

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: 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
- Stay for 4-7-14 nights, 3-6-12 days. Spa treatments based on programme.
- 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**