



## LONGEVITY WELLNESS BOOSTER | 5 Nights

*Relieve from the pressure of everyday life and relax.*

*Check your health imbalances and boost your wellbeing with soothing Spa & Thalassa therapies and revitalizing daily group activities.*

### VILALARA THALASSA RESORT

*Luxury resort in exclusive location*

*11 hectares of lush gardens*

*Secluded golden sand beach*

*Selected as one of five best Thalassotherapy Centres in the world, by Condé Nast Traveller magazine*

*Five outdoor pools of fresh or sea water*

*Four tennis courts*

*Quality healthy cuisine*

#### **Important Information:**

*Vilalara Thalassa Resort is not an "Adults Only" Resort. Therefore, kindly expect to find families in the resort, especially during Easter and summer holidays. Our beautiful and tranquil setting offers abundant relaxation & garden areas for peace and tranquillity of our Wellness guests and the Thalassa & Medical Spa is an "Adults Only" facility.*

- Accommodation for a 5 nights stay at Vilalara Thalassa Resort
- Half Board: Buffet breakfast + 1 **Standard Healthy & Tasty Low Calorie Meal**/per night
- Daily supply of **Alkaline Water 9.5pH** and Herbal Teas
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the **Longevity Vitality Plan** daily group activities - examples: SLIM CIRCUIT (Burn It, Aqua Boost, Aquapilates, Power Hike, Shape It, HIIT, Walk), Fitball, Pilates, Yoga, Tibetan bowls, Stretching
- Thalassa & Medical Spa programme, per person:
  - 1 Personal Health Check:** including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
  - 1 Biophysical Evaluation:** measure body fat, muscle, body mass index (BMI), basal metabolic rate (BMR), the distribution of fat/muscle mass in the body as well as your metabolic versus your chronological age.
  - 1 Evaluation of Heavy Metals and Trace Elements.**
  - 1 General Medical Consultation and Clinical Examination.**
  - 1 Nutrition & Wellbeing Consultation.**
  - 2 Osteopathy Sessions:** manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  - 1 Cranio Sacral Therapy:** a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.
  - 1 Mindfulness Therapy Session - Mind, Body and Inner Self Relaxation:** guided Power Meditation Nap, followed by meditation techniques for realization of the inner self, combined with breathing techniques that help de-stress, rejuvenate and vitalize the mind, body and soul for daily life.
  - 1 Medical Pressotherapy:** assists the body's natural toxin-clearing functions.
  - 1 Body Exfoliation.**
  - 1 Multijet Bath:** relaxes muscles and joints and improves circulation. Effective at treating stress and fatigue.
  - 1 Bubble Bath:** to treat cellulite and relax the muscular mass, giving a sense of wellbeing.
  - 1 Therapeutic or Sports Massage:** deep and reinvigorating massage that tones the muscle tissues by acting through muscular decompression.