



WEIGHT LOSS & RECREATION

Weight loss program

Being overweight is the cause of many health problems. At Thermae Sylla Spa Wellness Hotel you have the opportunity to restore the ideal state of health by recovering and increasing energy levels, through nutrition and other types of treatment that help to stabilize metabolism and reduce blood glucose levels.

A weight loss program that restores health based on ancient nutritional practices from the country with the highest life expectancy, along with natural healing drinks that promote the removal of excess fat.

Duration: 4/7/141 days

G o a l s

Our main goal is to emphasize the importance of learning how to eat healthy by following a diet based on natural products, encouraging you to persist until you reach your ideal weight, reducing the amount of fat and stabilizing muscle mass (muscle mass, bone mass, skin, etc.) while activating metabolic processes and then maintaining that weight for the rest of your life, thus improving your health and energy levels.

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

The weight loss program is ideal for people suffering from excess weight, fatigue, depression caused by their appearance and eating disorders.

Also for people who are not obese or overweight, but want to lose a few kilos to improve their condition and physical appearance.

Basic Indications:

- Thickness
- Overweight
- Cellulite
- Bad traffic
- Fluid retention
- Low metabolic functions

Methodology

Through the supervision and advice of the team of professionals we seek to achieve an ideal weight suitable for each person's profile. Do we achieve this with?

- General Medical examination and clinical analysis
- Medical advice and lifestyle recommendations that promote learning new healthy habits.
- Personalized diet plan and supervision by a nutritionist
- Healing natural drinks according to your personal prescription from the nutritionist.
- Program of treatments and exercises.

Program Content

Wellbeing Treatments

Day 1:

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

Day 2:

- Aqua bike 20min
- 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:

- Aqua bike 20min
- 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

Natural Treatments

• Free use of the hydrotherapy services as recommended by the doctor: Farmer Steam Bath, Thermal Grotto, 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

- Stay 4-7-14 nights, 3-6-12 days SPA treatments according to the program.
- Bathrobe, room slippers, individual SPA bag
- 2 bottles of water daily in the Room
- Full board diet menu (Breakfast-lunch-dinner).

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**