

Strip Back and Rebuild with Inkaterra

In celebration of our 40th anniversary, we're introducing an exclusive new four-stage wellness retreat, 'Strip Back and Rebuild', designed to strip back the materialism and stresses of everyday life and build a newfound spiritual appreciation for the world.



From the mystic Machu Picchu, to the heart of the Amazon rainforest, our 'Strip Back and Rebuild' retreat will encourage wellness conscious travellers to reconnect with nature and relax with rejuvenating spa treatments, rebuilding the connection between mind, body and spirit.



*P*hase One: Strip Back at Inkaterra Reserva Amazonica

The journey begins at Inkaterra Reserva Amazonica, deep in the heart of the Amazon rainforest in Southern Peru. With most lives focused on laptops and mobile phones, our retreat offers a digital detox, teaching you to appreciate the wonders of the surrounding nature, leading you through jungle trails, discovering the beautiful natural wonders of the forest and rivers.



For the bravest explorers, a stay in the Inkaterra Canopy Tree House, high in the rainforest canopy is the ultimate immersive experience, where you can feel at one with the sounds and space of the vast Amazon.



Overlooking the rushing Madre De Dios River, our expert therapists will perform the Inkaterra Reserva Amazonica Purification Treatment, which cleanses and purifies the body using cat's claw, a local medicinal plant from the region, renowned for its detoxifying and analgesic properties.



Phase two: Learning to love the land at Inkaterra Hacienda Urubamba

After connecting with the essence of nature, explorers travel to the Sacred Valley of the Incas to Inkaterra Hacienda Urubamba to learn about “*Pachamama*”, or Mother Earth, which has been integral to the Peruvian beliefs since the Incan times. Touring the hotel’s ecological farm, you’ll be taught to farm using the traditional methods such as oxen and *tacllas*, harvesting your own herbs and plants for a healthy lunch.



Phase Three: A Spiritual Connection at Inkaterra Machu Picchu Pueblo Hotel

With your new found appreciation for the natural world, you’re taken to Inkaterra Machu Picchu Pueblo Hotel where, veiled in the mists of the mystic Andean Cloud Forest, you’re submerged in nature at its most exuberant. Guided by a symphony of birdsong, the Inkaterra’s native orchid garden is the ideal place to wonder in the beauty and power of nature.



A bespoke Inkaterra Therapy starts with a lymphatic drainage massage using Coca leaf, an essential element of the magical, religious and medicinal rituals of the Andean tradition. A purification session in the Andean Sauna uses stones heated in a Cloud Forest hut, while a de-stress massage aims to restore physical, mental and emotional balance.



Phase Four: Rebuild The Love of Life at Inkaterra La Casona

After being secluded in the serenity of the Cloud Forest, you end your wellness journey in the historic Capital of the Incan Empire, to spend one night at Inkaterra La Casona. Nestled in the heart of the vibrant Cusco, the XVIth Century colonial manor allows you to rebuild your connection with the modern world, soaking up tradition Andean authenticity and the Peruvian's colourful zest for life.



Inkaterra La Casona

Ensuring you leave the retreat revived and well rested, holistic treatments in the Yaku Therapy Room use authentic Andean gemstones, bathed and anointed before being placed on the body, promoting inner peace and inspiring long life

