



LONGEVITY THALASSA DETOX | min. 3 Nights

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

Detox with a juice fasting and detoxifying meal plan, combined with body cleansing Spa and Thalassa therapies and revitalizing daily group activities.

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

- Accommodation for a 3, 4, 5, 7 or 14 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:

2 Biophysical Evaluations (initial and final).

1 Integrative Nutrition & Wellbeing Consultation.

Daily Health and Wellness assistance.

2 Thalassa therapy treatments per night (prescribed by a Thalassa doctor, consultation included).

1 PAPIMI® session per night (25min) (Detoxification/ Anti-Inflammation/ Immunity Booster/Cellular Energizing)

OR 2 iCOONE® LaserMed sessions per night (25min/each) (Lymphatic Drainage & Circulation Booster/ Anti-Cellulite/ Body Remodeling & Firming) – all non-invasive therapies.

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.