



LONGEVITY THALASSA & ANTI-AGEING | 10 Nights

Indulge in a high impact health rejuvenating holiday programme, and benefit from in-depth diagnostics and therapeutics.

The total you is addressed: from your personal health status, imbalances and risk factors, to lifestyle and holistic strategies to slow ageing.

Prevent disease, boost your immune system defences, and enhance your quality of life with this innovative rejuvenation and health-maintenance programme.

VILALARA THALASSA RESORT

Luxury resort in exclusive location

11 hectares of seaside gardens cared to perfection

Direct access to a secluded golden sand beach

Selected as one of five best Thalassotherapy Centres in the world, by Condé Nast Traveller magazine

5 Outdoor pools of fresh or sea water (1 is heated seasonally)

3 Tennis courts and 1 Padel court

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 10 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 nutritionist's approval.
- Daily supply of **Alkaline Water 9.5pH**, Herbal Teas & Detox Supplements.
- Access to the Relaxation Area (Sauna, Turkish bath, Fitness Area).
- Access to the **Thalassa & Medical Spa Vitality Plan** daily group activities.
- Thalassa & Medical Spa programme, per person:

1 Personal Health Check.

2 Biophysical Evaluations.

1 Evaluation of Heavy Metals and Trace Elements.

1 Longevity Biochemical Profile Premium.

1 Life Length Telomere Evaluation.

1 Functional Medicine and Smart Ageing Consultation.

1 Integrative Nutrition & Wellbeing Consultation.

1 Stress and Lifestyle Assessment.

1 Mind-Body Techniques for Stress Management.

1 Energetic Healing Session.

1 Mindfulness Therapy Session - Mind, Body and Inner Self Relaxation.

1 Longevity Detox, Repair & Anti-Inflammation Supplements.

1 Osteopathy Session.

1 Cranio Sacral Therapy.

4 Ozonetherapies (autohemotherapy) OR BASIC Longevity Infusion Therapies.

2 Manual Lymphatic Drainages.

2 Medical Pressotherapies.

2 Personal Training Sessions.

1 Longevity Skin Detox & Repair Facial with Hydrafacial®.

1 Body Exfoliation.

2 Therapeutic or Sports Massages.

Daily Health and Wellness assistance.

20 Thalassa therapy treatments (prescribed by a Thalassa doctor, consultation included).

10 PAPIMI® sessions (25min./each) (Detoxification/ Anti-Inflammation/ Immunity Booster/Cellular Energizing)

OR 20 iCOONE® LaserMed sessions (25min./each) (Lymphatic Drainage & Circulation Booster/ Anti-Cellulite/ Body Remodelling & Firming) - all non-invasive therapies.