



LONGEVITY RELAX & WELLNESS | 7 Nights

Experience a renewed sense of relaxation and wellbeing.

Assess your health status and pamper yourself with a unique combination of high impact relaxing Spa & Thalassa treatments and invigorating 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

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.

- Accommodation for a 7 nights stay at Vilalara Thalassa Resort
- Half Board: Buffet breakfast + 1 **Standard Healthy & Tasty Low Calorie Meal**/ per night
- Daily supply of **Alkaline Water 9.5pH** and Herbal Teas
- 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 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.
 - 1 Session of Mind-Body Techniques for Stress Management.**
 - 1 Mindfulness Therapy Session - 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.
 - 1 Longevity Skin Detox & Repair.**
 - 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.
 - 1 Therapeutic or Sports Massage:** deep and reinvigorating massage that tones the muscle tissues by acting through muscular decompression.