

WEIGHT LOSS & RECREATION

Weight loss programme

Excessive body weight is associated with various diseases. Thermae Sylla Spa Wellness Hotel offers guests the opportunity to restore their body to an ideal health condition by regaining and even increasing their energy via nutrition and other treatment types, which helps with the stabilization of metabolism and the reduction of blood sugar levels.

A weight loss programme for rehabilitation based on ancient dietary practices from Greece, the country with the highest life expectancy, including natural drinks with therapeutic properties, which help with the removal of excess fat.

Our main goal is to point out the importance of learning all about healthy eating by following a diet based on natural products, and encourage you to follow your diet plan until you reach an ideal weight by reducing the amount of fat and stabilizing muscle density (muscle density, bone density, skin etc.) with the simultaneous activation of metabolic functions. When the weight loss process is completed, we help you maintain your ideal weight for the rest of your life, thus improving your health and energy levels.

The weight loss programme is ideal for people who suffer from excess weight, fatigue, depression caused by their appearance, as well as eating disorders.

Key Symptoms:

- Obesity
- Excess weight
- Cellulite
- Poor blood circulation
- Water retention
- Low metabolic energy

Includes:

- General medical examination and clinical analysis;
- Medical consultation upon start and completion of the programme;
- Tailor-made nutrition programme and supervision by nutritionist;
- Natural drinks with therapeutic properties based on a tailor-made recipe provided by nutritionists;

Programme:

The daily programme involves exercising and swimming.

Day 1:

- Body peeling 20 min
- Thermal mud 20 min
- Lymphatic Massage 80 min

Day 2:

- Sea Water Hydro massage jet 15 min
- Total body seaweed wrap 30 min
- Intracellular cupping anti –cellulite massage 30 min

Day 3:

- Thermal mud 35 min (20 min thermal mud wrap +15 min Thermal bath)
- Thermae Sylla Anti-wrinkle facial 45 min
- Slimming or Tonic massage 30 min

Day 4:

- Thermal Hydromassage Caracalla with essential oils 20 min
- Sea Water Hydro massage jet 15 min
- Lymphatic massage 80 min

Day 5:

- Thermal mud 35 min (20 min thermal mud wrapped +15 min Thermal Bath)
- Pumpkin seed body wrap 30 min
- Thermae Sylla anti=cellulite treatment 30 min

Day 6:

- Sea Water Hydro massage jet 15 min
- Total seaweed wrap 30 min
- Slimming or tonic massage 30 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 hydromassage 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

- 2 bottles of CONTREX water daily in the Room
- Full board menu (Breakfast-Lunch-Dinner). 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