



## LONGEVITY THALASSA MARINE SLIMMING | 7 Nights

*Get back on track and kickstart a sustainable and healthy weight loss process.*

*Check your health imbalances and learn how to improve your overall wellbeing.*

*Enjoy the perfect combination of fitness, detoxifying Spa and Thalassa treatments, slimming meals, and natural supplements for optimal results.*

### 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.
- 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 General Medical Consultation and Clinical Examination.**

**1 Integrative Nutrition & Wellbeing Consultation.**

**1 Longevity Slim Supplement Kit.**

**1 Personal Training Session** (HIIT / Fat Burner / Slimming).

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

**Daily Health and Wellness assistance.**

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

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

**OR 14 iCOONE® LaserMed sessions** (25min./each) (Lymphatic Drainage & Circulation Booster/ Anti-Cellulite/ Body Remodelling & 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.