



DISCOVER VILALARA LONGEVITY | 2 Nights

Pamper yourself with a relaxing short break and (re)discover Vilalara Longevity, dedicated to improve your wellbeing.

Give your body a quick and light wellness booster.

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

- Accommodation for a 2 nights stay at Vilalara Thalassa Resort
- Buffet Breakfast in the resort restaurant
- 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 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 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.

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.