

ANTISTRESS PROGRAMME

Relaxing Thermal Spa Experience

A hectic routine, along with the hunt for success and bad nutritional habits are the main causes of emotional and physical exhaustion. At the end of the day, the lack of energy results in headaches, chronic stress symptoms, intolerance, disturbance of our psychosomatic balance and an overall decrease in performance. Therefore, your holiday in Therma Sylla spa and wellness resort involves relaxation combined with therapies and prevention treatments following a personalized programme. In this way, your self-improvement mechanism is activated, offering a life of higher quality. According to Hippocrates, the founding father of modern medicine, “our body has a self-healing ability, as long as we give it the opportunity to do so”.

Key Symptoms:

- Stress, lack of concentration
- Weakness
- Cell destruction – Oxidative stress
- Insomnia, headaches
- Muscle stretching
- Improvement of the immune system
- Improvement of psychophysical parameters
- Harmonization of mental state
- Deep relaxation
- Detoxification
- Rejuvenation

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:

Day 1: Body peeling, Signature Thermal Aromatherapy, Padabyang –
Ayurvedic Foot massage

Day 2: Thermal mud, Reflexology, Anti-stress massage 30’.

Day 3: Thermal Fitobalnea relaxation, Shirobhyang – Ayurvedic head massage, Thin rain shower massage.

Day 4: Thermal hydro-massage Caracalla, Padabyang – Ayurvedic foot massage, Facial aromatherapy massage.

Day 5: Pumpkin seed body wrap, Reflexology, Anti-stress massage 30’.

Day 6: Thermal mud, Lomi-lomi, Facial aromatherapy 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	
	02/01 - 31/03 01/11 - 17/12		01/04 - 27/04 03/05 - 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	1494	2688	1505	2710	1608	2894	1731	3117
Accompanying guest	575	1034	626	1127	732	1317	866	1557
Single room	1865	3357	1951	3511	2130	3835	2347	4224

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