



LONGEVITY & ANTI-AGEING

Our chronological age and the damage that our body has gone through during our life, which is known as Biological age, may differ depending on our life style, our nutrition and our stress levels.

It is a program that includes diagnosis, analysis and personalized treatments as to lengthen your life expectancy with a natural and healthy way.

A personalized Mediterranean or Macrobiotics diet program, postural training and stress management exercises as well as methods for the equilibrium of hormones are some of the aspects of the program that, when combined with the benefits of thermal water and of thermal mud, will help towards the optimization of your health and will bring rejuvenation to your life.

Recommended to:

Improving life Quality.

Slowing down the Ageing Process.

Natural Rejuvenation and Refreshment.

Health Optimization and Increase Vitality.

Prevention of Health Diseases.

Enhancement of Immune System.

INCLUDES

- Accommodation for a 7 nights stay in a Executive (pool view) Room.
- Healthy and Tasty Low Calorie meal plan – up to 5 meals a day, liquid diet, juices and soups, subject to nutriouist approval.
- Daily supply of Alkaline water and Herbal Teas.
- Access to the Relaxation and Hydrotherapy Area subject to doctor's approval. Farmer steam Bath, Thermal Grotta, thermal and sea water circuit pools, for as long as they remain open. In the evening, the water is renewed 100%. Pools include a) an indoor pool with a 100% thermal water of 32-34 °C and b) an outdoor pool with sea water and thermal water of 28-30 °C, multiple hydromassage facilities, jacuzzi, wild water, sprinklers e.t.c..
- Access to the fully equipped gym.
- Attendance to Aqua gym sessions.
- Personal spa bag.
- Bathrobe, sleepers and daily cleaning service.
- Two-way airport transfer for at least 2 guests or one-way transfer from the airport for one guest.

SPA Program details

- 1 Personal Healthy check: Including a healthy and lifestyle questionnaire, blood pressure, basic blood analysis, cardiovascular profile.
- 1 Biophysical Evaluation: Measure body fat, muscle, body mass index (BMI), Basal metabolism rate (BMR), the distribution of fat / muscle mass in the body as well as your metabolic versus your chronological age.
- 1 Evaluation of Heavy Metals and Trace Elements.
- 1 Musculoskeletal and postural evaluation with a physiotherapist.
- 1 Nutrition Consultation.
- 1 Session of Mind-Body Techniques for Stress Management.
- 1 Mindfulness therapy Sessions. Guided, Power Meditation Nap followed by meditation techniques for realization, combined with breathing techniques that help de-stress and rejuvenate the mind, body and soul.
- 6 Total Body mud Treatments.
(Destressing, Therapeutic for Rheumatic and Arthritic pain, Promoting Vitality and Energy Fostering Wellbeing.)
- 6 Hydro Ozono – therapy with thermal water.
(Combating cellulite and improving toning with beneficial effect of ozone)
- 2 Manual Lymphatic drainage.
(Reducing fluid retention, toxins release, treating poor circulation and swelling)
- 1 Reflexology.
(Finger pressure on specific areas of the Foot that correspond to internal organs for Relaxing, rejuvenating, Detoxifying)
- 1 Deep Tissue massage.
(Realigning deeper layers of muscle)
- 3 Traditional Ayurvedic Treatments.
(Body, Head, Foot massage for Relaxing, Reducing stress, Encouraging better sleep, combating anxiety, supporting circulation, Relief of “Heavy legs” Rejuvenating, by Indian Traditional practice)
- 1 Body peeling.
(Salt crystals eliminate impurities and dead cells, enriches the skin with essential minerals and elements)
- 1 Olive wonder.
(Ultra hydrating and nutrition olive body mask with olive oil from our Farm)
- 1 Deep Facial cleaning.
(Cleanse, tone, exfoliate and moisturize with a special mask)
- 1 Customized Facial aromatherapy massage.
(Specifically designed massage with essential oil which produces a deep state of harmony)
- 3 Sessions Physical Mobility exercises.
(Designed to take the stress off of overworked muscles and joints by strengthening muscles that tend to be weak and stiff)

Prices

PERIOD	Low		Mid		High		High-High	
	02/01-31/03 01/011-17/12		01/04-27/04 0 3/05/-14/06 01/10-31/10		15/06-15/07 01/09-30/08		18/12-01/01 28/04-02/05 16/07-31/08	
	7 nights	14 nights	7 nights	14 nights	7 nights	14 nights	7 nights	14 nights
Double Room	3480	6612	3535	6716	3660	6954	3805	7230
Accompanying guest	575	1034	626	1127	732	1317	866	1557
Single room	3885	7381	3995	7590	4185	7951	4455	8465

All rates are net, valid per person and include taxes.