



Aelia Wellness Retreat Detoxifying program (six nights stay)

The perfect program to purify your system holistically and make you feel active. You will enjoy rituals incorporating detoxifying techniques, which will rebalance your inner system and improve the quality of your life.

- Wellness test and evaluation
- Medical Consultation during your stay
- Personality test
- Counselling – learn how to detoxify your body, mind and spirit- resting, cleansing and nourishing the body from the inside out
- Custom-made detoxification nutrition advice
- One educational and enlightening meal with our nutritionist
- Three course meal daily according to the prescription

- Herbal Teas to detox and purify your system:
 - Memory Nutrition
 - Boost your Immune
 - Long Life Secret
 - Cup of Calm Decaf
 - Sleep Tight
 - Detox Recipe
 - Stress Free

- Natural therapeutic drinks- Smoothies
 - Detox King: Detoxifying, Rich in Minerals and Vitamins
 - Energy Explosion: Energy Booster, Restorative
 - Green Power-feel alive: Rich in Antioxidants, Good Source of Potassium, Weight control
 - Strength & Glow: Skin Purity, Good Source of Fiber-Digestive Support, Rich in Iron

- How to improve your sleep- Rewriting sleep rules- Detox, reduce stress and sleep better
- Complimentary pillows chosen from our pillow menu to improve sleeping pattern
- Unlimited use of the library
- Unlimited use of the gym
- Chromotherapy for all spa sessions

Day 1

- **Detox and Refresh:** Let us freshen you up with an invigorating exfoliation, followed by a layering of gels and oils, left to absorb deep into the skin, while a stimulating foot massage releases and eliminates toxins. A therapy renowned for its freshening and detoxifying properties, which will leave you feeling fresh, alive and full of energy!
- **Yoga:** Harmonize mind, body and spirit with a calming yet invigorating yoga session and connect with your inner self.
- Recommendations for food supplements
- Personalized health plan after your stay

Day 2

- **Cycling:** Enjoy the greenery and silence of nature and simply relish the fresh air
- **Cellulite Massage / Lymphatic Massage:** Your lymphatic system helps eliminate your body's waste. A healthy, active lymphatic system uses the natural movements of smooth muscle tissue to do this.
- **Calming Head Massage:** Work on head pressure points to relieve tension and induce a deep state of relaxation, with music humming to your soul.
- **Insight Group Meditation & Relaxation with Pranayama Breathing Techniques:** Focus your life
- **Gym with personal trainer**

Day 3

- **Yoga:** Harmonize mind, body and spirit with a calming yet invigorating yoga session and connect with your inner self.
- **Nordic Walking session:**
- **Mint & Lemon Refresh Facial:** The lemon essential oil has an astringent action, which in combination with wild mint, deep cleans and constricts the pores.
- **Clear your Mind:** Calm a stressed and overloaded mind with a refreshing yet soothing experience for body, mind and soul.

Day 4

- **Ultimate Aromatherapy:** Pause for a moment and think about how you are feeling now. Then, imagine how you would like to feel. Now, just select the mood oil blend that matches that feeling, sit back and enjoy!
- **Gym with Personal Training**
- **Reflexology:** This traditional ritual promotes body healing, brings harmony and releases blocked energy, which causes imbalance in the body

- **Insight Group Meditation** & Relaxation with Pranayama
Breathing Techniques: Focus your life.

Day 5

- **Yoga:** Harmonize mind, body and spirit with a calming yet invigorating yoga session and connect with your inner self.
- **Body Sculpture:** Thermoactivated anti-cellulite program with cupping: One of the best ways to address cellulite is through cupping massage. Suction is applied on the skin; the reverse pressure helps the cellulite to break up. Blood circulation is stimulated, and the fat and toxins that are released are moved to the lymph drainage network.
- **Tantalizing Orange Enhancer:** This fruit-designed treatment restores clarity, radiance and intensive firming hydration. A super food therapy, it offers highly advanced cellular renewal and protection, blending an anti-aging treatment with fruit stem cells, sirtuin activators the "youth proteins", three types of hyaluronic acid, oligopeptides and vitamins.

Day 6

- **Toe tall harmony:** Feet and lower legs are fully treated while gel and oils are massaged into the skin using traditional reflexology techniques that will leave you totally relaxed and rejuvenated.
- **Gym with personal trainer**
- **Cycling:** : Enjoy the greenery and silence of nature and simply relish the fresh air
- **Back Massage:** Calm a stressed and overloaded mind with a refreshing yet soothing experience for back.

Day 7

- **Aelia Royal Dream:** Leave behind the tension and stress of everyday life and give yourself an hour of absolute comfort and serenity. This treatment will relax your mind and body and refresh your senses.



Optional Add on:

- DNA analysis to create a results-driven program according to your biological state.
At the special price of 180 euro per person
 - Please note that above activities can be rescheduled similarly your second week.

The recommended program has been created by the experts of Aelia team. The schedule for the treatments and services will be done upon booking confirmation.