



## **Detox Programme**

**Enjoy a wonderful feeling of Well-being - Stimulation - Energy.**

Our body is naturally equipped with its own detoxification process, but in the modern lifestyle the abundance of information makes us expect more in less time and this situation leaves us no time to take care of our health and happiness.

So we forget that our body needs more than food and water. We make sure to clean our house regularly because otherwise our health is at risk. Do we do the same with our bodies? How many times do we throw away the "garbage" that has accumulated inside us, which steals our energy and endangers our physical health?

Toxic substances enter the body through breathing, through food and finally the body itself produces them as a result of chemical reactions of its function.

**Duration:** 4 / 7/14 days.

### **G o a l s**

Detoxification of the body, which is the most important factor in activating the body's natural functions.

Cleanse the body of toxins accumulated in the liver and digestive system due to wrong eating habits and external pollutants. Getting rid of harmful toxins will improve our vitality and well-being "A gram of prevention is worth a ton of medicine".

Learn new healthy eating habits to enhance your natural detoxification mechanisms.

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

.Persons with limited capacity for normal detoxification.

.People subject to high levels of stress and pollution.

.People who have harmful habits such as excessive consumption of alcohol, coffee, drugs, tobacco or poor diet.

### **Basic indications**

- Chronic fatigue syndrome
- Decrease in vital energy
- Feeling of heaviness Cellulitis
- Weakening of the immune system
- Traffic improvement
- Detoxification
- The body receives a strong energy load
- Feeling of positive mood & well-being

## **M e t h o d o l o g y**

At Thermae Sylla Spa Wellness Hotel the combination of thermal water treatments, hand massages and other natural methods are complemented by the ultimate act of detoxification which is the diet itself.

We detoxify our body through:

.General Medical examination and clinical analysis.

.Medical advice and lifestyle recommendations that promote learning healthy habits.

.Program of treatments and exercises.

## **P r o g r a m   C o n t e n t**

### **Wellbeing Treatments**

Day 1:

- Thermal hydromassage 20 min
- Scrub wine draft 30 min
- Anti-stress massage 30 min

Day 2:

- Farmer's steam bath with eucalyptus 20 min
- Lymphatic massage 80 min

Day 3:

- Sylla's Thermal cave 40 min
- Thermal mud 35 min (20 min thermal mud wrap +15 min Thermal Bath)

Day 4:

- Farmer's Steam Bath with eucalyptus 20 min
- Lymphatic massage 80 min

Day 5:

- Sylla's thermal Cave 40 min
- Thermal mud 35 min (20 min thermal mud wrap + 15 min Thermal Bath)

Day 6:

- Chocolate body treatment 60 min
- Signature Face grape treatment 60 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@thermaesylla.gr](mailto:reservations@thermaesylla.gr)**