



LONGEVITY THALASSA WEIGHT LOSS | 7 Nights

Get back on track and kick-start a sustainable and healthy weight loss process.

Check your health imbalances and learn how to improve your overall wellbeing.

Enjoy the perfect combination of fitness, detoxifying Spa and Thalassa treatments, slimming meals, and natural supplements for optimal results.

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:
 - 1 Personal Health Check:** including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
 - 1 Biophysical Evaluation with Personalized Fitness Plan.**
 - 1 Final Biophysical Evaluation.**
 - 1 General Medical Consultation and Clinical Examination.**
 - 1 Nutrition & Wellbeing Consultation.**
 - 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 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.**
 - 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.

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.