

WELLNESS PROGRAMS

LONGEVITY PROGRAM

This state-of-the-art program is specifically designed to increase your energy, sharpen your mental focus, and improve your overall health and fitness, all while greatly reducing disease risks that could completely knock you out of the game.

Inclusions	3 nights	5 nights	7 nights
Wellness Screening	1	1	1
Guided Morning Walk	2	4	6
Private Fitness Training / Pilates / Yoga X 60 mins	2	4	5
Yoga Nidra / Meditation X 60 mins	1	2	3
Cell Gym X 45 mins	2	3	4
Longevity Breathwork (Pranayama) X 60 mins	1	2	3
Body Wrap X 90 mins	1	2	3
Traditional Turkish Hammam X 60 mins	1	1	1
Watsu X 60 mins	1	1	1
Personalized Body Massage X 60 mins	1	2	4
Sleep Tracking	*	*	*
Full Board Wellness Cuisine	*	*	*
Price per person	2,780 Euro	4,280 Euro	5,940 Euro
Price per couple sharing a room	5,385 Euro	8,240 Euro	11,205 Euro

DETOX

Do you want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities.

Inclusions	3 nights	5 nights	7 nights
Wellness Screening	1	1	1
Private Fitness Training / Pilates / Yoga X 60 mins	2	3	4
Private Meditation or Pranayama X 60 mins	1	2	2
Morning Walk X 30 mins	2	3	4
Personalized Body Massage X 90 mins	1	3	4
Traditional Turkish Hammam Treatment X 60 mins	1	1	1
Yogic Intestinal Cleanse X 60 mins	1	2	2
Detoxifying Algae Treatment or Detoxifying Cocoon Floatation and Massage X 90 mins	1	1	1
Cell Gym	1	2	3
Full Board Wellness Cuisine	*	*	*
Price per person	1,665 Euro	2,820 Euro	3,490 Euro
Price per couple sharing a room	3,175 Euro	5,250 Euro	6,540 Euro

IMMUNE BOOSTER

Inclusions	3 nights	5 nights	7 nights
Wellness Screening	1	1	1
Private Fitness Training / Pilates / Yoga X 60 mins	2	3	4
Private Meditation or Pranayama X 60 mins	1	2	2
Coastal Walk X 30 mins	1	2	3
Personalized Body Massage X 90 mins	1	3	4
Traditional Turkish Hammam Treatment X 60 mins	1	1	1
Yogic Intestinal Cleanse X 60 mins	1	2	2
Immune Booster Body Wrap X 90 mins	1	1	1
Cell Gym	1	2	3
Sleep Tracking	*	*	*
Full Board Wellness Cuisine	*	*	*
Price per person	1,825 Euro	3,175 Euro	3,940 Euro
Price per couple sharing a room	3,055 Euro	5,130 Euro	6,395 Euro

FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training and corrections of muscular imbalances with soothing treatments.

Inclusions	5 nights	7 nights	14 nights
Body Composition Test using Bod-Pod	1	1	1
Basenline Fitness Assesment	1	1	1
Private Fitness Training/ Pilates X 60 mins	5	7	14
Coastal Walk X 30 mins	3	5	7
Deep Tissue/ Movement Restoration X 90 mins	2	3	7
Thai Massage X 90 mins	1	2	2
Traditional Turkish Hammam X 60 mins	1	1	2
Cell Gym	2	4	8
Sleep Tracking	*	*	*
Full Board Wellness Cuisine	*	*	*
Price per person	2,185 Euro	3,205 Euro	5,655 Euro
Price per couple sharing a room	4,180 Euro	6,305 Euro	10,825 Euro

WEIGHT MANAGEMENT

Could you do with shedding a few pounds and boosting your energy levels? In this program, you'll learn the importance of balanced nutrition, exercise and a healthy mind; and how to sustain this routine once you return home.

Inclusions	5 Nights	7 nights	14 nights
Wellness Screening	1	1	1
Baseline Fitness Assessment	1	1	1
Private Fitness Training / Pilates / Yoga X 60 mins	6	8	19
Private Meditation / Pranayama X 60 mins	1	2	3
Yogic Intestinal Cleanse X 60 mins	2	2	4
Detoxifying Coccoun Floatation and Massage X 90 mins	1	2	4
Traditional Turkish Hammam X 60 mins	1	1	2
Personalized Massage X 60 mins	1	2	3
Slimming Body Wrap X 90 mins	2	2	3
Cell Gym	2	4	8
Sleep Tracking	*	*	*
Full Board Wellness Cuisine	*	*	*
Price per person	3,545 Euro	4,970 Euro	9,595 Euro
Price per couple sharing a room	6,600 Euro	9,325 Euro	17,915 Euro

MIND FULLNESS

Have you become addicted to recurring thoughts, which are often self-limiting and disrupt your life and relationships? Do you feel stuck in a groove? Slow down, breathe and learn techniques that will help you cleanse the mind, become aware of your thoughts and restore your brain.

Inclusions	5 Nights	7 Nights	14 Nights
Lifestyle Consultation	1	1	1
Cell Gym	1	2	3
Personalized Yoga X 60 mins	2	3	6
Kundalini Pranayama X 60 mins	2	3	5
Chakra /Mantra Meditation X 60 mins	1	1	3
Yoga Nidra X 60 mins	1	2	3
Dream Catcher Massage X 90 mins	1	1	2
Watsu X 60 mins	1	1	1
Ayurvedic Experience X 90 mins	1	1	2
Kundalini Balancing Treatment X 90 mins	1	2	3
Sleep Tracking	*	*	*
Price per person	2,250 Euro	3,135 Euro	5,380 Euro
Price per couple sharing a room	4,140 Euro	5,640 Euro	9,790 Euro

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

Inclusions	3 Nights	5 Nights	7 Nights
Yoga Consultation	1	1	1
Personalized Yoga X 60 mins	2	4	6
Personalized Pranayama X 60 mins	1	2	3
Guided Meditation X 60 mins	1	2	3
Signature Massage X 90 mins	1	2	3
Traditional Turkish Hammam X 60 mins	0	0	1
Kundalini Balancing Treatment X 60 mins	1	1	1
Program Wrap up	1	1	1
Price per person	950 Euro	1,555 Euro	2,350 Euro
Price per couple sharing a room	1,595 Euro	2,700 Euro	4,115 Euro

SLEEP & DE-STRESS

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our inhouse wellness team with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

Inclusions	3 nights	5 nights	7 nights
Wellness Screening	1	1	1
Yoga Nidra /Prayanama X 60 mins	2	3	4
Private Yoga /Pilates / Fitness Training X 60 mins	1	1	2
Personal Consultation X 30 mins	1	1	1
Personalized Body Massage X 90 mins	-	2	2
Dream Catcher Massage X 90 mins	1	1	2
Traditional Turkish Hamam X 60 mins	1	1	1
Watsu X 60 mins	1	1	1
Cell Gym	1	2	3
Sleep Tracking	*	*	*
Sleep Bag	*	*	*
Price per person	1,500 Euro	2,300 Euro	3000 Euro
Price per couple sharing a room	2,780 Euro	4,400 Euro	5,750 Euro