

2005

REVITALIZATION PACKAGES

(H1)

- ✓ Hydromassage (20')
 - ✓ Massage Relax (30')
- Cost: 22,00 Euro**

(H2)

- ✓ Hydromassage (20')
 - ✓ Massage Relax(40')
- Cost: 26,00 Euro**

(H3)

- ✓ Hydromassage (20')
 - ✓ Breathing Therapy (10')
 - ✓ Massage Relax(30')
- Cost: 25,00 Euro**

(H4)

- ✓ Hydromassage (20')
 - ✓ Sauna (40' – 50')
 - ✓ Massage Relax (30')
- Cost: 27,00 Euro**

(H5)

- ✓ Hydromassage (20')
 - ✓ Breathing Therapy (10')
 - ✓ Massage Relax (40')
- Cost: 28,00 Euro**

(H6)

- ✓ Hydromassage(20')
 - ✓ Breathing Therapy (10')
 - ✓ Massage Relax (20')
- Cost: 23,00 Euro**

AROMATHERAPY PACKAGES

(E1)

- ✓ Hydromassage (20')
 - ✓ Body Massage with Essential Oils (30')
- Cost: 29,00 Euro**

(E2)

- Hydromassage (20')
 - Breathing Therapy (10')
 - Body Massage with Essential Oils (30')
- Cost: 32,00 Euro**

(E3)

- Hydromassage (20')
 - Sauna (40' – 50')
 - Body Massage with Essential Oils (30')
- Cost: 34,00 Euro**

(E4)

- Face Massage with Vitamin E
- Cost: 20,00 Euro**

THERAPEUTIC "PACKAGES" (For people with Health Problems)

CERVICAL SYNDROME

(T1)

- ✓ Ultrasound
 - ✓ Tens
 - ✓ Kinesitherapy
 - ✓ Massage (Local 5') or Laser or Magnetotherapy
 - ✓ Traction
- Cost: 23,00 Euro**

ARTHRITIS OF SHOULDER

(T2)

- ✓ Ultrasound or Diathermy
 - ✓ Electrotherapy
 - ✓ Tens
 - ✓ Kinesitherapy
 - ✓ Massage (Local 5')
- Cost: 23,00 Euro**

OSTEOPOROSIS

(T3)

- ✓ Magnetotherapy
 - ✓ Kinesitherapy
 - ✓ Ultrasound
 - ✓ Tens
- Cost: 23,00 Euro**

OVERUSE SYNDROMES (ATHLETIC INJURIES)

(T4)

- ✓ Ultrasound
 - ✓ Ice
 - ✓ Tens
 - ✓ Laser
 - ✓ Kinesitherapy
 - ✓ Massage (Local 5')
- Cost: 23,00 Euro**

OSTEO - ARTHRITIS (KNEE – HIP - ANGLE)

(T5)

- ✓ Laser
 - ✓ Ultrasound
 - ✓ Tens
 - ✓ Kinesitherapy
- Cost: 23,00 Euro**

LUMBAR SPINE

(LUMBAGO – SCIATICA -
ARTHRITIS OF SPINE)

(T6)

- ✓ Diathermy or Ultrasound
 - ✓ Electrotherapy
 - ✓ Kinesitherapy
 - ✓ Massage (Local 5')
 - ✓ Laser or Magnetotherapy
- Cost: 23,00 Euro**

WE ARE WAITING FOR YOU !!!

For Information call: +30 27440 – 22215, 61990, 67822, 21124

'THERMALS - LOUTRAKI'

SPA CENTER

RELAXATION – REVITALIZATION – ANTISTRESS PACKAGES

5 DAYS PROGRAM (P5.1)

- 1st day:** Hydromassage – Sauna
2nd day: Hydromassage – Massage relax (40')
3rd day: Hydromassage – Breathing Therapy -
Massage relax (20')
4th day: Hydromassage – Sauna – Massage (40')
5th day: Hydromassage – Breathing Therapy -
Massage relax (10')

This program costs: **100,00 Euro / person**

5 DAYS PROGRAM (P5.2)

- 1st day:** Hydromassage – Sauna
2nd day: Hydromassage – Massage relax (40')
3rd day: Hydromassage – Breathing Therapy
4th day: Hydromassage – Sauna
5th day: Hydromassage – Massage relax (30')

This program costs: **69,00 Euro / person**

5 DAYS PROGRAM (P5.3)

- 1st day :** Hydromassage – Sauna – Massage (20')
2nd day : Hydromassage– Breathing Therapy
3rd day : Hydromassage – Massage relax (30')
4th day : Hydromassage – Sauna – Breathing Therapy
5th day : Hydromassage – Massage relax (40')

This program costs: **85,00 Euro / person**

5 DAYS PROGRAM (P5.4)

- 1st day :** Sauna – Massage relax (40')
2nd day : Hydromassage – Sauna
3rd day : Hydromassage – Breathing Therapy
4th day : Sauna – Massage relax (40')
5th day : Hydromassage – Breathing Therapy –
Sauna

This program costs: **90,00 Euro / person**

4 DAYS PROGRAM (P4.1)

- 1st day :** Hydromassage – Sauna
2nd day : Hydromassage – Massage (40')
3rd day : Hydromassage – Breathing Therapy –
Massage relax (20')
4th day : Hydromassage – Sauna – Massage (40')

This program costs: **85,00 Euro / person**

4 DAYS PROGRAM (P4.2)

- 1st day :** Hydromassage – Sauna
2nd day : Hydromassage – Breathing Therapy –
Massage relax (30')
3rd day : Hydromassage – Massage relax (20')
4th day : Hydromassage – Sauna – Massage (40')

This program costs: **80,00 Euro / person**

4 DAYS PROGRAM (P4.3)

- 1st day :** Hydromassage – Sauna
2nd day : Hydromassage – Breathing Therapy –
Massage (40')
3rd day : Hydromassage – Sauna
4th day : Hydromassage – Massage relax (30')

This program costs: **69,00 Euro / person**

6 DAYS PROGRAM (P6.1)

- 1st day:** Hydromassage – Sauna – Massage (10')
2nd day: Hydromassage – Breathing Therapy
3rd day: Hydromassage – Massage relax (30')
4th day: Hydromassage – Sauna – Massage relax (20')
5th day: Hydromassage – Breathing Therapy -
Massage relax (10')

- 6th day:** Hydromassage – Sauna – Massage relax (40')

This program costs: **120,00 Euro / person**

10 DAYS PROGRAM (P10.1)

- 1st day:** Hydromassage – Sauna
2nd day: Hydromassage – Massage relax (40')
3rd day: Hydromassage – Sauna – Breathing Therapy
4th day: Hydromassage – Massage relax (20')
5th day: Hydromassage - Sauna
6th day: Hydromassage - Massage relax (40')
7th day: Hydromassage – Breathing Therapy – Massage
(10')
8th day: Hydromassage – Massage relax (30')
9th day: Hydromassage – Sauna – Breathing Therapy
10th day: Hydromassage – Sauna – Massage relax (40')

This program costs: **170,00 Euro / person**

10 DAYS PROGRAM (P10.2)

- 1st day:** Hydromassage – Sauna
2nd day: Hydromassage – Massage relax (30')
3rd day: Hydromassage – Sauna – Breathing Therapy
4th day: Hydromassage – Massage relax (20')
5th day: Hydromassage - Sauna
6th day: Hydromassage - Breathing Therapy –
Massage (10')
7th day: Hydromassage
8th day: Hydromassage – Sauna - Massage relax (30')
9th day: Hydromassage – Breathing Therapy – Massage
(20')
10th day: Hydromassage – Sauna – Massage relax (40')

This program costs: **165,00 Euro / person**

10 DAYS PROGRAM (P10.3)

- 1st day:** Hydromassage – Sauna
2nd day: Hydromassage – Massage relax (40')
3rd day: Hydromassage – Sauna
4th day: Hydromassage – Massage relax (20')
5th day: Hydromassage – Sauna – Breathing Therapy
6th day: Hydromassage - Breathing Therapy –
Massage (40')
7th day: Sauna – Massage relax (40')
8th day: Hydromassage – Sauna - Massage relax (30')
9th day: Hydromassage – Breathing Therapy – Massage
(20')
10th day: Hydromassage – Sauna – Massage relax (40')

This program costs: **170,00 Euro / person**

For Information call: +30 27440 – 22215, 61990, 67822, 21124