

DETOX PROGRAMME

Enjoy a great feeling of wellness, revitalization, energy.

Our body has the ability to detoxify itself, however, nowadays the plethora of information around us makes us rather demanding as we tend to expect more in less time, and this practice leaves us with little time to take care of ourselves.

So, we forget that our body needs more than just food and drink. All of us make sure our home is clean in order to ensure that our health is not in danger. But do we ever do the same with our body? How often do we remove the refuse accumulated in our body and put our physical health at risk?

Detoxification is the most important parameter that triggers the activation of our body's natural functions. Toxins penetrate our body through inhalation and nutrition, and eventually, the body itself produces toxins as a result of the chemical reactions occurring while certain functions are performed.

Thermae Sylla Spa Wellness Hotel applies a combination of treatments including thermal water, massage and other natural methods; all of them complete with the key to detoxification, that is, nutrition itself. Thus, we can remove the harmful toxins and improve our vitality and wellness. After all, "an ounce of prevention is worth a pound of cure".

Key symptoms

- Chronic weakness syndrome
- Decrease of vital energy
- Feeling of oppression
- Cellulite
- Immunodeficiency
- Improve blood circulation
- Detox
- Increased energy levels
- Feeling of positivity and well-being

Includes:

- General medical examination and clinical analysis

- Medical consultation upon start and completion of the programme
- Personalized nutrition programme by nutritionists.
- Natural drinks with therapeutic properties based on a tailor-made recipe provided by nutritionists.
- Treatment programme:

Day 1: Wine draft, Lymphatic massage.

Day 2: Ozonotherapy, Thermal mud, Tonic massage 30'.

Day 3: Ozonotherapy, Local seaweed, –Lymphatic massage.

Day 4: Thermal Fitobalnea oxidant, Ayurvedic total body massage-

Day 5: Thermal hydromassage, Facial Aromatherapy, Energetic salt therapy.

Day 6: Ozonotherapy, Chocolate body treatment, Signature Face grape treatment.

- 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 100% thermal water of 32-34 °C and b) an outdoor pool with sea 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 40€ for the 1st and 2nd period and 50€ 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.

RATES PER PERSON

ROOM TYPES/ PERIOD	Low		Mid		High		High - High	
			01/04-24/04		01/06-15/07		18/12-01/01	
	02/01-31/03		30/04-31/05		01/09-30/09		&25/04-29/04	
	01/11-17/12		01/10-31/10				16/07-31/08	
	7 nights	14 nights						
Double room	1880	3382	1930	3473	2038	3668	2168	3902
Accompanying guest	621	1116	676	1216	790	1422	935	1681
Single room	2308	4154	2398	4318	2587	4656	2813	5065