Through her informal and compassionate care, many clients experience profound shifts – with the potential for real physical and emotional transformation throughout the retreat.



AGUSTINA / OLIVER

Yoga, Dance & Pilates Instructor / Qi Gong Facilitator

Bodywork and Qi Gong sessions are a wonderful energizing experience, releasing energetic blockages, calming minds and supporting detoxification. Both Agustina and Oliver are exceptional professionals in their fields who make their lessons fun and easy to follow.



ICE - BATH EXPERIENCE

Expert Ice Bath Coach

Matias, our ice bath expert, whose personal healing story is incredibly inspiring, guides the retreat group through this mind-blowing experience.

Whether you despise cold water or are an experienced ice swimmer, this -optional- ice bath experience has proven to be a game changer on many levels.

Wellness seekers, Biohackers and athletes are turning to true cold plunge therapy as a powerful tool for physical renewal, mental clarity, and pushing personal boundaries.



DELUXE THERMAL WATER TREATMENT

The highly decorated Haki Flow treatment (Haarper's Bazaar SPA Award Mandarin Oriental, Gala SPA Award Bad Ragaz) brings us back to a place of peace and deep relaxation - far beyond what words can express.

Your therapist moves your body through beautifully healing warm thermal water for an entire hour. Time seems to stand still. The treatment relaxes shoulders, neck, spine and pelvis. It brings us into a state of peaceful aliveness and calms our busy minds.

Ursula Peer's

LONGEVITY DETOX RETREAT



1.-6. NOVEMBER 2026,
*****HOTEL FONT SANTA,
MALLORCA

PRICE

1300 € *
LONGEVITY DETOX Retreat
(*Early Bird offer - book until 31.12.2025
and save 100 €)

*******FONT SANTA Full Board**
1.950 € Double Superior Single occupancy
or
1.375 € Double Superior per person

NEW*EARLY BIRD OFFER - Book before
31.12.2025 and **save 100 €**
on your retreat experience.



WHAT TO EXPECT

- 6 Days, 5 Nights in *****Thermal SPA & Wellness FontSanta Hotel, Mallorca
- Full board with organic medicinal TCM DETOX cuisine
- Curated & guided retreat program
- 1: 1 individual TCM DETOX Health Assessment with Ursula Peer
- 1 full spectrum Assessment incl. vitamins, trace elements & heavy metals at the cell-based level
- 1 Power of Detox Talk with Ursula Peer
- 1 Thermal water treatment in FontSanta healing water
- 8 Qi Gong, Yoga & Movement Sessions
- Exclusive Ice Bath experience with professional cryotherapy coach
- All day access to Thermal SPA
- All day organic DETOX Tea Bar & still water



BOOKING FORM

LONGEVITY DETOX Retreat

01.II. – 06.II.2026 | *****FONT SANTA, Mallorca

Hereby I register for this retreat

Full name: _____

E-Mail: _____

Date of Birth _____

Address: _____

Mobile: _____

Room _____

Price 1.300 € LONGEVITY DETOX retreat

When booking after 1.1.2026, Early bird retreat price 1.200 € until 31.12.2025

*****FONT SANTA Full Board 1.950 € Double Superior Single occupancy or 1.375 € Double Superior per person.

I hereby book a retreat in the above-mentioned retreat on Mallorca and reserve a room of my choice in Font Santa. 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 dedicate a week of your precious holiday to your health.

Please send your signed booking form to

info@ursulapeer.com,

to reserve your seat.