



LONGEVITY THALASSA INTENSE DETOX & MARINE SLIMMING | 14 Nights

Increase your vitality and improve your overall health with a 14 night's detox and marine slimming holiday programme.

Check your health imbalances and learn how to enhance your wellbeing.

Detox and kick-start a healthy weight loss process through a medically approved Juice Fasting and detoxifying meal plan, cleansing and slimming therapies, and invigorating 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

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 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:

1 Personal Health Check.

2 Biophysical Evaluations.

1 Evaluation of Heavy Metals and Trace Elements.

1 General Medical Consultation and Clinical Examination.

1 Stress and Lifestyle Assessment.

1 Integrative Nutrition & Wellbeing Consultation.

1 Longevity Detox, Repair & Anti-Inflammation Supplements.

1 Longevity Slim Supplement Kit.

4 Personal Training Sessions (HIIT / Fat Burner / Slimming).

2 Osteopathy Sessions.

6 Ozonetherapies (autohemotherapy) **OR BASIC Longevity Infusion Therapies.**

4 Manual Lymphatic Drainages.

2 Medical Pressotherapies.

1 Longevity Skin Detox & Repair Facial with Hydrafacial®.

2 Body Exfoliations.

10 Body Reshaping Treatments (tailor mix of slimming, anti-cellulite, firming, silhouette contouring).

Daily Health and Wellness assistance.

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

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

OR 28 iCOONE® LaserMed sessions (25min./each) (Lymphatic Drainage & Circulation Booster/ Anti-Cellulite/ Body Remodelling & Firming) - all non-invasive therapies.