

The BiohackHer Reset 1.0 Edition

A Journey of Longevity, Restoration & Feminine Biohacking

By Simone Estelle

22nd March – 27th March 2027

COSTA BRAVA, SPAIN

Powered by

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TERA

THE WORLD'S MOST EXCLUSIVE WELLNESS ESCAPES



Camiral Luxury Resort, Spain

Discover a 6-days , 5-nights wellness escape at the luxurious Hotel Camiral, nestled in the heart of Girona, Spain, designed exclusively for women seeking a deeper understanding of longevity, restoration, and feminine wellbeing.

Hosted by **Simone Estelle**, **The BiohackHer Reset 1.0** brings together expert guidance, personalised wellness practices, advanced biohacking, restorative treatments, mindful movement, and nourishing gastronomy. Throughout the journey, leading experts will provide deeper insights and practical guidance around hormonal balance, sleep, nervous system regulation, and ADHD, empowering each guest to better understand her individual needs.

Set within the serene surroundings of Camiral Resort, this exclusive retreat offers a space to reset, restore, reconnect, and discover new strategies for living with greater energy, balance, and vitality.



YOUR HOST:

Simone Estelle- Celebrity trainer & Women's Wellness Coach

LOCATION:

Camiral Hotel

5-star luxury hotel★★★★★

Awarded - Beyond Luxury Award 2024/2025

Condé Nast Traveler Winner 2024

The World's 50 Best Spa

DATE:

22nd - 27th March 2027 (6 days 5 nights)

GUESTS:

Exclusively for Women

INCLUDES:

- Luxury Suite
- Breakfast, Lunch & Dinner
- The Feminine Biohacking Masterclass
- Mat Pilates & Restorative movement
- Hormone Reset Workshop
- Advanced Neuro-Frequency Workshop with a Medical Expert
- One Signature Massage Treatment
- Spa & Longevity Facilities
- Mediterranean gastronomy
- Guided coastal & countryside walks
- A private day in medieval Girona
- Return Group Transfer from Barcelona Airport



Superior Deluxe Room- 32 m² + 6 m² private terrace

Our Superior Deluxe rooms are perfectly positioned for beautiful views over the Tour Golf Course and the majestic Pyrenees. And from the private balcony you can look directly onto the rolling contours of the resort.

PACKAGE ONE: Single Occupancy - Your own privacy

4,800 euros Single Occcupancy - Private Room at your own comfort (for one person only) +. BiohackHer Reset Retreat

NOTE: 20% Deposit to secure your spot
Additional room categories available upon request



Superior Deluxe Room- 32 m² + 6 m² private terrace

Our Superior Deluxe - Twin bedrooms are perfectly positioned for beautiful views and the majestic Pyrenees. And from the private balcony you can look directly onto the rolling contours of the resort.

PACKAGE TWO: Shared Room - Share with a friend or a carefully matched guest.

2,995 euros Shared Room - twin-size beds +. BiohackHer Reset Retreat (price per person)

NOTE: 20% Deposit to secure your spot
Additional room categories available upon request

Simoné ensures that every element of the journey is designed to create a true sense of reset, restoration, and renewal. Your experience includes one massage treatment of your choice and access to the thermal facilities on selected days, allowing you to slow down, recharge, and reconnect.

Spa treatments can be pre-booked before your arrival, allowing you to enjoy a seamless wellness experience and maximise your time relaxing.



Simone Estelle is a certified strength coach, Reformer and Mat Pilates specialist, and the founder of BiohackHer™, a coaching method that helps high-achieving women work with their feminine biology instead of pushing through it.

Simone's experience in ultra-luxury wellness environments, including the renowned One&Only Reethi Rah in the Maldives, where she trained Victoria's Secret models and A-list actresses. She also served as personal trainer aboard superyachts along the Mediterranean, bringing world-class movement to some of the most discerning guests on the water.

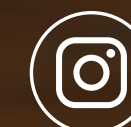
Today her work sits at the intersection of neuroscience, hormonal health, nutrition and strength, from the estrogen-dopamine connection and cycle syncing to metabolic health and nervous-system regulation. Grounded in sports nutrition from her strength and conditioning training, Sim is known for nutrition strategies that fuel a woman's metabolism and hormones rather than fight them, often the missing piece in a real transformation.

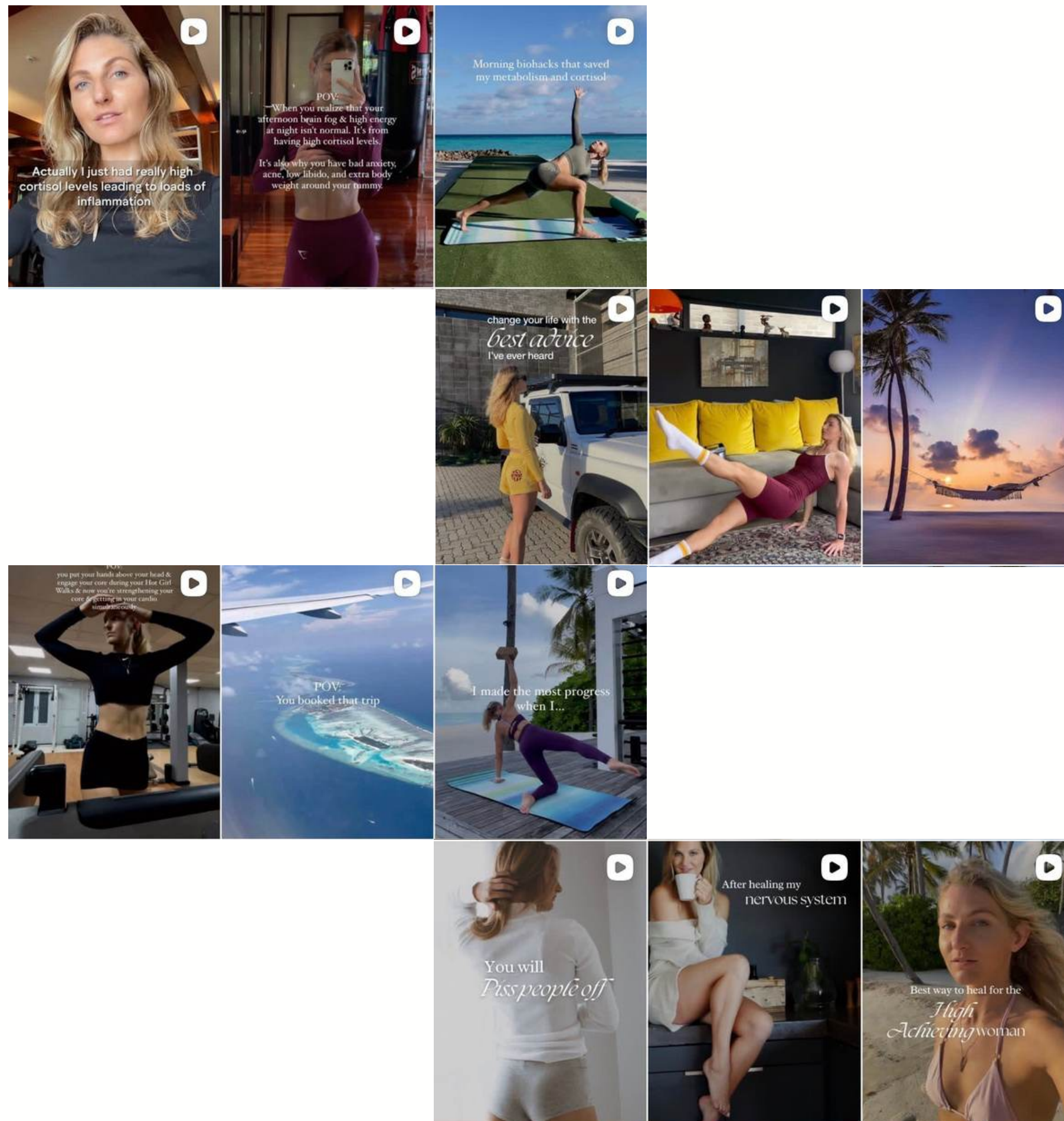
Faith-led and science-backed, Sim believes every woman was divinely designed, and deserves to be trained, rested and nourished that way. At The BiohackHer Reset she will lead your strength and Pilates sessions, host The Feminine Biohacking Blueprint masterclass, and offer private Reformer sessions throughout the week.

ABOUT YOUR HOST

Strength Training & Coaching
Reformer & Mat Pilates
Cycle Syncing & Hormonal Health
Neurodivergent-Informed Coaching
Nervous System Regulation
Female Biohacking & Longevity
1:1 Transformation Coaching

Social media





Your Journey, Your Reset

I have trained Victoria's Secret models and coached actresses, founders, and athletes around the world. Over the years, I have shaped the work you will experience this week, bringing together strength, faith, and feminine biohacking, woven into a philosophy of my own.

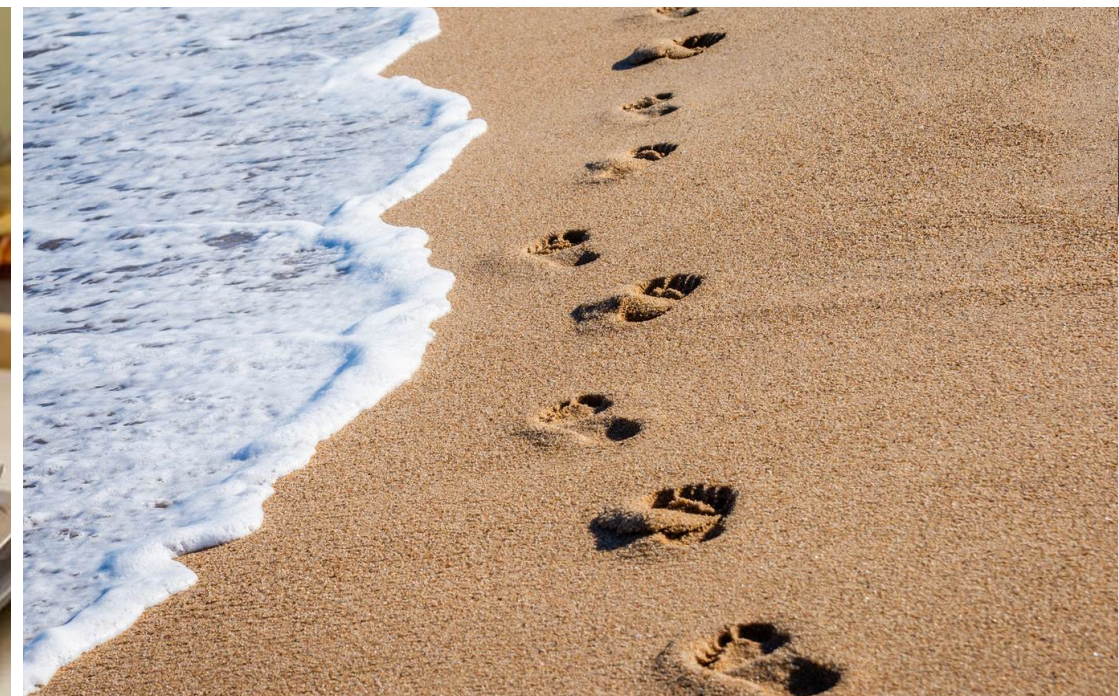
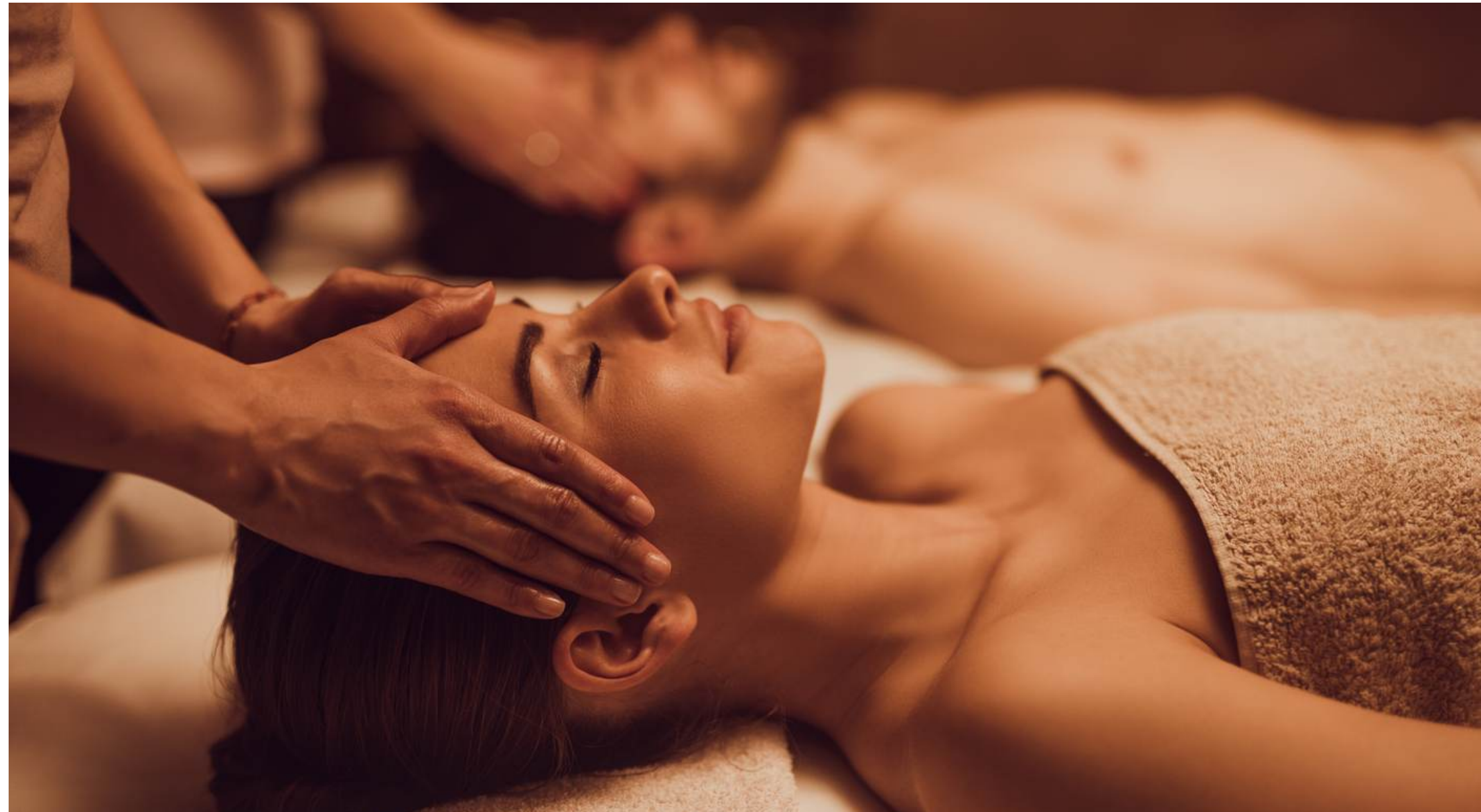
This week is about you. A space to pause, restore, reconnect, and reset. With every detail thoughtfully designed to support your body, mind, energy, and wellbeing.

Everything is held for you. All you have to do is arrive.

THE SCIENCE

I am passionate about exploring technologies and evidence informed practices that can genuinely support women's health, recovery, and longevity. Throughout the week, we'll introduce carefully selected approaches designed to help you better understand your body and work with your biology. Not against it.

A signature masterclass exploring how to work with your unique biology through the lens of hormones, energy, sleep, recovery, nervous system regulation, and longevity. Where science meets feminine design.





The Feminine Blueprint

I will also be inviting ANF Academy Spain to host a special workshop for us, introducing their approach to neuro-frequency technology and its potential applications for wellbeing and nervous system balance.

Alongside this, our expert partners will share practical, evidence-informed approaches to hormonal health, sleep, recovery, and longevity, with selected technologies and tools you can continue exploring long after you return home.

Science you can experience. Knowledge you can take with you. A reset designed to last beyond the retreat.

About ANF 



CAMIRAL LUXURY RESORT, SPAIN

★★★★★

Details matter. They distinguish genuine excellence from the ordinary and everyday. Every facet of life in Camiral has therefore been considered, crafted and perfected. Framed by Catalunya's natural beauty and in easy reach of Girona and Barcelona, two of Spain's most historic and vibrant urban centres, Camiral sets a higher standard.

MORE INFO>>>>

[Click here](#)



BEYOND THE RESET

Discover the charming coastal village of S'Agaró, where Mediterranean beauty meets timeless Catalan character. Following the coastline with breathtaking views of turquoise waters, hidden coves, and rugged cliffs. A slow and refreshing escape designed to connect you with the beauty, simplicity of the Mediterranean.





Day 1

22nd March

14:00pm	Group transportation at Barcelona International Airport (Mercedes - 7 seater)
15:00pm	Hotel Check-In
16:00pm	Welcome Briefing
16:45pm - 17:30pm	Spa Facilities - Sauna & Steam
19:00pm	Group Dinner



Day 2 - EASE IN

23rd March

Before 8:30am	At your own pace
8:30am - 10:00am	Group Breakfast- Join at your own pace
10:30am - 11:45am	Progressive Mat Pilates with Sim
12:00pm - 14:00pm	Group Lunch
14:00pm	Rest time
15:00pm - 17:00pm	"The Feminine Biohacking Blueprint" Signature Workshop with Sim Elevated 2-hr masterclass + personal protocol design
17:00pm - 18:00pm	Sunset walk
19:00pm	Group Dinner



Day 3 - GO DEEP

24th March

Before 8:00am	At your own pace
8:00am - 9:30am	Group Breakfast
10:00am - 11:00am	Strength Training with Sim
11:30am - 13:30pm	ANF Workshop 1 NeuroCalm protocol ADHD / creativity / calm
13:30pm - 14:30pm	Group Lunch
14:30pm - 16:30pm	ANF Workshop 2 Female hormones & Wellness
17:00pm	Time for Yourself - Spa treatment
19:00pm	Group Dinner



Day 4 - EXPAND & PLAY

25th March

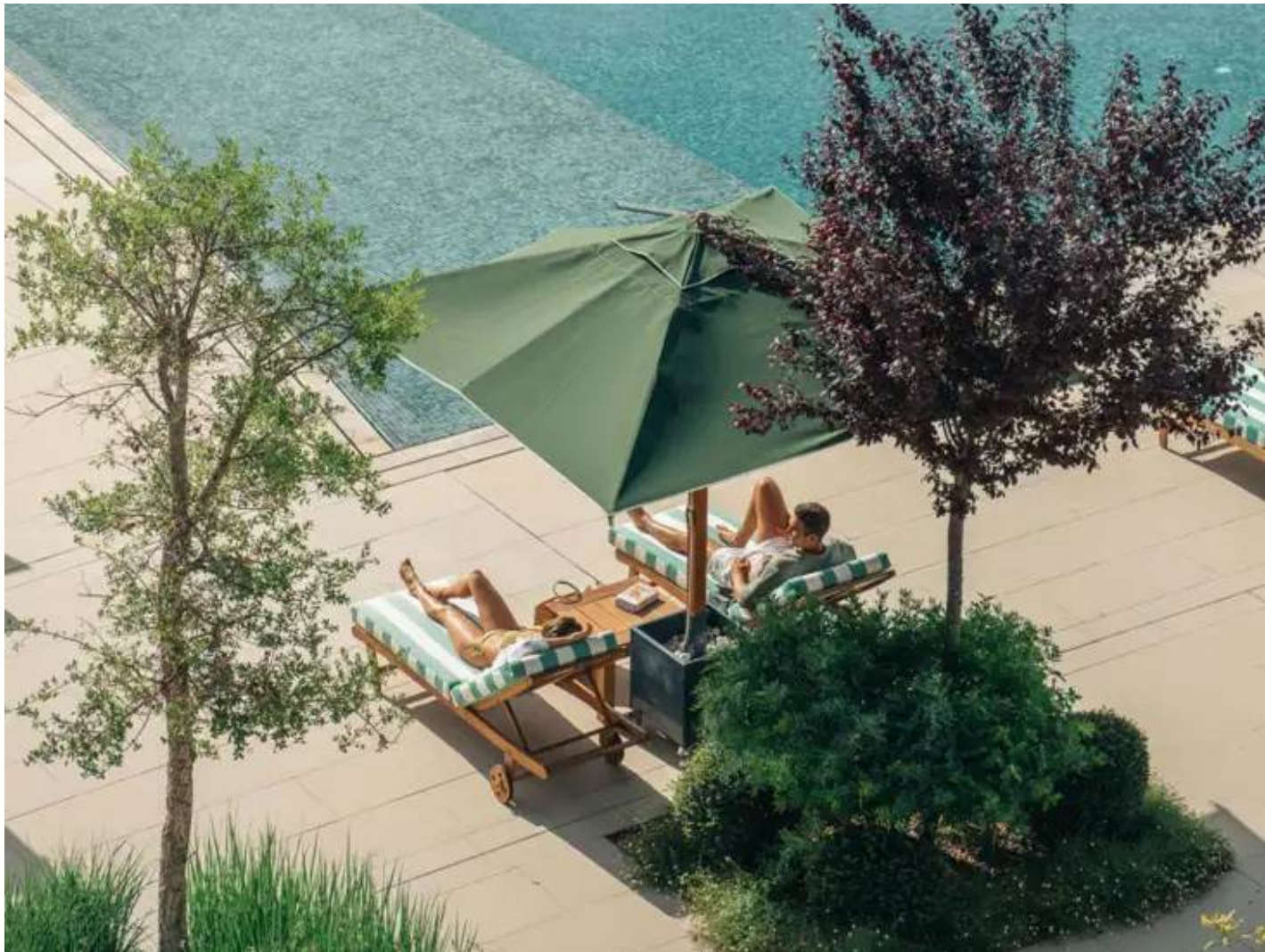
Before 8:00am	At your own pace
8:00am - 9:30am	Group Breakfast
10:00am - 11:00am	Mat Pilates with Sim
11:30am	Depart to Coastal town Walking around the coast Quick plunge & Lunch
16:00pm	Thermal Pavilion with Sim
17:00pm - 18:30pm	Time for Yourself - Spa treatment
19:00pm	Group Dinner

Day 5 - RADIANCE & CELEBRATE

26th March



Before 8:00am	At your own pace
8:00am - 9:00am	Morning Walk
9:30am - 11:00am	Group Breakfast
12:00pm	Relaxation by the pool
14:00pm - 15:30	Group Lunch
15:30pm - 17:00	Group activity by Sim
17:00pm - 18:30pm	Time for Yourself - Spa treatment
19:00pm	Glamour Soirée (golden hour): prettiest dresses, mocktails, Mediterranean grazing table



Day 6 - INTEGRATE & CARRY HOME

27th March

Before 8:00am	At your own pace
8:00am - 9:00am	Sunrise restorative movement
9:00am	Closing circle
9:30am	Final Breakfast & Group photo
11:00am	Checkout & departures

Group transportation to the airport will be arranged according to the group's flight schedule and confirmed following check-out. The departure time will be planned to allow sufficient time for the transfer and airport procedures.



High Technologies & Immunity

During your free time, you're welcome to explore the advanced recovery technologies available at the spa. These experiences are **not included in your retreat package**, but can be booked directly with the spa at any time during your stay. Consider this an opportunity to personalize your reset even further, because the more intentionally you recover, the more you can take from these six transformative days.

Click here



Nourish, Don't Restrict

As you know, nutrition is a big part of my philosophy. I believe in real, clean, nourishing food, not restrictive diets. For women especially, eating well is about giving your body the nutrients and energy it needs to feel strong, balanced, and at its best..

That's why I've chosen Mediterranean cuisine for our journey: fresh, seasonal ingredients, vibrant flavours, and food that goes from the market to your plate.

And don't worry. I'm definitely not putting you on a 700-calorie-a-day diet!

Throughout the retreat, I'll guide you around nutrition based on your individual goals and needs. Whether you want to feel lighter, stronger, more energised, or simply enjoy a beautiful week of nourishing food, there will be no deprivation. Just great food, good choices, and plenty of enjoyment.



An aerial photograph of a swimming pool area. The pool is rectangular with a blue mosaic tile bottom. A woman in a white one-piece swimsuit and sunglasses is walking along the pool's edge, carrying a woven basket. To the right of the pool, a long row of lounge chairs with green and white striped cushions is lined up under a large green patio umbrella. In the foreground, there are more lounge chairs and another large green patio umbrella. The scene is set on a light-colored paved deck.

“You spend so much time holding everything together. This time, let yourself be held.”

TERMS & CONDITIONS

PAYMENT TERMS - In 4 payments

20% payment of the quoted price must be obtained upon confirmation to secure the rooms for the whole package (5 nights 6 days). **Non refundable**

20% payment is required on the **30th November 2026**.

30% last payment is required on the **30th December 2026**.

30% last payment is required on the **30th January 2027**.

This package does not include flight tickets.

INSPECTION VISIT

Check in: 3pm / Check out: 12pm

Starting date: 22nd March 2027

Retreat Starting time: 4pm Spain time

Ending date: 27th March 2027

Retreat Ending time: 11:00am Spain time

EARLY CHECK IN AND LATE CHECK OUT POLICY

Early check in - Kindly inform us to request the new rate

Late Check out - Kindly inform us to request the new rate

ROOM CANCELLATION & MODIFICATION FEES

Cancellation & modification fees

100% charges apply if cancellation 21 days prior to the trip.

50% refundable apply if cancellation 30 days before the trip.

35% non-refundable applies once booking is completed.

IMPORTANT INFORMATION

HOW WILL I GET TO THE HOTEL?

Transportation to the [Camiral Luxury Resort, Spain](#)

Our group transportation will be waiting for everyone at the Barcelona International airport. We will depart at 2:00pm Spain time, for a 1 hour drive. And it is included in your package.

If you wish to arrange a private car, it might cost between 100 - 200 euros one way.

Payment

All payments will be done by bank transfer.

Meals

Breakfast, Lunch and Dinner is included in your package. We have set a credit for your lunch which will be informed on the day itself.

What to bring with you?

March in Catalonia brings mild Mediterranean days with cooler mornings and evenings, so we recommend packing comfortable layers that can easily adapt throughout the day. Bring your swimwear for the main pool and thermal facilities, including the steam room and sauna. Comfortable Pilates or fitness clothing, training shoes are recommended for the retreat activities. For our coastal experience, pack a light jacket or extra layer, as temperatures can feel cooler by the sea. And, of course, bring your favorite sunglasses and a little something you feel beautiful in for our final evening together.



CONTACT US



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