



ANTISTRESS PROGRAMME

Thermal relaxation holidays

The intense rhythms of everyday life and the pursuit of success combined with bad eating habits are the main factors for emotional and physical fatigue. In the end, our lack of energy creates anxiety, symptoms of chronic stress, headaches, makes us irritable, impatient, disrupts our psychosomatic balance and efficiency.

Duration: 4 / 7 /14 days.

G o a l s

We seek to reduce the impact of accumulated chronic stress, identify and neutralize situations that cause stress in order to limit adverse symptoms such as fatigue, insomnia, anxiety and restore optimal levels of health and energy in an ideal environment.

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

People who want to disconnect and relax while learning new healthy habits.
People who seek to improve their lifestyle and well-being.

Basic indications

- Anxiety, lack of concentration
- General fatigue
- "Rust" of the organism - oxidative stress
- Insomnia, headaches
- Muscle areas
- Improving the body's defenses
- Improvement of psychosomatic parameters
- Harmonization of mental state
- Deep relaxation
- Elimination of harmful toxins
- Rejuvenation lack of concentration

Methodology

Holidays at Thermae Sylla Spa offer relaxation facilities that combine treatment and prevention in a personalized program, helping to activate self-improvement mechanisms so that we have a better quality of life. Because according to the words of the father of medicine "our body has the ability to heal itself, as long as it is given the opportunity to do so".

We achieve this with an approach to new healthy habits through:

- General Medical examination and clinical analysis
- Medical advice and lifestyle recommendations that promote learning healthy habits.
- Program of treatments and exercises.

Program Content

Wellness Treatments:

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

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 may change without any notice.

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