



Aegialis

hotel & spa

AMORGOS

GREECE

Amorgian Spring Bliss

18 - 26 March, 2015



A soothing Wellness retreat in Amorgos!

An eight day retreat dedicated to holistic health and beauty for those in need of a break from the hectic and dark winter months. Well-being and personal vitality are the core theme of the program.

Get some deep rest; regain focus and inspiration in Yoga and Meditation sessions; let yourself be spoiled by our skillful and intuitive therapist team.

8 NIGHTS / 7 DAYS IN AMORGOS

Amorgian Spring Retreat
18 - 26 March, 2015

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Amorgian Spring Bliss

Aegialis Hotel and Spa

DESCRIPTION

A spring soothing wellness retreat on Amorgos island.

An eight day retreat dedicated to holistic health and beauty for those in need of a break from the hectic and dark winter months. Well-being and personal vitality are the core theme of the program.

For good health to be maintained or restored, we believe that energy must flow freely within the body while when blocked, "disease" and illness may follow.

Movement is therefore a key element in releasing blockages, as well as hands on body work.

Hydrotherapy, carefully chosen Spa treatments and movement of the mind through relaxation and meditation will boost the body's natural renewal.

Get some deep rest; regain focus and inspiration in Yoga and Meditation sessions; let yourself be spoiled by our skillful and intuitive therapist team.

The autumn and winter months in Amorgos are unique, most of the days are mild and light, while others are dramatically beautiful, and cooler... The contrasts, colours and shades of light are a pure delight for the eyes.

The atmosphere in the villages is peaceful and welcoming. The mood is romantic and picturesque...

The landscape is green and generous, the island is invaded by a soothing serenity and stillness... It's a perfect time to dwell for hours in the beautiful sights of Amorgian nature.

... Come a bit closer to your Soul...



PROGRAM

DAY ONE – March 18th, 2015

Arrival at Amorgos (Aegiali port) and transfer to Aegialis Hotel & Spa on our bus. Welcome warming drink before going to bed.

DAY TWO – March 19th, 2015

- **Treat of the day:** 60 minutes Aromatherapy Soothing Massage with Amorgian essential oils
- Breakfast
- Free morning to get familiar with the location and surroundings
- Warming time at “Lalon Idor Spa”

DAY THREE – March 20th, 2015

- **Treat of the day:** 40 minutes Full Body Exfoliation followed by 40 minutes Holistic Energy Deep Calming Massage
- Morning sitting meditation
- Breakfast
- Hike between Tholaria and Langada
- Visit to Vangelis Vassalos’ distillery of essential oils
- Warming time at “Lalon Idor Spa”

DAY FOUR – March 21st, 2015

- **Treat of the day:** Balneotherapy with Amorgian herbs followed by a Warming Mud Body Wrap, rich in minerals, that soothes the joints, cleanses the skin and warms up the body from inside
- Morning sitting meditation
- Breakfast
- Warming afternoon at “Lalon Idor Spa”
- 45 minutes Spa Journey
- 90 minutes Hatha Vinyasa Yoga

DAY FIVE – March 22nd, 2015

- **Treat of the day:** 50 minutes Body Mind Treat: a Deep Calming Massage combined with Cranio Sacral Therapy

Cranio Sacral Therapy is a gentle but effective hands-on method of evaluating and enhancing the physiological functions of the body.



Using a very light touch, a skilled practitioner can monitor the source of an obstruction of the energy flow and further assist the natural movement of the cerebrospinal fluid to help the body realign back into its natural state of wellbeing.

- Morning sitting meditation
- Breakfast
- Hike to Tholaria - Agios Nicolaos
- Warming time at “Lalon Idor Spa”

DAY SIX – March 23rd, 2015

- **Treat of the day: An Amorgian Holistic Body Care**

Your body energy blockages and tension are relieved through a soothing massage and hands-on healing.

- Morning sitting meditation
- Breakfast
- Warming time at “Lalon Idor Spa”
- 90 minutes Hatha Vinyasa Yoga

DAY SEVEN – March 24th, 2015

- **Treat of the day: 60 minutes Hot Stone Massage**

- Morning sitting meditation
- Breakfast
- Warming time at “Lalon Idor Spa”
- 90 minutes Hatha Vinyasa Yoga

DAY EIGHT – March 25th, 2015

- **Treat of the day: Therapeutic Foot Care and Manicure, a treat for your hiking feet and yoga hands**

- Morning sitting meditation
- Breakfast
- Warming time at “Lalon Idor Spa”
- 90 minutes Hatha Vinyasa Yoga
- Good Bye Dinner

DAY NINE – March 26th, 2015

- Departure by Blue Star ferry, after a very early breakfast.



COST

Cost of package: 1075 € including:

- 8 night accommodation in shared Superior double/twin room at Aegialis Hotel & Spa
- Breakfast and lunch or breakfast and dinner
- Free use of all Spa Facilities (sauna, hammam, indoor heated sea water pool with hydro massage, Jacuzzi, fitness centre)
- Free Wi-Fi
- Yoga sessions, hikes and treatments, as described above
- Transfers on the island
- 15% discount on all spa treatments and taxes

*For single room use: **Cost of package: 1265 €**