



LONGEVITY FITNESS BOOSTER | 3 Nights

Take time out for a fitness booster short break.

Get a quick body health check, and boost your fitness levels with personal training sessions and invigorating daily group activities.

Unwind with soothing Spa and marine based therapies and enjoy healthy & tasty low calorie meals.

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 3 nights stay at Vilalara Thalassa Resort
- Standard **Healthy & Tasty Low Calorie Meal Plan** – up to 5 Meals a day
- 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 Nutrition & Wellbeing Consultation.**
 - 1 Osteopathy Session:** manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
 - 1 Fitness Assessment with Personalized Fitness Plan.**
 - 2 Personal Training Sessions.**
 - 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 Sports Massage:** refreshing massage aimed at toning the muscle tissue by acting through muscular decompression.

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.