

THERMAL CLASSIC CURE

Therapeutic Programme for Rehabilitation, Prevention and Rejuvenation.

Since early times, people have enjoyed the benefits of thermal spas and used them as alternative treatments for a wide range of chronic diseases. Relaxing spas, massages, swimming in thermal water and wraps with natural thermal mud stimulate blood circulation, relax muscles, relieve pain caused by arthritis and help our body regain mobility. Moreover, the thermal springs of Edipsos in Greece have been known for their healing properties since around 500 BC, the time of Hippocrates, who recommended hydrotherapy as a treatment for rheumatism. The water emerges from a depth of 2500m at a temperature of 75-85 °C and is rich in minerals, as well as trace elements.

Key symptoms

- Limitation or pain relief from musculoskeletal disorders. Results will be evident between 10 and 21 days after treatment.
- Degenerative changes in the spinal column, the joints and the muscles.
- Rheumatic diseases.
- Arthropathies.
- Mobility disorders.
- Feeling of physical exhaustion and weakness after injuries and surgery.
- Skin diseases.

Includes:

- General medical examination and clinical analysis.
- Medical consultation upon start and completion of the programme.
- Nutrition advice by dietician for an extra charge.
- Treatment programme:
 - Daily : Thermal mud wrap;
Thermal Water Hydromassage;
30-minute General Therapeutic Massage.
- 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
- 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		Mid		High		High - High	
			MEDIUM		HIGH		HIGH HIGH	
	02/01 - 31/03 01/11 - 17/12		01/04-12/04 18/04-31/05 01/10-31/10		01/06-15/07 01/09-30/09		18/12-01/01 &13/04-17/04 16/07-31/08	
	7 nights	14 nights	7 nights	14 nights	7 nights	14 nights	7 nights	14 nights
Double Room	1238	2226	1288	2318	1393	2508	1520	2736
Accompanying guest	591	1063	644	1158	752	1354	890	1601
Single Room	1658	2983	1746	3142	1931	3474	2153	3875

All rates are valid per person and include taxes.