

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
- 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	
	7 nights	14 nights						
			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	1300	2115	1352	2434	1453	2633	1596	2873
Accompanying guest	621	1116	676	1216	790	1422	935	1681
Single room	1741	3132	1833	3299	2028	3648	2261	4069