

7 DAYS FOR BODY AND MIND

A luxurious body and mind offer



Amorgos

A 7-day package where the main focus is to regain concentration and focus. Perfect for those in need of a proper break from work and responsibilities and also a great inspiration for those who are looking for a holistic approach to health, beauty and well-being.

Beauty come from the inside...
...in stillness we find health...



LALON IDOR
THALASSO SPA & BEAUTY CENTER



PROGRAM

DAY 1

- 60 minutes Yoga class
- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 30 minutes Wake Up Exfoliation: a gentle, yet refreshing scrub, enriched with essential oils.
- Smoothie: A fruit and spice energizing smoothie will conclude the experience with a hint of freshness.

DAY 2

- Cooking class: our experienced chef will teach you how to prepare vegan and vegetarian dishes using fresh organic products
- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 60 minutes Detox Seaweed Wrap: to nourish cutaneous tissues, hydrate in-depth and prevent from the relaxation of muscular fibres by slowing down the ageing process of epidermal cells

DAY 3

- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 30 minutes stress reduction Spa Jet Hydrotherapy + Face and Scalp massage: as you are comfortably resting in our Hydro Therapy Spa Jet, your skin will love being steamed while our skillful therapist will perform a tailor made face care and a deep relaxing scalp massage.

DAY 4

- 60 minutes Yoga Class
- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool

- 60 minutes Hot Stone Massage: warmed stones are positioned on parts of the client's body of to maximize the therapeutic benefit.

DAY 5

- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 60 minutes Warming Mud Wrap Therapy: experience a special feeling of comfort, while the wrap gently warms the body and relaxes all the muscles.
- 50 minutes Detox Spa Jet Hydrotherapy

DAY 6

- 60 minutes Yoga Class
- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 50 minutes Aromatherapy Massage: wake up your senses through the magic scents of our locally grown herbs

DAY 7

- 2hs Hiking through the paths of Amorgos
- 45 minutes Spa journey in Hammam, Sauna, Jacuzzi and sea water Swimming Pool
- 30 minutes Foot Massage
- 30 minutes Pedicure

SPECIAL 7 DAYS FOR BODY AND MIND:

670€

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