

Aelia Wellness Retreat Brain Power Program (six nights stay)

The program that concentrates on neuro-nutrition, an experience that will boost the functionality, health and performance of your brain. It is recommended for people with hectic lifestyles who aim to restore their mental wellbeing. This specially designed program focuses on restorative sleep, hydration, brainpower nutrition and exercise, a fantastic experience that will enable you to get the most of your brain.

- Wellness test and evaluation
- Medical Consultation during your stay
- Personality test
- Counselling - tips to unlock brain power
- Custom-made brain power nutrition advice
- One educational and enlightening meal with our nutritionist
- Three course meal daily according to the prescription

- Herbal Teas to 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
 - Strength & Glow: Skin Purity, Good Source of Fiber-Digestive Support

- How to improve your sleep- Rewriting sleep rules
- Pillows of your choice
- Unlimited use of the library
- Unlimited use of the gym
- Chromotherapy for all spa sessions

- Six spa therapies

-Clear your mind: Calm a stressed and overloaded mind with a refreshing yet soothing experience for body, mind and soul

-Sleep deeply: Slow deep movements will rhyme with your calm breath to balance the nervous system and ease an overactive mind

-Stepping stone to tranquility: Pure bliss as the warm stones glide over your body. Everything around you will slow down

-Reflexology: This traditional ritual promotes body healing, brings harmony and releases blocked energy, which causes imbalance in the body

-Reiki: Heals and harnesses the unseen life force energy

-Red Vine Elixir Facial: Enjoy this unique journey into the world of red grapes, which will breathe new life to your skin cells, detoxify and leave you with a radiant complexion

- Cycling excursions
- Nordic walking sessions-
- Yoga
- Problem solving meditation with Pranayama Breathing Techniques- Living breath and clear mind
- Recommendations for food supplements
- Personalized health plan after your stay
- Complimentary Gift bag

Total for six nights for one person

1380 euros

Total for six nights for two people

2160 euros

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

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