

ilo

Doma Welcome Pack



ilo

Welcome to ilo Mafra, Portugal!

Dear Families,

Welcome to ilo Doma! We are so excited to share this adventure with you from **March 29th to April 5th**. In the following pack, you will find all the information you need to know before and throughout your stay with us, including proposed day schedules for adults and children, menus, travel plans & information about exciting activities to see and do in the area.

As a boutique company, we welcome any feedback you have about our scheduling and are flexible with timings for certain events. If you feel anything is missing or not quite right, please let us know, and we will do our best to accommodate everyone.

We look forward to seeing you all very soon,

Best Wishes,

The ilo Team



Our Team

Introducing your Team at ilo Portugal!



Maria Grabowska

Founder of ilo

She is the one running our operations. Bookings, destinations, and activities for parents are managed by her. She is the one to reach out to regarding your booking, flights, and activities

Alex Lawsaon

Childcare Lead & Educator

Alex is a qualified Montessori directress and has worked with children for over 20 years, both in the UK and at summer camps in the USA. For the past 14 years, she has specialised in Montessori education and working with children under 6 in nurseries and schools across London. She is passionate about empowering young children and helping to develop their self-confidence and independence gently and encouragingly.



Irene Olmedo Mariol

Educator

Irene is a qualified preschool teacher and has worked with children for the last 10 years in private, public and international schools. Her journey in the pedagogical world started in Portugal, where she has lived most of her life. During her academic years, she has been able to experience in firsthand how different education systems work around the world and learn from them.



Yukako Kiyama

Educator

originally from Tokyo, has spent over five years as an educator in international schools, forest kindergartens, and English language schools in Japan. Her experience extends beyond Japan, having worked with young children in New Zealand, Australia, and Denmark. Specializing in nature-based art workshops and outdoor play, she creates a safe and engaging environment for children while ensuring plenty of creativity and explorati



Monia Pereira

Educator

Monia has been caring for kids for nearly 20 years, supporting families around Cascais, Sintra, and Lisbon. She's known for her calm energy, creative play ideas, and ability to make routines feel fun and grounded. From school pick-ups to screen-free afternoons, she helps kids feel safe, seen, and supported. Monia shares ilo's belief that childhood should be slow, joyful, and full of curiosity.





The Venue & Transport

Located just 30 minutes north of Lisbon, DOMA sits at the edge of the enchanting Tapada de Mafra, a former royal hunting reserve renowned for its ancient forests, diverse wildlife, and tranquil walking trails. The region of Mafra is rich in both cultural heritage and natural beauty from the grand Mafra National Palace (a UNESCO World Heritage Site) to the rugged coastline and surfing beaches of nearby Ericeira.

DOMA itself is a thoughtfully restored countryside retreat, nestled within pine trees and gardens, offering a unique blend of rustic simplicity and modern comfort. The venue features serene indoor and outdoor gathering spaces, an on-site bakery and café, a forest steam dome, and walking trails right out the door, making it an ideal setting for rest, gentle rituals, and intentional family time.

The closest airport is Lisbon International Airport (LIS), with convenient transfers available.

The address is as follows:

DOMA Portugal

Estrada Nacional 116, n.º 42

2640-027 Mafra, Portugal

If you are **not** planning on hiring your car and require an **airport transfer**, please let us know through the online form with your flight number & arrival time, number of guests and number of children's car seats (toddler or baby) needed so **we can arrange this for you for 140€ per transfer (one way)**



What will a week at ilo Doma look like?

Take a peek below at our proposed weekly schedule for ilo Doma. Please note that all group activities are optional with the following additional charge:

1. Optional Hike & lunch for parents, Free of charge
2. Azulejos tile painting workshop for families: 50€/Person
4. Steam Center Session for Parents: Free of charge
3. Family photoshoot: Free of charge
4. Wine tasting for parents: 80€/person
5. Sound Bath for families: 80€/Person

Proposed weekly schedule

March 29th	March 30th	March 31st		April 1st	April 2nd	April 3rd	April 4th	April 5th
12:30pm- Check in starts	7:30-9:30 Breakfast	7:30-9:30 Breakfast		7:30-9:30 Breakfast	7:30-9:30 Breakfast	7:30-9:30 Breakfast		7:30-9:30 Breakfast
3:30- Welcome and snacks.	9:30-10:15- Kids' zone drop off and settling play if necessary	10:00-10:25- Yoga with kids		9:45 Kids' zone drop off	9:45 Kids' zone drop off	9:45 Kids' zone drop off		11:00 Check out and goodbyes
ilo childcare team will be available at the venue to get to know the parents and the little ones	10:15 - Yoga for parents	10:35- Kids' Zone Drop off	Steam Center Session for Parents	10:00 - Yoga for parents	10:00 - Yoga for parents	Parents' only trip to Ericeria/Lisbon		
	Optional Hike & lunch for Parents			Wine Tasting for Parents				
	2:45 pm - Kids' zone pick up	3:35pm - Kids' zone pick up		2:45 pm - Kids' zone pick up	2:45 pm - Kids' zone pick up	2:45 pm - Kids' zone pick up		
	Azulejos tile painting workshop for families	Family photos photoshoot		Movie afternoon			Sound bath for families and Goodbye dinner	
6:00- 8:00 Welcome dinner	6:00- 8:00 Dinner	6:00- 8:00 Dinner		6:00- 8:00 Dinner	6:00- 8:00 Dinner			

- on the first day of the retreat the childcare team and the families spend some time together for the children to get comfortable with ilo's educators

Available Steam Sessions

During your stay with us, there are many things to do and see. Here is a list of steam sessions you can request, but are not a part of the proposed schedule, and you can do them during childcare hours.

If you would like us to book any activities for you, please let us know via email, at least **2 weeks** before the retreat. There is a strict 48 hours cancellation policy for all activities

1. Circle — €69 per person (approx. 2–2.5 hours)

A fully guided steam ceremony, held in the handcrafted clay-and-wood dome. The journey unfolds across 3–4 gentle phases, paired with contrast therapy and herbal infusions. Expect acoustics, breathwork, and a deep sensory rhythm from your steam guide. Great for inner balance and recovery.

2. Flow — €69 per person (approx. 5 hours)

The ultimate social steam experience: multiple shorter guided rounds interspersed with communal lounge moments, herbal tea, ambient music, and light snacks. Designed for relaxation + connection, and happens regularly on Wednesdays and Sundays.



Activities outside the venue

Surf Lesson (90 min + shuttle service) — €80 per person

Enjoy a personalized 90-minute surf lesson with certified instructors in Ericeira, Europe's first World Surfing Reserve. Includes round-trip shuttle from DOMA. Perfect for beginners or those eager for a water-based adventure.

Ceramics Experience (Clay Circle, 45 min) — €50 per person

Create something earthy and tactile with a personal 45-minute clay session. Guided by local artisans, you'll shape your own small piece. Ideal for a creative family keepsake or mindful solo time.

Historical Ericeira & Mafra Palace Tour — €80 per person

Request a guided half-day private tour exploring Ericeira, its surfing heritage, and the UNESCO-listed Mafra National Palace with its sweeping Baroque architecture. Includes transportation and local storytelling.



Childcare

At ilo Puglia Alex, Irene and Yukako are beyond excited to take care of your little ones for up to 5 hours a day and plan plenty of activities based on the Montessori philosophy to ensure they get the best holiday ever.

On top of the provided 5 hours of childcare, we are excited to offer a private babysitting service if you and your partner need some extra time or would like to go out for a late dinner together. This would be charged at an hourly rate of 30€ .

If you would like to book extra childcare, we would like to ask you to let us know latest the night before.

Proposed little ones' schedule * **Subject to change based on age groups attending**

CHECK IN DAY		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	CHECK OUT DAY
9:30am	Families Check-In	Settling and get to know the little ones	Morning songs & stories	Morning songs & stories	Morning songs & stories	Morning songs & stories	Morning songs & stories	Goodbyes
10:00-10:30			Outdoor Free Play	Outdoor Free Play	Outdoor Free Play	Outdoor Free Play	Outdoor Free Play	
10:30-10:45		Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	
10:45-11:30		Activity 1	Activity 1	Activity 1	Activity 1	Activity 1	Activity 1	
11:30-12pm		Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime	
12:15-1:30pm		Activity 2	Activity 2	Activity 2	Activity 2	Activity 2	Activity 2	
1:30-2:30pm		Music & Goodbyes	Music & Goodbyes	Music & Goodbyes	Music & Goodbyes	Music & Goodbyes	Music & Goodbyes	
2-2:30pm								
2:30-4pm								
4-5pm	Introduction & Meet the Team							



Baby Equipment & Packing List

Please let us know via the intake form if there is any equipment you require during your stay. This includes cribs, toddler beds, car seats, high chairs, baby bouncers or anything else you can think of to make your stay that little more comfortable! We will do our best to help you with whatever you need.

You can access the kitchen if you need the fridge for baby food & milk or store your kids' favourite snacks.

What to bring for your little ones for a successful playtime with our team:

- Water bottle
- Sun hat
- A comforting item such as a blanket/teddy - if they have it
- Sunscreen (if you have a preferred brand)



How will mealtimes work?

Doma's chefs are trained to serve family-friendly meals for our group to enjoy. We also have the luxury of having local staff assisting in the kitchen and serving you.

As parents, we understand that mealtimes can be messy and stressful, so we hope to create a casual and relaxed environment where fun and carefree food experiences are had - don't worry about any mess left; we have you covered! All our meals will be served **family style** in the allotted window scheduled for each meal, which means you can leave once you think your family is done to take the pressure off of waiting until everyone is served and finished!

- Every morning, our families will be served a hearty & healthy seasonal breakfast.
- Your little ones will then be served snacks & lunch over the 5 hours they are with our childcare team.
- **Optional lunch for adults will be available separately at 1 pm each day at an additional cost, depending on whether you are at the lodge or not that day** - (you can let us know in the intake form if you are planning on having lunch or not)
- We will then rejoin altogether in the early evenings and will be served a delicious dinner.

A note on drinks - water, fresh juices, tea & coffee are included in the price.

Of course, high chairs will be provided for any children who need them at meal times.

You can inform us of any allergies or food preferences in the intake form so we can cater for everyone!



Ready to book?

Choose your room



FAQs

1. How many educators will be there?

We're committed to creating a safe, nurturing, and engaging environment for your children, which starts with the right adult-to-child ratio. We ensure a 1:3 ratio of educators to children. So while you'll see two educators listed in your retreat booklet, we'll add an educator from our team if the number of children exceeds six. This way, every child gets the attention and care they deserve.

2. What are the ages of the children attending?

Most of the kids are between 6 months old and 7 years old. The Kids' Zone activities are tailored to this age group, with Montessori-inspired play, outdoor adventures, and creative time designed to engage, not overstimulate. We aim to foster a calm, joyful environment where children can connect naturally, just like their parents.

3. Should I bring baby gear?

No need to pack big gear. We provide cribs and/or toddler beds based on your child's age and needs. Before the trip, you'll fill out an intake form where you can let us know your preferred sleeping arrangements. That way, everything will be set up and ready for your arrival.

4. Do I need to bring a week's worth of diapers/nappies?

Nope. Save the luggage space! Our Kids' Zone is fully stocked with nappies in all sizes, so you won't need to pack a week's supply. We've got your little ones covered, literally. If your child uses a specific eco brand or has special skin sensitivities, feel free to bring your preferred option — but otherwise, we've got this sorted.



FAQs

5. Will milk for little ones be available?

Yes, we stock organic whole milk or plant-based milk for children who still drink it. If your little one prefers a specific type of milk (like oat, almond, or a certain formula), let us know in advance, and we'll do our best to accommodate or point you to a local shop where you can find it.

6. Can I use the kitchen during the retreat?

Absolutely. While meals are taken care of, you'll still have access to the kitchen and fridge if you'd like to prep snacks, make a cup of tea, or store a few personal items.

7. Is there laundry access during the retreat?

Yes, there's a washing machine available at the villa that you're welcome to use anytime. As is the norm in most of Europe, drying is done on a line — but thanks to the warm Italian sun, clothes dry quickly. We provide fragrance-free, sensitive-skin-friendly detergent to keep things simple and safe for everyone.

8. Is there extra cleaning during the week?

Yes, we have housekeeping every second day, and they're happy to change your towels and clean your room upon request.

9. Do I need to bring towels?

No need! Doma provides towels for all guests. They're soft, plentiful, and ready for both pool splashes and post-shower snuggles. You're welcome to bring your own if you have a beach favorite, but it's not necessary.





See you soon!

If you have any questions do not
hesitate to contact us.



maria@iloretreat.com

ena@iloretreat.com

iloretreat.com

