



LONGEVITY HOLISTIC REBALANCE | 5 Nights

Let go of stress and enjoy a holistic wellness holiday.

Rebalance your body, mind and spirit with holistic and healing therapies and revitalizing Spa & Thalassa treatments, and reenergize with 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 5 nights stay at Vilalara Thalassa Resort
- Half Board: Buffet breakfast + 1 **Standard Healthy & Tasty Low Calorie Meal**/ per night
- 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:

1 Personal Health Check

1 Nutrition & Wellbeing Consultation

2 Osteopathy Sessions

1 Cranio Sacral Therapy

1 Energetic Healing Session

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

1 Body Exfoliation

1 Multijet Bath

1 Bubble Bath

1 Therapeutic or 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.