



## LONGEVITY QUICK DETOX | 5 Nights

*Feel lighter, refreshed and revitalized with a detox short break.*

*Get a quick health assessment and learn how to improve your wellbeing.*

*Take advantage of soothing and cleansing therapies, a medically approved Juice Fasting and detoxifying meal plan, and reenergizing daily 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 5 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:
  - 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 General Medical Consultation and Clinical Examination.**
  - 1 Nutrition & Wellbeing Consultation.**
  - 2 Osteopathy Sessions:** 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 Medical Pressotherapy:** assists the body's natural toxin-clearing functions.
  - 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.