

presents

Fincadelica

17th- 23rd MARCH



THE **5** DAY

PLAN

*Rosemary
Ferguson*



GREENHOUSE

Fincadelica and Rose Ferguson join forces to host the 5 Day Plan first international Re-Treat. Set in 20 acres with its own biodynamic regenerative greenhouse Fincadelica provides the perfect setting for 5 days, rest, relax and reset on the magical island of Ibiza. Rose's nourishing and replenishing 5 day plan menus together with carefully curated twice daily activities for the mind, spirit and body as well as plenty of down time to enjoy the luxurious bedrooms and gorgeous facilities means that you will return home healthy and rejuvenated after your spring break in beautiful Ibiza and Feel Fresh by your Friday return.





ABOUT ROSE

I am a certified functional medicine practitioner and nutritional therapist; I have an MSc in advanced nutrition and a deep passion for wellness and holistic health. With a background in both modelling and nutrition, I bring a unique perspective to the world of health and wellness.

I started modelling when I was 17, I featured in campaigns for Miu Miu and Prada, Armani, Jill Sander and walked the runway for designers from Chanel to Versace, Galliano to McQueen. I still take a turn once in a while and have recently returned to the runway for Mui Mui SS2024, and I also did a cover story for Elle UK's December 2023 edition.

In 2008 my inner nutrition nerd led me back to college to study at The College of Naturopathic Medicine where I qualified as a naturopath and nutritionist. I went on the study functional medicine for 3 years at the Institute of Functional Medicine in the US and then I spent 3 years doing my MSc in advanced nutrition, research and practice at London South Bank University and the NCA.

I have a busy online clinic that I love, and my practice is the cornerstone of my work, working with people and helping them to achieve their health goals is a privilege and a pleasure. I write for Vogue and Beauty Papers. I'm also the author of 'Juice', published in April 2015, which features 100 juice recipes to help cope with modern-day life! – More books to come, I hope!

In 2018 I founded 'The 5 Day Plan', a monthly food plan delivery business, the concept was to demonstrate that you could eat food, not feel hungry, feel great and lose weight if needed in just 5 days – and you can with the right balance of food! Doing the plan is where I acquired the label 'Queen of the Reset' from clients and journalists. The 5-Day Plan has evolved and its ethos and use of it has moved into a wider variety of plans for multiple health goals within a larger community, the lovely community that you will find on my new website is amazing. Group plans and resets are a huge and ever-growing part of what I do. I love them – I love that chat, I enjoy the communication and teaching with a group, I find it very rewarding. The 5 Day Plan At Fincadelica will continue this work. And I am very much looking forward to spending this time with you to help you achieve your goals.

ELLE VOGUE The Standard Dior







ABOUT FINCADELICA

Hidden in the northern heartlands of San Lorenzo, this historic, nine-bedroom rural estate hidden has sumptuous, tactile interiors, collectable contemporary art and iconic, mid-century design pieces. The 21 acres of rambling grounds are home to a vast saltwater swimming pool, spectacular outdoor living areas, yoga deck, wellness areas and soundproofed party cave.

With nature at its heart, Fincadelica is part of a symbiotic ecosystem that includes fertile, biodynamic glasshouses for the kitchen, restored olive and carob terraces, native Mediterranean planting and a visionary cactus mandala. The sweeping, elevated grounds offer direct access into endless acres of Ibiza's untamed northern wilderness.

Slow living is the soul of Fincadelica, and we encourage our guests to use their time with us to retreat, to reset, and to honour the estate's connection to Mother Nature.

The relationship between the house and grounds is a fluid narrative, with an array of spectacular indoor-outdoors spaces suited to all seasons.





PROGRAMME

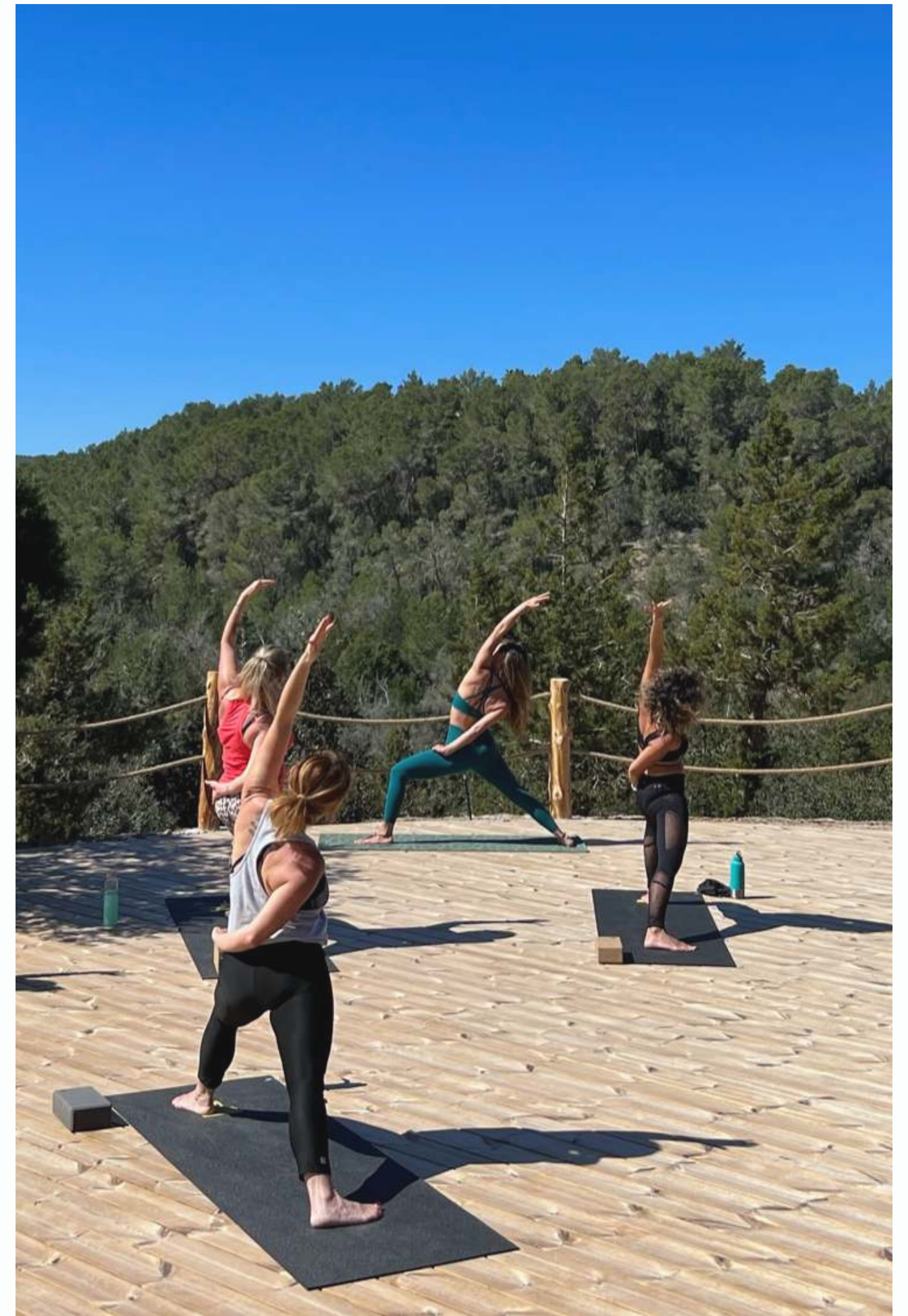
Included

- 10 movement practices
- Yoga/Hikes/Ebiking/Hiit classes
- 3 Nutritious meals per day
- Opening Ceremony
- Sound bath
- Regenerative Gardening Workshop
- 1 Massage
- 2 Q and A's with Rosemary
- 1-2-1 Coaching
- Unlimited teas and water
- Plenty of Rest and Relaxation

Not included

- Flights
- Visas
- Extra treatments

*"Without doubt the most exclusive villa on Ibiza
Fincadelica San Lorenzo is definitely a place of pinch-me perfection"-* **VOGUE**





Sample Menu

HOT WATER AND LEMON

B – CAULIFLOWER/BROCOLLI FRITTERS WITH AVOCADO

L – STICKY TEMPEH, SPRING ONION, PAK CHOI, PEAS

J – GREEN JUICE

S – SALT, PEPPER + ROSEMARY CASHEWS

D – PEA MINT SMASH WITH WHITE FISH + SALSA VERDE /
VG CAULIFLOWERS CRUSHED ALMONDS

HOT WATER AND LEMON

B – OREGANO, PARSLEY MUSHROOMS WITH SPINACH +
TAHINI + AVOCADO

L – COURGETTI WITH WALNUT PESTO

J - GREEN JUICE

S – PEAR + NUT BUTTER

D – SALMON WITH DILL WITH CAULIFLOWER TABOULLEH
VG TEMPEH

HOT WATER AND LEMON

B – TOAST WITH ALMOND BUTTER + POMEGRANATE

L – SQUASH, RED ONION, QUINOA PARSLEY SALAD

J- GREEN JUICE

S – NUTS + SEEDS

D – CHICKPEA & LENTIL SPINACH DHAL

HOT WATER AND LEMON

B- PEA /AVO POT WITH SUNFLOWER SEEDS/PUMPKINS
SEEDS

L- GREEN CURRY KALE & CRISPY COCONUT TEMPEH

J-GREEN JUICE

S- FRESH FIGS WITH ALMOND BUTTER + COCONUT CHIPS

D- SALMON BURGERS WITH AVOCADO MAYONNAISE +
SALAD (NUT BURGERS)

HOT WATER AND LEMON

B- SCRAMBLED SPICED TOFU, MUSHROOMS, AVOCADO

L- CHICKEN SATAY SALAD (VG TEMPEH)

J- GREEN JUICE

S- BEET DIP AND CELERY CRUDITES

D- COCONUT CAULIFLOWER CURRY

B- BREAKFAST

L- LUNCH

J- JUICE

S- SNACK

D- DINNER

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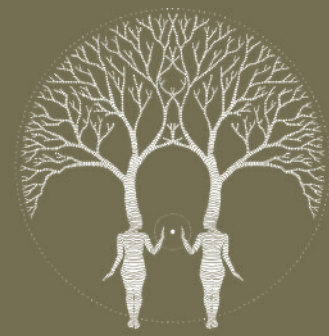


THE ROOMS

All of Fincadelica's bedrooms are luminous, eclectic and supremely comfortable, with luxurious textures, natural fibres and thoughtful relaxation areas. One-off artworks and vintage treasures adorn the rooms, while bathrooms are elegant and inviting.

Single Occupancy = €6500

Double share p/p = €4000



Includes- Accommodation, Food, Airport Transfers, full programme and 1 Massage.







“When you realise how perfect everything is you will tilt your head back and laugh at the sky”

- Buddha