



LONGEVITY ACTIVE DETOX | 7 Nights

Boost your immune system defences and increase your vitality with this active detox holiday programme.

Assess your health status and learn how to improve it.

Detox with a medically approved Juice Fasting and detoxifying meal plan, combined with body cleansing Spa & Thalassa therapies and revitalizing 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 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 - Please contact the Thalassa & Medical Spa reception for the activity plan map and more information.
- Thalassa & Medical Spa programme, per person: *(details in the next page)*
 - 1 Personal Health Check.**
 - 1 Biophysical Evaluation.**
 - 1 Evaluation of Heavy Metals and Trace Elements.**
 - 1 General Medical Consultation and Clinical Examination.**
 - 1 Nutrition & Wellbeing Consultation.**
 - 2 Osteopathy Sessions.**
 - 2 Manual Lymphatic Drainages.**
 - 1 Medical Pressotherapy.**
 - 1 Longevity Detox & Repair Facial with Hydrafacial®.**
 - 1 Body Exfoliation**
 - 4 Thalassa Treatments (1 Day Thalassa Cure).**

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.

Thalassa & Medical Spa Programme Details:

- 1 Personal Health Check:** including a health and lifestyle questionnaire, blood pressure, basic blood analysis.
- 1 Biophysical Evaluation:** The Biophysical Evaluation consists of an evaluation of the body composition which allows various parameters to be assessed: fat mass, muscle mass, body mass index (BMI), basal metabolism, distribution of fat mass and lean mass.
- 1 Evaluation of Heavy Metals and Trace Elements:** This test assesses the bioavailability of minerals, trace elements and heavy metals present in our tissues.
- 1 General Medical Consultation and Clinical Examination:** General Medical Consultation with General Clinical Examination, to assess the current state of health and detect disease or pre-disease states with the prescription of auxiliary diagnostic methods.
- 1 Nutrition & Wellbeing Consultation:** In our Longevity Nutrition Consultation, we aim to identify and prevent imbalances that may lead to the occurrence of diseases. During the consultation, a personalised meal plan is established to increase your body's self-defence capacity and optimise health and quality of life.
- 2 Osteopathy Sessions:** Holistic and Natural Therapy that combines a series of manipulative techniques focused on the causes of problems and complaints, rather than on the symptoms, to reduce pain and promote health and well-being by rebalancing the body and stimulating its healing mechanisms. Osteopathic manipulative treatment improves the body's ability to regain normal function, restores balance, produces no side effects and generates a rapid and safe therapeutic response, providing relief or elimination of pain and allows the restoration of an optimal level of homeostasis.
- 2 Manual Lymphatic Drainages:** Manual Lymphatic Drainage is a technique whose goal is to stimulate the lymphatic system through gentle movements to eliminate excess fluids and toxins in our body. This technique induces the reduction of liquid retention, activation of blood circulation, treatment of edemas, combating cellulite and even body relaxation.
- 1 Medical Pressotherapy:** Pressotherapy is a detoxifying treatment that uses lymphatic drainage to help promote the body's natural functions of eliminating toxins. It promotes better blood flow and treats the symptoms of heavy legs and cellulite conditions.
- 1 Longevity Detox & Repair Facial with Hydrafacial®:** A Facial Treatment with HYDRAFACIAL® that provides deep Cleaning and Nutrition to the skin. It removes dead cells and roughness in the skin's texture, boosting collagen production, which will leave your skin more hydrated, radiant and rejuvenated.
- 1 Body Exfoliation:** Marine - Coconut - Citrus - Lavender.
- 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.

