



THERMAL CLASSIC CURE

Therapeutic program for health Rehabilitation, Prevention and Rejuvenation.

People since ancient times have enjoyed the benefits of hot thermal baths and used them as alternative treatments for various chronic diseases. Relaxing spa baths, massages, swimming in warm thermal water and body wraps with natural thermal mud stimulate blood circulation, relax muscles, soothe arthritis pain and help the body regain its mobility. After all, the thermal waters of Edipsos in Greece have been famous for their healing properties since the time of the “father of Medicine”, Hippocrates, in 500 BC. ca., who recommended hydrotherapy for the cure of rheumatism. They emerge from a depth of 2500 meters at a temperature of 75-85 °C and are rich in mineral salts and trace elements.

Duration: 4 / 7 /14 days.

G o a l s

Optimizing health by reducing or delaying the effects of diseases of the musculoskeletal system.

Regaining vitality and mobility for a better state of health and well-being.

R e c o m m e n d e d f o r

- . People interested in improving their physical status.
- . People who wish to slow down the degeneration process of the joints and ligaments of the musculoskeletal system

Main Indications

- Reduction or relief from pains of diseases of the musculoskeletal system after 10 days to 3 weeks
- Degenerative changes in the spine, joints and muscles.
- Rheumatism.
- Arthritis.
- Disorders of motor functions.
- Conditions of physical exhaustion and weakness of the body after injuries and operations.
- Skin diseases.

M e t h o d o l o g y

Under the supervision and recommendations of our professionals team, we achieve the revitalization of the organization through:

- General Medical examination and clinical analysis.
- Medical advice and lifestyle recommendations that promote learning new healthy habits.
- Nutritional recommendations and advice by nutritionist for an extra fee
- Program of treatments and exercises.

P r o g r a m C o n t e n t

Daily: Wrapping with hot thermal mud,
Bath - hydromassage with thermal water,
General therapeutic massage 30'
3 sessions Aqua bike 20min

Natural Treatments

• Free use of the hydrotherapy services as recommended by the doctor:
Farmer Steam Bath, Thermal Grotta, pools with continuous flow of fresh Thermal and sea water during their operation, while every night after being cleaned, they renew 100% their waters, a) indoor pool with 100% thermal water 32-34 °C and b) outdoor with seawater and Thermal water 28-30 °C, with a lot of hydromassages, Jacuzzi, wild water, sprinklers, etc.

Fitness and exercises

- Free use of a fully equipped gym
- Free participation in the Aqua gym program

Accommodation

- 4,7,14 nights stay/ 3,6,12 days SPA treatments according to the program.
- Bathrobes, slippers, personal SPA bag
- Half Board (Breakfast & Lunch) Buffet or menu.

Healthy Nutrition

- Our meals are prepared with fresh seasonal products, rich in vitamins that help remove the harmful toxins from the body. Boiled, steamed or grilled food by applying Greek homemade recipes with pure virgin olive oil from our own farm.

Transfer

- Transfer: Athens Airport -Hotel-Athens Airport for 2 persons minimum or Athens Airport-Hotel for 1 person.



The program is subject to be modified without any notice. For reservations and information, please contact the reservations department at 22260-60100 or send your e-mail to reservations@thermaesylla.gr