



LONGEVITY INTENSE DETOX & WEIGHT LOSS | 7 Nights

Increase vitality and improve your overall health with an intensive detox and weight loss 7 night's programme.

Check your health imbalances and find out how you can improve your state of health.

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 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: *(details in the next page)*
 - 1 Personal Health Check
 - 2 Biophysical Evaluations (initial and final)
 - 1 Evaluation of Heavy Metals and Trace Elements
 - 1 General Medical Consultation and Clinical Examination
 - 1 Stress and Lifestyle Assessment
 - 1 Nutrition & Wellbeing Consultation
 - 1 Longevity Detox, Repair & Anti-Inflammation Supplements
 - 1 Longevity Slim Supplement Kit
 - 2 Osteopathy Sessions
 - 1 Cranio Sacral Therapy
 - 2 Ozonetherapies (autohemotherapy)
 - 2 Detox Infusions for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System
 - 2 Manual Lymphatic Drainages
 - 1 Medical Pressotherapy
 - 2 Personal Training Sessions
 - 1 Longevity Skin Detox & Repair
 - 1 Body Exfoliation
 - 8 Thalassa Treatments (2 Days Thalassa Cure)
 - 1 Body Drainage
 - 1 Cellu-Contour

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Thalassa & Medical Spa Programme Details:

- 1 **Personal Health Check:** including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
- 2 **Biophysical Evaluations (initial and final):** 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 **Stress and Lifestyle Assessment.**
- 1 **Nutrition & Wellbeing Consultation.**
- 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.
- 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.
- 2 **Ozonetherapies (Autohemotherapy):** intravenous ozone therapy improves the immune system, reduces inflammation and slows down the ageing process.
- 2 **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.
- 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.
- 2 **Personal Training Sessions.**
- 1 **Longevity Skin Detox & Repair.**
- 1 **Body Exfoliation.**
- 8 **Thalassa Treatments (2 Days Thalassa Cure):** two 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.
- 1 **Body Drainage:** draining treatment that combines draining massage techniques with active marine principles, promoting detoxification of the skin and thinning of the silhouette.
- 1 **Cellu-Contour:** localized treatment on the abdomen, hips, thighs, knees. Massage with specific techniques to act in the localized cellulite.



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.