

#DivineYou

wellbeing retreat

by Divani Collection



DIVANI COLLECTION
DIVANI APOLLON PALACE
& THALASSO



LEADING
HOTELS



SYMMETRIA
DIVANI APOLLON PALACE
& THALASSO



#DivineYou

WELL BEING PROGRAM

AT DIVANI APOLLON PALACE & THALASSO

Divani Apollon Palace & Thalasso, winner of Europe's Leading Spa Award from World Travel Awards in 2014, invites guest to experience a totally different program of rejuvenation and wellness with its brand new #Divineyou programme

The timeless Greek traditions of wellness and the balance of body and spirit are revived at Divani Athens Spa and Thalasso Centre. The 3.500 sq.m. Thalassotherapy center is a unique wellbeing retreat and a destination in itself. In our center guests have the opportunity to get the most out of the exclusive pampering from our professional therapists, a private nutritional consulting from our dietician and private training sessions with our skilled instructors.

We are here to ensure that your stay with us will be unforgettable, satisfying and will help you achieve the best results! Our only goal is that our guests will achieve weight loss, while at the same time they are losing fat and keeping inner peace succeeding the first steps towards healthy living.

#DivineYou

THE PROGRAM: Following ancient Greek believes keeping a healthy mind leads to a healthy body. We can guarantee our results through our no-option, daily fitness routine organised by our skilled and professional staff. The program comprises of four to five hours of daily treatments and fitness activities customised to your needs. This program is specifically designed to motivate your mind and body and thus ameliorate your metabolism, detoxify your body, allow for healthy weight loss, and offer a heightened sense of mental wellness, clarity and serenity.

RELAXING ACCOMMODATION: Offering unique views to the Saronic Gulf, each guest will retreat to their own private room with a queen size bed and bathroom. Your stay at Divani Apollon Palace & Thalasso will be a true luxury experience adding to your relaxation and supporting your whole action.

WE TAKE GOOD CARE OF YOUR NUTRITION: Our executive chef works very close with our nutritionist in order to create healthy plates that are totally appetizing using all fresh ingredients designed to sustain you throughout your stay, giving you energy and allow for healthy weight loss. The dietary program at Divani Apollon Palace & Thalasso excludes alcohol, and processed sugars, aiding in your detoxification and revitalization process.



#DivineYou 3 DAY PROGRAM

Timetable	1st DAY	Timetable	2nd DAY	Timetable	3rd DAY
9.00-9.40	Counseling sessions with our physician and our nutritionist	9.30-10.30	Kinetics (½ h kinetics + ½ h hammam/saouna)	10.00-10.30	Kinetics (½ h kinetics or ½ h hammam/saouna)
10.30-11.00	Breakfast	10.30-11.00	Breakfast	10.30-11.00	Breakfast
11.00-11.30	i-lipo (20') or LPG	11.00-11.30	Chromotherm	11.00-11.30	
11.30-12.00	Hypoxi/vacunaut (30')	11.30-12.00		11.30-12.00	Hypoxi/vacunaut
12.00-12.30		12.00-12.30	Symmetria facial treatment	12.00-12.30	
12.30-13.00	Hydromassage in thalassotherapy pool	12.30-13.00		12.30-13.00	Athletic session
13.00-13.30	Vacant time	13.00-13.30	Hydromassage in thalassotherapy pool	13.00-13.30	Hydromassage in thalassotherapy pool
13.30-14.00		13.30-14.00	Vacant time	13.30-14.00	
14.00-14.30	Lunch	14.00-14.30		14.00-14.30	i-lipo or LPG
14.30-15.30	Rest	14.30-15.30	Lunch	14.30-15.30	Lunch
15.30-16.30		15.30-16.30	Rest	15.30-16.30	Rest
16.30-17.00		16.30-17.00	1h walking distance	16.30-17.00	
17.00-17.30		17.00-17.30		17.00-17.30	
17.30-18.30	1h walking distance or power yoga	17.30-18.00		17.30-19.00	1h walking distance
18.30-19.30	Athletic session	18.00-19.00	Athletic session	17.30-18.30	Yoga
19.30-20.00	Hydromassage in thalassotherapy pool	19.30	Dinner	18.30-19.30	Hydromassage in thalassotherapy pool
20.00-20.30		20.00	Evening outing	19.30-20.30	Dinner
20.30	Dinner				

During vacant time you can reserve facial and body treatments from the pricelist provided upon arrival



270 sqm Thalassotherapy Pool



DIVANI COLLECTION
DIVANI APOLLON PALACE
& THALASSO



Europe's Leading Spa
Hotel



Greece's Leading Spa
Resort



Greece's Leading
Hotel

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