



## LONGEVITY LIFE REJUVENATION & ANTI-AGEING | 7 Nights

*Indulge in a high impact health rejuvenating holiday programme, and benefit from in-depth diagnostics and therapeutics.*

*The total you is addressed: from your personal health status, imbalances and risk factors, to lifestyle and holistic strategies to slow ageing.*

*Prevent disease, boost your immune system defences, and enhance your quality of life with this innovative rejuvenation and health-maintenance programme.*

### 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
  - 1 Biophysical Evaluation
  - 1 Evaluation of Heavy Metals and Trace Elements
  - 1 Longevity Biochemical Profile Premium
  - 1 Life Length Telomere Evaluation
  - 1 Integrative Medicine and Anti-Ageing Consultation
  - 1 Nutrition & Wellbeing Consultation
  - 1 Stress and Lifestyle Assessment
  - 1 Session of Mind-Body Techniques for Stress Management
  - 1 Energetic Healing Session
  - 2 Mindfulness Therapy Sessions - Mind, Body and Inner Self Relaxation
  - 3 Osteopathy Sessions
  - 1 Cranio Sacral Therapy
  - 2 Ozonetherapies (autohemotherapy)
  - 2 Intravenous Nutrient Rebalancing Therapies (IV)
  - 1 Detox Infusion for Liver, Pancreas, Kidney, Gallbladder & Lymphatic System
  - 1 Manual Lymphatic Drainage
  - 1 Medical Pressotherapy
  - 1 Personal Training Session
  - 1 Longevity Skin Detox & Repair
  - 1 Mesolift Facial Rejuvenation
  - 1 Medical Body Mesotherapy (1 Zone)
  - 1 Body Exfoliation
  - 1 Seaweed Therapy
  - 4 Thalassa Treatments (1 Day Thalassa Cure)
  - 2 Therapeutic or Sports Massages

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### Thalassa & Medical Spa Programme Details:

- 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 **Longevity Biochemical Profile Premium:** includes basic analytical profile, body antioxidant power, fatty acids profile, cardiovascular profile, lipid profile, evaluation of neurotransmitters and its function in the brain, cofactors of the inflammatory process, study of intestinal dysbiosis (study of intestinal flora, fungi, parasites and viruses).
- 1 **Life Length Telomere Evaluation:** telomeres are structures at the ends of chromosomes whose main function is to act as "caps" to protect genes in process of cellular division. Each time a cell divides a portion of the telomere is eroded slightly. Critically short telomeres contribute to the onset of chronic and age-related diseases.
- 1 **Integrative Medicine and Anti-Ageing Consultation.**
- 1 **Nutrition & Wellbeing Consultation.**
- 1 **Stress and Lifestyle Assessment.**
- 1 **Session of Mind-Body Techniques for Stress Management.**
- 1 **Energetic Healing Session:** awakens energies that bring resilience, joy, and enthusiasm to our life – and greater vitality to our body, mind, and spirit.
- 2 **Mindfulness Therapy Sessions - Mind, Body and Inner Self Relaxation:** guided Power Meditation Nap, followed by meditation techniques for realization of the inner self, combined with breathing techniques that help de-stress, rejuvenate and vitalize the mind, body and soul for daily life.
- 3 **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 **Ozonotherapies (Autohemotherapy):** intravenous ozone therapy improves the immune system, reduces inflammation and slows down the ageing process.
- 2 **Intravenous Nutrient Rebalancing Therapies (IV):** boosts your antioxidant, vitamin and mineral levels much more effectively than oral supplements, helping the body to repair damage, recover tone and prevent ageing related diseases.
- 1 **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.
- 1 **Manual Lymphatic Drainage:** 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 **Personal Training Session.**
- 1 **Longevity Skin Detox & Repair.**
- 1 **Mesolift Facial Rejuvenation:** deep facial cleansing and Facial Treatment with multiple intradermal microinjections of vitamins, mineral and amino acids directly into the skin, stimulate the production of collagen and elastin, improves skin texture, tone, nourish and rejuvenate. It creates a fresher and healthier appearance of the entire skin surface.
- 1 **Medical Body Mesotherapy (1 Zone):** Cellulite and Skin tightening. Multiple micro-injections using biological active ingredients are used for weight loss and body sculpting, to reduce cellulite, firming, and contour undesired fat deposits. Once injected into the subcutaneous tissues, the formula slowly diffuses into the fat and break it down, providing you with a smoother and thinner aesthetic appearance.
- 1 **Body Exfoliation.**
- 1 **Seaweed Therapy:** an excellent tranquilizer, invigorating and slimming treatment.
- 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.
- 2 **Therapeutic or Sports Massages:** deep and reinvigorating massage that tones the muscle tissues 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.