HACIENDA SAN BENITO

RESET 7

A Seven-Night Program for Physical and Mental Reconditioning

THE FULL GUIDE · TWO CHAPTERS: CARTAGENA & MIAMI

Not a vacation. A structure — for people ready to commit to it.

By application & deposit · Cartagena 6–12 / Miami 6–18 per weekly cohort

What Reset 7 Is

Reset 7 is a seven-night, eight-day residential program — built for people who want structured, guided time away from routine, not to relax passively, but to reset deliberately.

Every day follows a fixed rhythm: movement, structured nutrition, rest, and guided sessions. There is no open bar, no unstructured schedule, and no improvisation. The structure is the point — it is what allows the week to produce something measurable rather than simply pleasant.

We admit small, curated cohorts each week. Spots are limited by design, and weeks regularly fill in advance.

The Problem, Plainly Explained

Burnout is rarely dramatic. It creeps in quietly.

Sleep gets lighter. Weight sticks. Energy dips. Focus wanders. Most high performers don't stop because something breaks — they stop because everything slowly dulls.

This is not about fixing you. It is about giving your body, mind, and soul the right conditions to work the way they were designed to. This approach addresses systems, not symptoms.

“A body, like anything mechanical, works best when it's treated with a bit of respect and not pushed randomly in all directions.”

Who This Is For

Designed for people who have done a lot, carried a lot, and are finally ready to take proper care of themselves — without drama or gimmicks.

- A C-level executive, founder, investor, or senior professional
- Used to responsibility, pressure, and long days
- Feeling heavier, more tired, or less sharp than you used to
- Curious, disciplined, and open to doing things properly

Two Chapters

Cartagena	Miami
Hacienda San Benito Cartagena, Bolívar, Colombia	San Benito Mansion Miami, Florida, US
$1,000 / night per person	$1,500 / night per person
$7,000 per person for the week	$10,500 per person for the week
Cohort size: 6–12	Cohort size: 6–18

The Daily Rhythm

Nothing here is random. Nothing is rushed.

Life at Hacienda San Benito follows a rhythm — much like a good farm, a well-run household, or a body that remembers how to function properly. Each day is built around body, soul, and mind, with enough structure to work and enough space to breathe.

This structure repeats every full retreat day, with minor adjustments for arrival, farewell, and transition days.

"You'll be active, but never rushed. Cared for, but never patronized."

BODY Active Morning	SOUL Passive Afternoon	MIND Thoughtful Evening	DEEP RECOVERY
Wake-up + warm herbal infusion Gym session (rotating focus) Breakfast Cardio tourism — moving through places, not treadmills	Return to Hacienda + refresh Lunch Siesta Afternoon rituals	Herbal infusions + light snack Dinner Short lecture + guided conversation Socializing	Digital quiet, reflection, rest Early sleep, 8-hour window Nervous system down-regulation

Exact hours vary by location.

Movement Without the Noise

This is not cardio for the sake of it. It's movement with context — through landscapes that do the work for you. Mornings unfold through curated outdoor experiences: along historic places, through nature trails and stunning landscapes, across open terrain hiking, biking, or horseback riding, into water, rhythm, and space.

You move because it feels right. And before you notice, your body responds.

The San Benito Rituals System

Rather than offering disconnected spa treatments, Hacienda San Benito works through six core body systems, addressed in a precise order across the week. Each ritual targets one dominant system, while supporting the others indirectly.

This sequence is intentional — moving from surface to depth, from drainage to release, and from regulation to activation. Every afternoon, two hours are dedicated to release, repair, and realignment, so the body lets go and the soul can emerge and reconnect.

1 · Integumentary System — Skin

"Jet Lag & Skin Reset" — Coffee & Aloe

Barrier · Detox interface · Sensory organ. Protection, hydration, and safe exfoliation before sun exposure.

2 · Lymphatic System — Drainage

"Let It Flow" — Bougainvillea

Inflammation · Detox · Weight reduction. Opening flow, reducing swelling, supporting fat mobilization.

3 · Myofascial System — Muscle & Fascia

"Deep Unknot" (Green Detox Day)

Tension · Posture · Stress storage. Releasing chronic knots, restoring tissue elasticity.

4 · Osteoarticular System — Joints & Mobility

"Unlock & Release" — Mud & Stone Day

Alignment · Longevity · Confidence. Assisted stretching, joint release, structural balance.

5 · Nervous System — Integration

"Shape & Align" — Vetiver & Chamomile

Recovery · Balance · Absorption. Slowing the system, supporting deep rest and stabilization.

6 · Cardiorespiratory System — Circulation

"Fresh & Free" — Mint

Energy · Endurance · Mental clarity. Circulation, breath, activation, lightness.

"These are not spa treatments collected from a menu. Each ritual exists for a reason, happens once, and then gets out of the way."

Simple Explanations. Lasting Results.

Evenings are for understanding — short, focused sessions that simplify what most people overcomplicate: how the body loses and stores weight, how stress quietly disrupts everything, how habits are formed and changed.

No theory overload. No trends. No noise. Just clear frameworks you can actually use — because lasting change doesn't come from effort alone, it comes from knowing what to do next.

Food as Medicine

At Hacienda San Benito, food is not counted, weighed, or obsessed over. It is timed, intentional, and designed to work with the body's natural rhythms: light, activating mornings; clean, satisfying mid-day meals; restorative, calming evenings.

Meals are structured around four daily eating moments, each serving a clear physiological purpose — farm-fresh food, elegant presentation, moments to be savored. No superfoods. No fads. No lectures at the table.

This is not a diet. It's a recalibration — designed to reduce inflammation, stabilize energy, and restore metabolic rhythm, without extremes, deprivation, or confusion.

Morning Elixirs — System Wake-Up

Hydrating infusions before movement — wake digestion gently, support circulation, prepare the nervous system without caffeine spikes.

Breakfast — Metabolic Ignition

Protein-forward, mineral-rich, stabilizing. Anchors blood sugar and prevents the mid-morning dip that sabotages fat loss.

Lunch — Recovery & Repair

The most complete meal of the day — replenishes, reduces inflammation, supports joint and nervous system recovery.

Snack — Stability Without Stimulation

Light and purposeful. Prevents cortisol spikes, supports lymphatic flow, keeps energy steady.

Dinner — Regulation & Rest

Earlier, lighter, calming — signals the body that work is done, allowing sleep and hormonal regulation to take over.

Night Elixirs — Nervous System Downshift

Warm, soothing infusions that close the day and support overnight repair.

“Tastings so fresh guests stop talking, stop thinking… and yes, even stop scrolling.”

Off We Go — Farewell Dinner

The week slows down, then opens up again. A shared table. Firewood cooking. Simple, beautiful food, prepared slowly, shared properly. In the air: wood fire, fresh herbs, and something just finished on the grill. No rush. No structure left to follow — just conversation, laughter, and the rare feeling of being fully present again.

Attire: effortless elegance, light fabrics, one refined look for the evening · Setting: open air, warm lights, long communal table · Menu: fire-grilled food, clean flavors, celebratory but aligned · Drinks: crafted mocktails, fresh infusions

You arrived with structure. You leave with rhythm.

What to Expect

Guests consistently report feeling lighter, sharper, and steadier over the course of the week — reduced bloating, deeper and more consistent sleep, clearer mental focus, and a re-established sense of rhythm.

Results depend on individual starting point, adherence, and physiology, and are shared through participant testimonials rather than guaranteed outcomes.

No Check-In, No Check-Out Policy

All formalities happen before you travel. Registration, preferences, medical information, room assignment, and payment are completed digitally and discreetly in advance — by the time you land, everything is already taken care of.

There is no front desk, no forms, nothing to sign. From the moment you step into the van from the airport, the experience has already begun. You don't check in — you simply arrive. Departure is the same: no check-out process, no queues, no last-minute logistics.

You are not a guest being processed. You are someone being received.

Before You Travel

What to pack:

- Carry-on luggage only — highly recommended
- No makeup required · no coat needed
- One elegant outfit for the farewell dinner
- Gym clothes, swimsuit, flip-flops, robe, and light casual wear

Why Guests Love It

- Because nothing is rushed, yet everything works
- Because for once, they don't have to decide anything
- Because the days have rhythm and the nights bring real rest
- Because care here feels human, not procedural
- Because the body lightens, the mind clears, and the soul settles
- Because they arrive as guests and leave feeling part of the house

How Booking Works

Spots are secured with a 50% deposit at the time of booking. Weekly cohorts are limited as noted above, per chapter.

- 1. Reserve your week. Choose your chapter — Cartagena or Miami — and your start week, and secure it with a deposit.
- 2. Complete your intake. A short medical & lifestyle questionnaire follows booking, so we can prepare responsibly — it takes a few minutes and does not delay your reservation.
- 3. Confirm. Final dates are confirmed roughly 15 days before arrival based on cohort occupancy; your balance is due at this point. In the rare case a week needs to shift, we'll offer another date.
- 4. Arrive. Everything — documentation, payment, preferences — is settled before arrival. No front desk. No delay.

It Doesn't End When You Leave

Every Reset 7 week includes access to our private community, where the structure, accountability, and refinement continue after you go home. On its own, this is a membership — included here, because what matters isn't only the week, but what you do with it after.

You can spend the same money maintaining habits, or change the ones that shape everything else.

WHAT'S INCLUDED

Everything below is part of your 7-night / 8-day investment — nothing extra to plan.

- ✓ 7 nights in a private jungle villa or mansion room
- ✓ 6 guided, memorable outdoor activities
- ✓ 6 two-hour spa rituals — 12 hours of targeted therapies
- ✓ 7 evening lifestyle lectures
- ✓ 4 organic meals a day (28 total), plus unlimited functional beverages
- ✓ All private transfers — airport and activities
- ✓ Daily training sessions
- ✓ Laundry service for sportswear
- ✓ Comprehensive insurance
- ✓ Progress tracking & measured results
- ✓ A practical system for long-term healthy habits
- ✓ 1 year of access to the San Benito online community, with monthly group video calls

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We curate carefully. Structure protects results.