



LONGEVITY ACTIVE DETOX | 7 Nights

Boost your immune system defences and increase your vitality with this active detox holiday programme.

Assess your health status and learn how to improve it.

Detox with a medically approved Juice Fasting and detoxifying meal plan, combined with body cleansing 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

- Accommodation for a 7 nights stay at Vilalara Thalassa Resort
- Standard **Healthy & Tasty Low Calorie Meal Plan** – up to 5 Meals a day *Liquid Diet (detoxifying & anti-inflammatory shakes, juices and soups), subject to doctor's approval*
- Daily supply of **Alkaline Water 9.5pH**, Herbal Teas and Detox Supplements
- 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.
 - 2 Manual Lymphatic Drainages:** efficient therapy for reducing fluid retention, toxins release, treating poor circulation and swelling.
 - 1 Medical Pressotherapy:** assists the body's natural toxin-clearing functions.
 - 1 Longevity Skin Detox & Repair.**
 - 1 Body Exfoliation.**
 - 4 Thalassa Treatments (1 Day Thalassa Cure):** one set of 4 thalassotherapy treatments lasting approximately 2h30 in total. Includes consultation with a thalassotherapy specialist to determine the appropriate treatments for your case.

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.