



VILALARA LONGEVITY THALASSA BREAK | 3 Nights

Escape your daily life with a 3 night's short break where you will enjoy relaxing Spa & Thalassa treatments and healthy & tasty meals, and reenergize with 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 3 nights stay at Vilalara Thalassa Resort
- Standard **Healthy & Tasty Low Calorie Meal Plan** - up to 5 Meals a day
- 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 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 Medical Consultation

4 Customized Thalassotherapy 30 min treatments that combine relaxation and seawater benefits for body detox.

2 Slimming Express 30 min: innovative treatment with double action, exfoliating and sculpting the silhouette with visible results from the first session.

1 Medical Pressotherapy: assists the body's natural toxin-clearing functions.

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.