



## **WEIGHT LOSS & RECREATION**

### **Weight loss programme**

Excessive body weight is associated with various diseases. Thermae Sylla Spa Wellness Hotel offers guests the opportunity to restore their body to an ideal health condition by regaining and even increasing their energy via nutrition and other treatment types, which helps with the stabilization of metabolism and the reduction of blood sugar levels.

A weight loss programme for rehabilitation based on ancient dietary practices from Greece, the country with the highest life expectancy, including natural drinks with therapeutic properties, which help with the removal of excess fat.

Our main goal is to point out the importance of learning all about healthy eating by following a diet based on natural products, and encourage you to follow your diet plan until you reach an ideal weight by reducing the amount of fat and stabilizing muscle density (muscle density, bone density, skin etc.) with the simultaneous activation of metabolic functions. When the weight loss process is completed, we help you maintain your ideal weight for the rest of your life, thus improving your health and energy levels.

The weight loss programme is ideal for people who suffer from excess weight, fatigue, depression caused by their appearance, as well as eating disorders.

### **Key Symptoms:**

- Obesity
- Excess weight
- Cellulite
- Poor blood circulation
- Water retention
- Low metabolic energy

### **Includes:**

- General medical examination and clinical analysis;
- Medical consultation upon start and completion of the programme;
- Tailor-made nutrition programme and supervision by nutritionist;

- Natural drinks with therapeutic properties based on a tailor-made recipe provided by nutritionists;
- Treatment programme:

Programme:

The daily programme involves exercising and swimming.

Day 1: Body peeling, Total seaweed, Lymphatic massage.

Day 2: Thermal hydromassage CO<sub>2</sub>, Total seaweed, Slimming massage 30'.

Day 3: Facial Tightening, Thermal mud, Lymphatic massage.

Day 4: Thermal hydromassage CO<sub>2</sub>, Pumpkin seed body wrap, slimming massage 30'.

Day 5: Fitobalnea anti-cellulite, Pumpkin seed bodywrap, slimming massage 30'.

Day 6: Flash Beauty, Total seaweed, slimming massage 30'

- Free access to hydrotherapy facilities, as advised by doctors: 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, etc.
- Free access to the fully-equipped gym
- Free attendance to aqua gym sessions
- Personal Spa bag
- Stay in a standard double room for 7-14 nights, 6-12 days. Spa treatments based on programme. A daily surcharge of 20€ for the 1st and 2nd period and 25€ for the 3rd and 4th period applies for sea-view rooms
- Bathrobe, slippers and daily cleaning service
- Welcome drink upon arrival
- 2 bottles of CONTREX water daily in the Room
- Half board with buffet or menu. Meals are prepared with the freshest seasonal produce, which are rich in vitamins and help with the body's detoxification. Homemade food is steam cooked or grilled, and we use Greek recipes, along with extra virgin olive oil, which we produce locally. Special diet or vegetarian menus are available upon request and at a cost.

- Two-way airport transfer for at least 2 guests or one-way transfer from the airport for one guest.

## **PRICES**

ROOM TYPES/ PERIOD	LOW		MEDIUM		HIGH		HIGH HIGH	
	02/01 - 31/03 01/11 - 17/12		01/04 - 04/04 10/04 - 31/05 01/10 - 31/10		01/06 - 15/07 01/09 - 30/09		18/12 - 01/01 05-09/04 16/07 - 31/08	
	<b>7 nights</b>	<b>14 nights</b>	<b>7 nights</b>	<b>14 nights</b>	<b>7 nights</b>	<b>14 nights</b>	<b>7 nights</b>	<b>14 nights</b>
Double room	2500	4500	2549	4588	2651	4806	2775	4995
Accompanying guest	575	1034	626	1127	732	1317	866	1557
Single room	2908	5236	2994	5390	3174	5713	3391	6103

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