



# Heal the Healers retreat

4-10 January 2024

Casa Fuzetta  
Olhao, Eastern Algarve, Portugal



# Casa Fuzetta - a place for everyday magic...



# Heal the Healers retreat - six nights from 4 January 2024

Tara Donovan, owner of Casa Fuzetta, invites those who spend the year looking after others to enjoy a few days in Olhao being looked after by her and her wonderful team.

*Please consider "healer" as a broad term to include yoga teachers, psychotherapists, massage therapists and retreat chefs.*

Casa Fuzetta has a very special energy and each year, the intention is to keep the retreat to a small group of guests, anticipated to be no more than twelve, enabling each guest to have their own room and to enjoy the restorative benefits of calm and space

**EXPRESSIONS OF INTEREST:** please confirm to Tara by email ([casafuzetta@gmail.com](mailto:casafuzetta@gmail.com)) if you would like to join this retreat or if you have any questions.

# What's included:

- + six nights accommodation (sole occupancy of a double room)
- + delicious brunch and dinner each day (wine, beer, soft drinks available if desired, but at a separate cost) [some nights we might go out to one of the local restaurants, if so, this would be included (except drinks)]
- + led yoga practice each day
- + two massages per person over the course of the retreat (additional treatments also available by prior appointment)
- + various activities (to be confirmed - activities on past retreats have included a visit to the local olive grove, a bike ride through the salt flats, sound healing, painting lessons and one or more trips to the outlying islands!) Activities will be dependent on the weather and availability.
- + transfers to and from the airport if arriving and leaving Faro at the following dates/times: 4 January 20:15 and 10 January 10:15 ( *suggested flights from London: Easyjet from Gatwick 4 January at 17:25 (arriving 20:15) and from Faro to Gatwick 10 January at 10:15 - these are currently priced at less than £100 return.*)

# Payment & other terms

**Price per person:** £1350 (or 1580€)

**Payment terms:** £350 (or 400€) deposit by 5 September 2023 and balance by 1 December 2023. Payments once made will be on a no cancellation and non-refundable basis.

**Excluded from the price:** flights, transfers (unless expressly included above), drinks (although tea, coffee and flavoured waters in the house will be free and in plentiful supply) and additional treatments.

**Please note:** The closest airport is Faro. The retreat is open to men and women. The retreat programme and proposed activities may need to be revised because of weather or other contingencies. In the event of high demand, it will be first come first served!

# Host - Tara Donovan

Tara Donovan, co-owner of Casa Fuzetta will be the host of this retreat. However, "hosting" will be light touch. The intention is to create a nurturing environment in which guests have the space to connect with each other and their higher-selves before offering their support to others during the year.

If any one or more guests would like to offer a workshop or share their experiences/expertise with others in the group, they will be very welcome to do so and you are welcome to discuss this with Tara in advance or to allow for this happening organically as the retreat unfolds.

The programme will include generous periods of down-time, to allow guests to relax and/or to explore independently Olhao and the surrounding area. The house is in the heart of the old town of Olhao, meaning guests can access on foot the wonderful markets, waterfront and family run restaurants. If the weather gods are on side, a trip to one or more of the islands off the coast is also a must.

Most dietary requirements can be accommodated.

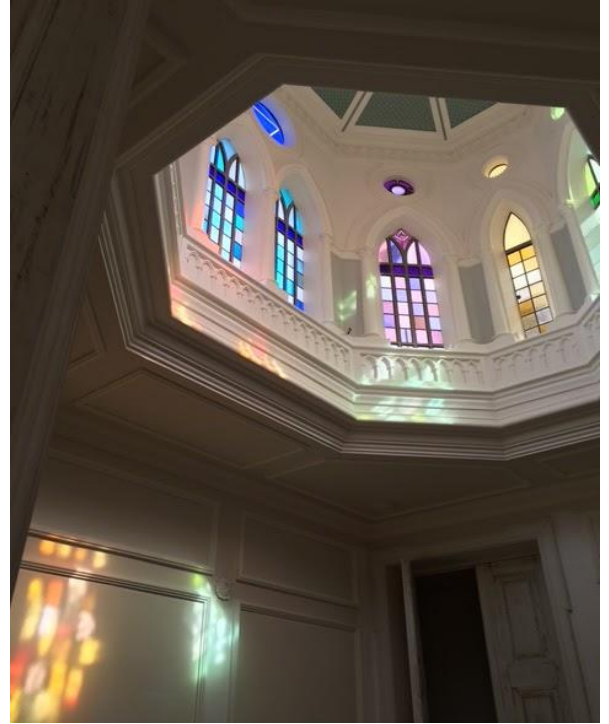
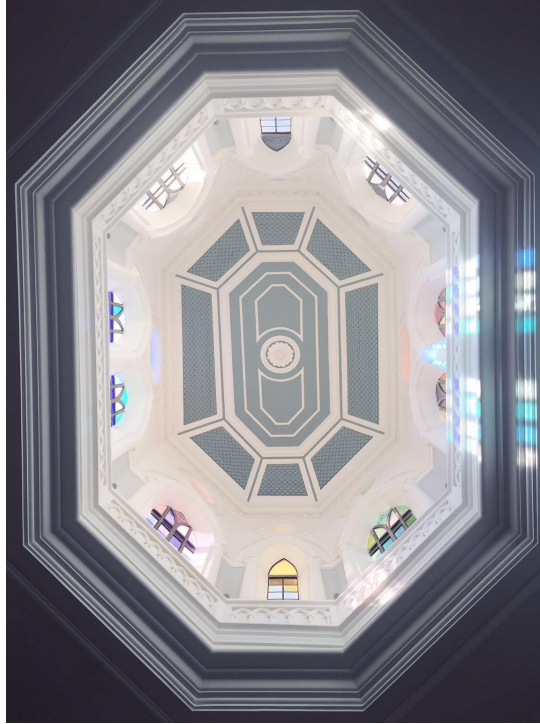
Any questions, please feel free to get in touch: [casafuzetta@gmail.com](mailto:casafuzetta@gmail.com)

I very much hope you can join us! *Tara x*

# Casa Fuzetta - a place to nourish the body

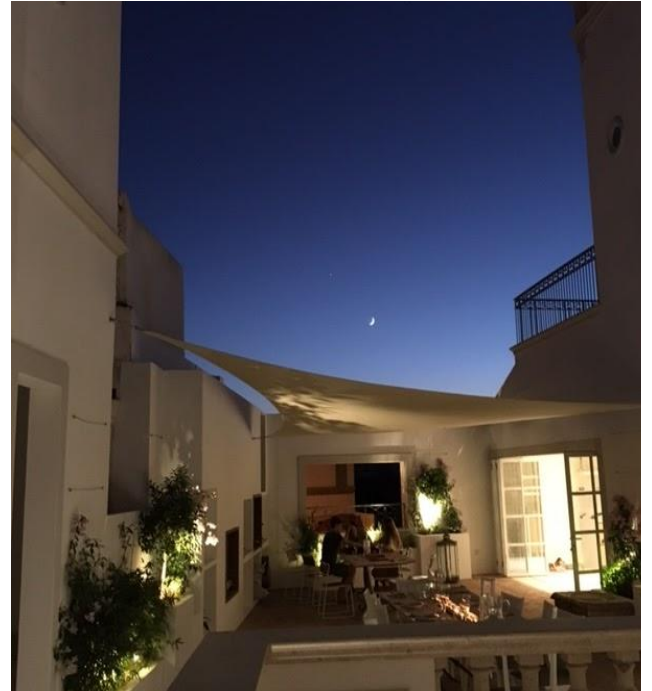


# Casa Fuzetta - a place to nourish the soul...





# Casa Fuzetta - terraces to relax on ...



# Casa Fuzetta - bedrooms to dream in...



# Serene internal courtyard...



# Attention to detail throughout ...



# A little history...

Olhao dates back to Roman times, when it enjoyed its first boom, courtesy of the rich fishing seas just off its coast. These areas remain vibrant and continue to sustain the local community.

The daily fish market (designed by Gustave Eiffel) and the Saturday market that runs along the adjoining waterfront are without question some of the best in the world and heaven for all foodies!

The town has escaped the package tourist and golfing crowds. It isn't technically a beach town. However, one of its joys is taking a ferry or river taxi to the outlying islands. The islands of Armona, Culatra, Farol and Deserta each have subtly different characters and vibe, but all share wonderful clean beaches and echo a slower, simpler time. No cars, kids jumping off pontoons and having the freedom to roam and play with friends without fear or restriction, the air rich with the smell of freshly grilled sardines...

A few years back, a handful of artists and creatives recognised the magic and potential of Olhao's old town, and set themselves the task of saving its unique mix of moorish cubism and faded grandeur. We joined them in 2013, at a time when Portugal and the town could be fairly described as on its knees. But not now! Within the last 18 months, the town has refound its heartbeat and on almost every street at least one of the houses of the old town is being brought back to its former glory....

Casa Fuzetta is one of those houses. Indeed, one of the biggest. With elements dating back to the sixteenth century, the principal building was commissioned as a classical townhouse residence by Dr Carlos Fuzeta at the end of the nineteenth century. Dr Fuzeta was something of a local hero - a maritime lawyer, philosopher and philanthropist, and in the only instance we know of, the town honoured him with a large plaque on the facade of the house.

After Dr Fuzeta's death the house was split up and suffered terrible neglect. However, it is still affectionately remembered by the older members of the community for when the property housed the electricity board and where they went to pay their first electricity bills! They have all kept a keen eye on our restoration work and shared their love and stories of the house.

Over a two year period, Casa Fuzetta was restored as a private house, with the engineering of a small hotel. We sought to balance the heritage of the building with contemporary comforts. We have used a palette of natural colours and materials - white, stone, wood and linens.

Overall, we have aimed to create a space in which everyone can feel at ease and at peace the moment they walk through the door...

# Yoga spaces - dry weather...



# Yoga spaces - wet weather...





# Casa Fuzetta - Spaces in detail...

The house has over 1000sqm internal and 560sqm external space

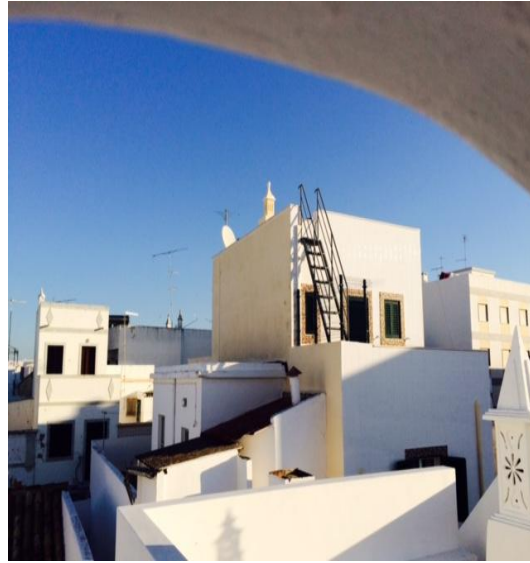
- **12 double bedrooms**, each with a **large ensuite bathroom** (with walk-in shower, and in one, with an additional free-standing bath)  
*[eight of the twelve bedrooms have the flexibility of being twin rooms, one is always set up as a twin, the remaining three are doubles or wonderful as a luxury single]*
- **rooftop pool** (9mx3m -heated when needed) and **pool bar**
- **rooftop yoga decks** (capacity for 16-20 + teacher)
- **meditation room** (capacity for 16 + teacher)
- **two dedicated treatment rooms** (one with shower) (+ meditation room may be used too)
- **multiple terraces** and sitting areas for communal entertaining or sneaking away to read a book! - **games room** with pool table
- **large winter living room** with open fireplace
- **library** opening onto a central courtyard
- **large contemporary domestic kitchen**, opening onto a **large terrace with tables and seating for 24** in comfort  
*[the terrace also has a charcoal BBQ and separate open fireplace to extend the dining out season]*
- **industrial prep kitchen** on the ground floor - for larger events and/or winter dining downstairs
- **large entrance hall** - for flexible use (including potential winter dining room and/or yoga in the event of bad weather)
- **garage** parking for one car

# Casa Fuzetta - the little details matter...

When we travel, we always find that it can be the little things that count the most, so we've included the following elements to add a little more comfort:

- **White Company 100% cotton bed linen**
- **White company 100% cotton luxury light terry bath towels**
- **Stylish hammam towels** for the beach
- **LaEva** organic skin care units of wellbeing (wash, lotion, shampoo & conditioner)
- **Hand made local wicker baskets** for trips to the beach or the market
- **Top of the range ceiling fans** and AC only where it is needed (In some places around the house it makes things more comfortable and has been included but for the most part the old house design included clever use of natural ventilation, which we have taken advantage of and boosted with the ceiling fans; keeping AC to a minimum)
- **Underfloor heating** throughout the bedrooms, bathrooms and common areas

# Olhao - authentic gem in the eastern Algarve



# Outlying islands - Armona, Culatra, Deserta, Farol...



[www.casafuzetta.com](http://www.casafuzetta.com)