



## Wellness Greece

**Note:** Price printed on this PDF is valid until **10-04-2026** and is subject to change without notice based on availability and currency fluctuations.

### Immerse

Flexible Dates

24-Hour Local Assistance

Concierge Service

Flexible Duration

**Visit:** Aidipsos-Athens

## Detailed Itinerary

### Day 01: Arrival Athens-Aidipsos

Once you arrive at Athens airport, meet our assistant and transfer to your hotel. Overnight at Hotel 5\* THERMAL SYLLA SPA & WELLNESS HOTEL

**Meal Plan**

No Meal

**Day 02: Aidipsos**

Breakfast at the hotel and start the program of your choice. Lunch at hotel. Aidipsos is a famous village for Thermal Springs. Accommodation at THERMAL SYLLA SPA & WELLNESS HOTEL.

**Meal Plan**

Breakfast and Lunch

**Day 03: Aidipsos**

Breakfast at hotel and start the program of your choice. Lunch at hotel. In the afternoon, continue your journey in the enchanting spa town of Aidipsos, a destination favoured by ancient thinkers like Hippocrates and Aristotle, who passed the therapeutic wonders of its springs and the unique microclimate It offers. Accommodation at THERMAL SYLLA SPA & WELLNESS HOTEL.

**Meal Plan**

Breakfast and Lunch

**Day 04: Aidipsos**

Breakfast at hotel and continue the program of your choice. Lunch at hotel. Make sure to indulge in a unique experience by taking a dip in the crystalline waters of the Thermal Sylla Beach. Whether it's summer or winter, the thermal waters seamlessly blend into the sea and provide a warm and rejuvenating escape from the charming pier in front of the spa. Accommodation at THERMAL SYLLA SPA & WELLNESS HOTEL.

**Meal Plan**

Breakfast and Lunch

**Day 05: Aidipsos**

Breakfast at hotel and continue with the program of your choice. Lunch at hotel. In the afternoon you can visit the Cave of Sylla, a remarkably preserved relic from the Roman era bearing the name of the Roman general Sylla, who sought its healing powers for arthritis. Also, the church of St. John the Russian, a globally renowned spiritual haven drawing pilgrims from far and wide seeking physical

restoration. Accommodation at THERMAL SYLLA SPA & WELLNESS HOTEL.

**Meal Plan**

Breakfast and Lunch

**Day 06: Aidipsos**

Breakfast at Hotel and continue with the program of your choice. Lunch at hotel. On the Edipsos beach, close to Thermal Sylla, skilled divers are available to assist you in exploring the Enchanting seabed of northern Evia. You can rent equipment right there. The region, especially the coastal towns of Limni and Kanatadika, is also perfect for windsurfing when the wind is blowing. Accommodation at THERMAL SYLLA SPA & WELLNESS HOTEL.

**Meal Plan**

Breakfast and Lunch

**Day 07: Aidipsos**

Breakfast at Hotel and continue with the last program of your choice. Lunch at hotel. Accommodation at THERMAL SYLLA SPA & WELLNESS HOTEL.

**Meal Plan**

Breakfast and Lunch

**Day 08: Aidipsos-Athens**

Breakfast at hotel and departure transfer to the airport of Athens.

**Meal Plan**

Breakfast

**Inclusion**

- 7 overnights on Half Board Basis in 5\* hotel THERMA SYLLA SPA & WELLNESS.
- Arrival and Departure transfers from/to Athens airport.
- 6 days treatment in one of the below programs:  
THERMAL CLASSIC CURE OR ANTISTRESS OR DETOX.

## **Exclusion**

- Dinners & Beverages
- Tolls
- Guides
- Entrance Fees to Archeological Sites & Museums
- Personal expenses
- Hotel accommodation tax, to be paid by clients directly at hotels
- Everything that is not mentioned in “included” section

## **Note**

All prices are inclusive of current taxes & vat charges.

Should taxes, vat or entrance fees change, rates will be adjusted accordingly.

### **Fitness and exercises**

- Free use of a fully equipped gym
- Free participation in the Aqua gym program.

### **Healthy Nutrition**

• Our meals are prepared with fresh seasonal products, rich in vitamins that help remove the harmful toxins from the body. Boiled, steamed or grilled food by applying Greek homemade recipes with pure virgin olive oil from our own farm.

### **THERMAL CLASSIC CURE PROGRAMME**

Therapeutic program for health Rehabilitation, Prevention and Rejuvenation.

People since ancient times have enjoyed the benefits of hot thermal baths and used them as alternative treatments for various chronic diseases. Relaxing spa baths, massages, swimming in warm thermal water and body wraps with natural thermal mud stimulate blood circulation, relax muscles, soothe arthritis pain and help the body regain its mobility. After all, the thermal waters of Edipsos in Greece have been famous for their healing properties since the time of the “father of Medicine”, Hippocrates, in 500 BC. ca., who recommended hydrotherapy for the cure of rheumatism. They emerge from a depth of 2500 meters at a temperature of 75-85 °C and are rich in mineral salts and trace elements.

### **ANTISTRESS PROGRAMME**

The intense rhythms of everyday life and the pursuit of success combined with bad eating habits are the main factors for emotional and physical fatigue. In the end, our lack of energy creates anxiety,

symptoms of chronic stress, headaches, makes us irritable, impatient, disrupts our psychosomatic balance and efficiency.

### **DETOX PROGRAMME**

Our body is naturally equipped with its own detoxification process, but in the modern lifestyle the abundance of information makes us expect more in less time and this situation leaves us no time to take care of our health and happiness. So we forget that our body needs more than food and water. We make sure to clean our house regularly because otherwise our health is at risk. Do we do the same with our bodies? How many times do we throw away the "garbage" that has accumulated inside us, which steals our energy and endangers our physical health? Toxic substances enter the body through breathing, through food and finally the body itself produces them as a result of chemical reactions of its function.

**More details regarding each programme is available on request depending upon the programme taken.**

**Tour Dates & Pricing**