



LONGEVITY RELAX & WELLNESS | 7 Nights

Experience a renewed sense of relaxation and wellbeing.

Assess your health status and pamper yourself with a unique combination of high impact relaxing Spa & Thalassa treatments and invigorating daily 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 7 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 Biophysical Evaluation**
 - 1 Evaluation of Heavy Metals and Trace Elements**
 - 1 General Medical Consultation and Clinical Examination**
 - 1 Nutrition & Wellbeing Consultation**
 - 2 Osteopathy Sessions**
 - 1 Cranio Sacral Therapy**
 - 1 Session of Mind-Body Techniques for Stress Management**
 - 1 Mindfulness Therapy Session - Mind, Body and Inner Self Relaxation**
 - 1 Longevity Skin Detox & Repair with Hydrafacial®**
 - 4 Thalassa Treatments (1 Day Thalassa Cure)**
 - 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.