



LONGEVITY INTENSE DETOX & WEIGHT LOSS | 14 Nights

Increase your vitality and improve your overall health with a 14 night's intensive detox and weight loss holiday programme.

Check your health imbalances and learn how to enhance your wellbeing.

Detox and kick-start a healthy weight loss process through a medically approved Juice Fasting and detoxifying meal plan, cleansing and slimming therapies, and invigorating 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 14 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: *(details in the next page)*
 - 2 Personal Health Checks (initial and follow-up)
 - 2 Biophysical Evaluations (initial and follow-up)
 - 1 Evaluation of Heavy Metals and Trace Elements
 - 1 General Medical Consultation and Clinical Examination
 - 1 Follow-up General Medical Consultation
 - 1 Stress and Lifestyle Assessment
 - 2 Nutrition & Wellbeing Consultations (initial and follow-up)
 - 1 Longevity Detox, Repair & Anti-Inflammation Supplements
 - 1 Longevity Slim Supplement Kit
 - 4 Osteopathy Sessions
 - 2 Cranio Sacral Therapies
 - 4 Ozonetherapies (autohemotherapy)
 - 4 Detox Infusions for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System
 - 4 Manual Lymphatic Drainages
 - 2 Medical Pressotherapies
 - 4 Personal Training Sessions
 - 1 Longevity Skin Detox & Repair
 - 16 Thalassa Treatments (4 Days Thalassa Cure)
 - 2 Body Drainages
 - 2 Cellu-Contour

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Thalassa & Medical Spa Programme Details:

- 2 Personal Health Checks (initial and follow-up):** including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
- 2 Biophysical Evaluations (initial and follow-up):** 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 Follow-up General Medical Consultation.**
- 1 Stress and Lifestyle Assessment.**
- 2 Nutrition & Wellbeing Consultations (initial and follow-up).**
- 1 Longevity Detox, Repair & Anti-Inflammation Supplements:** exclusive formula to repair damaged cells and organs, and to defend body from chronic inflammation (caused by stress, unbalanced nutrition, sedentarism, pollution, toxins).
- 1 Longevity Slim Supplement Kit:** supplements (exclusive formula) which combine fat burn (Longevity Slim Fit), excess and toxin elimination (Longevity Laxative Boost) and vitamin replenish (Longevity Vitamin Plus), in a one month treatment plan.
- 4 Osteopathy Sessions:** manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
- 2 Cranio Sacral Therapies:** a gentle hands-on approach which releases tensions deep in the body to relieve pain and dysfunction and to improve health and performance.
- 4 Ozonetherapies (autohemotherapy):** intravenous ozone therapy improves the immune system, reduces inflammation and slows down the ageing process.
- 4 Detox Infusions for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System:** Intravenous therapy combining the right detoxifying and rebalancing substances, producing an effective detoxification of these organs and promoting health and wellbeing.
- 4 Manual Lymphatic Drainages:** efficient therapy for reducing fluid retention, toxins release, treating poor circulation and swelling.
- 2 Medical Pressotherapies:** assists the body's natural toxin-clearing functions.
- 4 Personal Training Sessions.**
- 1 Longevity Skin Detox & Repair.**
- 16 Thalassa Treatments (4 Days Thalassa Cure):** four sets of 4 thalassotherapy treatments/each, lasting approximately 2h30/per set. Includes consultation with a thalassotherapy specialist to determine the appropriate treatments for your case.
- 2 Body Drainages:** draining treatment that combines draining massage techniques with active marine principles, promoting detoxification of the skin and thinning of the silhouette.
- 2 Cellu-Contour:** localized treatment on the abdomen, hips, thighs, knees. Massage with specific techniques to act in the localized cellulite.

