



DETOX PROGRAMME

Enjoy a great feeling of wellness, revitalization, energy.

Our body has the ability to detoxify itself, however, nowadays the plethora of information around us makes us rather demanding as we tend to expect more in less time, and this practice leaves us with little time to take care of ourselves.

So, we forget that our body needs more than just food and drink. All of us make sure our home is clean in order to ensure that our health is not in danger. But do we ever do the same with our body? How often do we remove the refuse accumulated in our body and put our physical health at risk?

Detoxification is the most important parameter that triggers the activation of our body's natural functions. Toxins penetrate our body through inhalation and nutrition, and eventually, the body itself produces toxins as a result of the chemical reactions occurring while certain functions are performed.

Thermae Sylla Spa Wellness Hotel applies a combination of treatments including thermal water, massage and other natural methods; all of them complete with the key to detoxification, that is, nutrition itself. Thus, we can remove the harmful toxins and improve our vitality and wellness. After all, “an ounce of prevention is worth a pound of cure”.

Key symptoms

- Chronic weakness syndrome
- Decrease of vital energy
- Feeling of oppression
- Cellulite
- Immunodeficiency
- Improve blood circulation
- Detox
- Increased energy levels
- Feeling of positivity and well-being

Includes:

- General medical examination and clinical analysis
- Medical consultation upon start and completion of the programme
- **Treatment programme:**

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
- 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 100% thermal water of 32-34 °C and b) an outdoor pool with sea 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 4-7-14 nights, 3-6-12 days Spa treatments based on programme.
- Bathrobe, slippers and daily cleaning service
- Half board (Breakfast & Lunch). 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