



## LONGEVITY FITNESS BOOSTER | 3 Nights

*Take time out for a fitness booster short break.*

*Get a quick body health check, and boost your fitness levels with personal training sessions and invigorating daily group activities.*

*Unwind with soothing Spa and marine based therapies and enjoy healthy & tasty low calorie meals.*

- Accommodation for a 3 nights stay at Vilalara Thalassa Resort
- Standard **Healthy & Tasty Low Calorie Meal Plan** - up to 5 Meals a day
- Daily supply of **Alkaline Water 9.5pH** and Herbal Teas
- 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:

### 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

**1 Personal Health Check**

**1 Biophysical Evaluation**

**1 Nutrition & Wellbeing Consultation**

**1 Osteopathy Session**

**1 Fitness Assessment with Personalised Fitness Plan**

**2 Personal Training Sessions**

**1 Multijet Bath**

**1 Bubble Bath**

**1 Sports Massage**

**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.