



DISCOVER VILALARA LONGEVITY | 2 Nights

Pamper yourself with a relaxing short break and (re)discover Vilalara Longevity, dedicated to improve your wellbeing.

Give your body a quick and light wellness booster.

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 2 nights stay at Vilalara Thalassa Resort
- Buffet Breakfast in the resort restaurant
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area)
- Access to the **Longevity Vitality Plan** daily group activities - Please contact the Thalassa & Medical Spa reception for the activity plan map and more information
- Thalassa & Medical Spa programme, per person:

1 Cranio Sacral Therapy: Incorrect structural alignment of the Cranio-Sacral System - pelvis, spine and head - can compress our nerves, causing painful muscle spasms that will impair the body's normal functionality. This manual therapy aims to assess and improve the physiological function of the Cranio-Sacral System that surrounds and protects the brain and spinal cord attenuates and corrects abnormal tensions and dissipates the negative effects of stress on the central nervous system. It is a beneficial preventive therapy that supports and reinforces natural resistance against illness. It is suitable for any age group and has no contraindications. Improves states associated with pain and dysfunction including migraines, chronic pain and neurovascular and immune system coordination.

1 Multijet Bath: Relaxes muscles and joints and improves circulation. Effective at treating stress and fatigue.

1 Bubble Bath: 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.