



Relieve from the pressure of everyday life and relax.

Check your health imbalances and boost your wellbeing with soothing Spa & Thalassa therapies and revitalizing 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

LONGEVITY WELLNESS BOOSTER | 5 Nights

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

1 Medical Pressotherapy

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.