

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 20 min
- Signature Thermal Aromatherapy 60 min (20min thermal water+30min massage)
- Shirobhyang –Ayurvedic head massage 30 min

Day 2:

- Thermal mud 35 min (20 min thermal mud wrap +15 min Thermal bath)
- Thin rain shower massage 30 min
- Feet Reflexology 30 min

Day 3:

- Thermal Fitobalnea relaxation bath 20 min
- Thermae Sylla grapes (massage + back therapy) 45 min

Day 4:

- Thermal Hydro-massage Caracalla 20 min
- Anti-stress massage 30 min
- Intracellular facial cupping massage with essential oils 30 min

Day 5:

- Thermal mud 35 min (20 min thermal mud wrap +15 min Thermal Bath)
- 4 Hands relaxing massage 45 min
- Padabyang –Ayurvedic foot massage 30 min

Day 6:

- Pumpkin seed body wrap 30 min
- Lomi-Lomi 45 min
- Free access to hydrotherapy facilities, as advised by doctors: 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 hydro massage facilities, Jacuzzi, wild water, sprinklers, etc.
- Free access to the fully-equipped gym
- Free attendance to aqua gym sessions
- Personal Spa bag
- Stay for 4-7-14 nights, 3-6-12 days. Spa treatments based on programme.

- Bathrobe, slippers and daily cleaning service
- Half board (breakfast and lunch) 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.
- Two-way airport transfer for at least 2 guests for 7 or 14 nights ,or one-way transfer from the airport for one guest for 7 or 14 nights.

The program may change without any notice.

**For reservations and information contact the Reservations Department
at 22260-60100 or send your e-mail to reservations@thermaesylla.gr**