



6-Day Spa-Detox, Pilates & Yoga Holiday in 5 Star Hotel

Kalithea, Rhodes island, Greece

Low season Rates: Sharing from 938€ pp | Solo from 1205€ pp

Feel your energy levels increased and skin glow through this luxury wellness holiday where you will embark on a fantastic 'structured-not ordained' customised programme with yoga, Pilates, healthy breakfasts, vegetable juices, spa detox circuits, exfoliation, massage, and much more.

The holiday is set in a tranquil 5-star spa hotel with awarded gastronomy, right on the beach in a blue-flag awarded area next to the famous beach and monument of Kalithea Springs and just 15 minutes away from the UNESCO World Heritage best-preserved Medieval town in Europe.



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What's included per package/ person?

- 5x nights' 5- star en-suite accommodation with sea views (optional jacuzzi)
- 5x Buffet breakfast with 'à la carte' nutritionist menu & veggie drinks
- 1x Round-trip airport transfer (25m)
- 1x Nutrition and wellbeing consultation
- 1x Dietary examination and recommendations
- 1x Pre-detox cleanse preparation and nutrition guidelines
- 1x Body exfoliation treatment (25m)
- 1x Targeted detoxifier massage (50m)
- 5x Spa-Detox circuit therapy (BioAge Detox)
- 5x Day access to the Spa facilities: hammam, caldarium, vitality pool, etc.
- Complimentary skin analysis consultation
- Complimentary daily access to the fitness centre
- Complimentary towels and sun-beds at the hotel pool and private beach
- Unlimited access to fitness centre, beach towels and sun-beds at the private beach
- Live music: piano, jazz, Latin, and Rock & Roll

What's NOT included per package/ person?

Flights, half board, supplements, Government tax (4 EUR per night and room)

Dates

Check-in anytime from the **1st May to the 20th October 2020**.

Early Bird Rates

Rates include a 30% Off for bookings generated before the **31st December 2020**.

Airport

Rhodes International Airport (25-minute ride).

Inquiry, Reservation & Payment

1. Request a date, room availability, and final price.
2. Bookings require a non-refundable deposit of 360€ pp to secure your spot

(Flexible rates and refundable deposits are available at higher rates)

3. Full payment expected 40 days prior to check-in to avoid cancellation of your trip

(Please note that the hotel reserves the right to pre-authorize your credit card on arrival)

Cancellation policy

<https://www.longevity-escapes.com/how-to-book>



The programme

You will join instructors for a spa-detox rejuvenating holiday where you will be pampered from top to toe with wonderful spa treatments, spa-detox circuits, Pilates and yoga sessions and delicious gastronomy while undertaking informative and practical healthy eating advice to ensure that you notice a difference in the way you look and feel by the end of your stay.

Prior to arrival

An online nutrition and well-being consultation will take place before your arrival. This gives the expertise team the opportunity to explore your personal health concerns and holiday expectations in order to customise your week schedule, activities, and formulate your personal nutrition plan based on your health condition, likes and dislikes, sports performance, and achievable lifestyle changes.

Meals

Lunches and dinners are not included but we suggest a personal mealtime plan as well as guiding you to make the right choices during your stay. Half board is available upon request and is 30 EUR per person when booking online (35€ at reception). A variety of choices is served at the buffet area such as cooking show dishes and a table d'hôte menu provided during dinner. Very few restaurants reach this level of quality where the rich buffet is combined with plated service to create a truly outstanding dining experience. The buffet features international dishes with Mediterranean and Greek gastronomy.

Activities

We bring our yoga and Pilates expertise leading classes to ensure you can reap all the benefits during your stay. The activity schedule is designed to suit your needs and the number of sessions can vary from person to person according to your arrival/departure day-times. Activities are complementary so you can choose to take as many or as few as you wish.

Please note this holiday package offers a 6-day activity programme. The activity timetable sample given below can be subject to minor changes depending on your personal schedule, weather conditions and other unforeseen circumstances.

Morning yoga-meditation session (90-minutes)

An energizing practice focusing on proper alignment posture and breathing techniques. The asanas will focus on the joint's mobility, grounding, balance, and strength. Meditation will calm your mind, relax your body and stabilize your emotions as we go through a guided breath meditation.

Midday mat Pilates class (1-hour)

Exercises performed on the floor that concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, mat Pilates concentrates on posture, balance, and flexibility.

Evening yoga-meditation session (1-hour)

In contrast to the morning session the evening class is about restorative yoga, designed to allow the practitioner to let go, both mentally and physically. In many of the poses, the head is positioned to sit above or below heart-level, which can trigger the areas of the brain that help stimulate relaxation. It can also improve concentration, focus, and give a state of consciousness and mindfulness, making it a great pairing for a brief meditation.



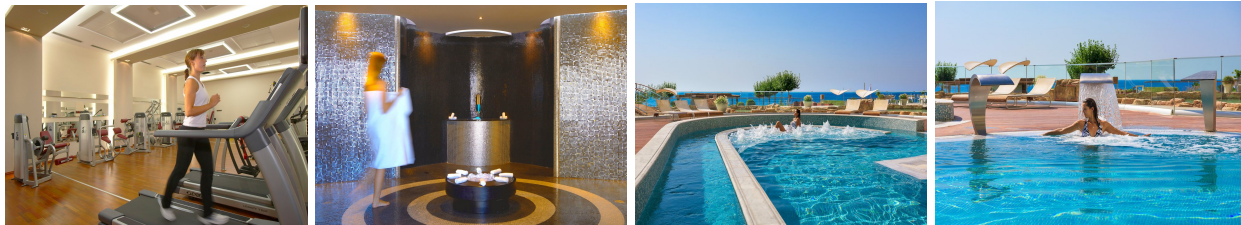
BioAge Detox Experience (90-minutes)

The BioAge Detox Experience is a fully personalised spa-detox circuit therapy that combines the healing effects of exercise, nutritional therapy, sauna and spa treatments while allowing you to feel pampered with a pleasant detox experience.

By creating a “vasodilation” effect, you will increase circulation to the skin and other organs like the intestinal tract, and facilitate the detox process. By implementing a short workout, you will enhance this movement of blood and release fat-soluble toxins accumulated in adipose tissue and membranes from induced “rebound lipolysis”. The use of chelating agents will bind to toxic chemicals, while sauna, hammam and hydro-massage showers will facilitate excretion out of the body through the skin and the GI tract in a safe manner.

Alongside with an optimal nutrition diet, you will benefit from a personal package that offers anti-ageing, weight-loss and detox properties, all-in-one, without exposing you to potential health effects from strict conventional fasting detoxes and rapid weight loss diets.

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Exfoliation and Massage (80-minutes) with ESPA natural products

The Spa has been featured in the National Geographic Traveller's (UK) "The Collection of Luxury Spas" that includes some of the best spa hotels & resorts worldwide.

Free Health Seminars (50-minutes)

Attendance to nutrition talks at the sea view conference room is complementary and subject to the nutritionist availability and schedule.

Estimate activity timetable:

Arrival day

- 09:00 - 09:30 Breakfast with "à la carte" nutritionist menu & vegetable juices
- 11:30 - 12:00 HIIT workout session
- 12:00 - 13:00 Vinyasa
- 13:00 - 14:00 BioAge Detox Experience
- 14:00 - 15:00 Body treatment
- 17:45 - 18:45 Mat Pilates
- 19:00 - 20:00 Sunset yoga meditation (only Mondays & Fridays)

Know before you go

Please note that this is not a boot camp retreat but a wellness private retreat with healthy elements combined in a customised package at a peaceful 5-star Spa Hotel with private beach.

Dress code

Gentlemen are required to wear long trousers during dinner in the Emerald Restaurant and the Noble Gourmet Restaurant, while in the Fresh Mediterranean Restaurant gentlemen may dine with smart casual shorts.

Awarded gastronomy

In 2018, the Noble, the hotel's gourmet restaurant, was awarded a Toque d'Or, a Greek cuisine award, being among Greece's top 25 restaurants.



Elysium 5* Luxe Accommodation

With a tranquil stunning setting, captivating scenery, fabulous accommodations and an impressive spa, the hotel offers a perfect spot for a true serenity and a relaxed holiday experience. This niche location of luxury, romance, privacy, serenity wellness, premium spa, awarded gastronomy, and tailor-made services is just a few minutes away from the most spectacular places on the island where there is a beach umbrella or spot in the sun for you!

Deluxe sea view rooms

Deluxe rooms combine elegance with comfort. Available in either a queen-sized or twin-beds, the room is equipped with Wenge or Zebrano furniture featuring a sitting area with a sofa, a writing desk, an en-suite bathroom with deluxe bath amenities and a generous set of top-of-the-line facilities. The additional 86 sq ft (8 sq. m.) furnished balcony adds up on the overall experience by offering unsurpassed panoramic views of the Aegean sea and a mind blowing sunrises. The size of our Deluxe rooms is 323 sq ft (30sq. m)

The deluxe rooms have a superior version that comes enhanced with an asymmetrical hydro massage bathtub (Jacuzzi) and a glass panel mechanism enabling guests to relax in their bath while gazing at the sea.



Elite Club sea view rooms

Club rooms go one step further in providing a luxurious and exclusive environment for guests that require further discretion and amenities. The Elite Club rooms feature a wooden floor and is available in a queen-sized or twin-beds topped with satin bed sheets. These lavishly furnished rooms feature a sitting area with sofas or separate living room, en-suite bathroom with branded products and a hydro massage bathtub (Jacuzzi) in the superior elite club rooms, as well as, a furnished private balcony with unsurpassed panoramic views of the sea and mind-blowing sunrises.

A separate reception desk, exclusive lounge area and access to a marvellous rooftop restaurant offering a panoramic breakfast experience are just a few of the Club services promising to create a unique stay. The size of Club rooms starts from 323 sq ft (30sq. m) to 1238 sq ft (115 sq. m) in the Presidential Suite Sea View.



Location

Rhodes is much more than just a playground of beaches, pools, and a deep blue sea. It has a long and vibrant history, ranging from the legend of the mighty Colossus to historical sites such as the Acropolis of Lindos, the Acropolis of Rhodes, the Temple of Apollo, ancient cities Ialysos and Kamiros, as well as the medieval old town of Rhodes; one of the best preserved medieval cities in Europe.

And fabulous beaches...



Other activities

Boat trips, horse riding, snorkeling, sailing day trips, scuba diving, walking, hiking/ trekking day trips, mountain bike, guided cultural tours, gastronomy tours, sea kayaking tours, stand-up paddle adventure, yoga paddle, Rhodes sightseeing tours, Rhodes Land Rover safaris, Escape-rooms/ Escape games, kitesurfing, windsurfing, jet skiing, parasailing, wakeboarding, paratrooping or paragliding.

