



## LONGEVITY JUICE FASTING DETOX | 4 Nights

*Take the first step to improve your overall health with a Juice Fasting Detox short break.*

*Cleanse your body through a detoxifying meal plan or a medically approved Juice Fasting, Spa and marine based 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 4 nights stay at Vilalara Thalassa Resort
- **Mild Detoxifying Diet or Liquid/Juice Fasting Diet (detoxifying & anti-inflammatory shakes, juices and soups)** – up to 5 Meals a day (*Liquid/Juice Fasting Diet 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 General Medical Consultation and Clinical Examination.**
  - 1 Osteopathy Session:** manipulative holistic treatments applied to remove blockages, restore mobility and rebalance the musculoskeletal, visceral and cranio sacral systems.
  - 1 Manual Lymphatic Drainage:** efficient therapy for reducing fluid retention, toxins release, treating poor circulation and swelling.
  - 1 Body Exfoliation.**
  - 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.