



#DivineYou

Wellbeing Retreat

BY

DIVANI COLLECTION

Welcome to a #DivineYou

Divani Apollon Palace & Thalasso, awarded as Europe's Leading Spa by World Travel Awards, invites guests to experience a holistic journey to wellness through its #DivineYou programs.

The timeless Greek values of "Wellness", are revived at Divani Apollon Palace & Thalasso Centre. Here, our guests have the opportunity to get in touch with their inner selves, through the focused and professional guided help from our qualified professional staff.

We are here to ensure that our guests will experience the Ancient Greek concept of complete wellness "Ef zin", literally meaning amelioration of life quality and that your stay with us will be unforgettable, satisfying and will help you achieve the best possible results.





OUR LOCATION

THE IDEAL WELLBEING DESTINATION



Offering all year around mild climate and unique proximity to the sea, the Athenian Riviera is an ideal environment to start finding your inner self.

Located just 18 km from the city center of Athens and a 25' drive from Eleftherios Venizelos International Airport, the location is all one can wish for. Guests have been visiting Divani Apollon Palace & Thalasso because they know that here they will find complete relaxation and professional service unlike any other.

The 3.500 m² thalassotherapy center is the biggest in Greece and one of the biggest in Europe.

The regenerating effects of the seawater treatments, the most effective medical technologies and above all the high level of professionalism and expertise from our team (doctor, dietitian, personal trainers, physiotherapists, beauticians) ensure an extensive and complete approach to your wellbeing.

ACCOMMODATION

LUXURY & SERENITY COMBINED

Offering unique views to the Saronic Gulf at the prestigious Athenian Riviera, guests will retreat to their own private room with a Queen size bed and lavish bathroom. Whether our guests choose a superior, an executive room or one of our suites, they will find everything at their disposal to make their stay effortlessly luxurious and relaxing.

Your stay at Divani Apollon Palace & Thalasso will be a true luxury experience, adding to your relaxation and supporting your whole action. Divani Apollon Palace & Thalasso is the perfect hotel for your every need.



NUTRITION

WE TAKE GOOD CARE OF YOU

Our in house dietitian works hand in hand with our executive chef to create gourmet meals that are nutritionally balanced and strongly influenced by the well known Greek & Mediterranean diet.

Our menus, based on Greek seasonal fresh products, are composed by meals high in protein and of low glycemic index, designed in a way to maintain ideal hormonal and metabolic control. #DivineYou programs are not about unsubstantial results.

Personal consultations with our dietitian, inspire our guests to actively participate in their wellness decisions by becoming aware of the ways of being and patterns of behavior that may contribute to imbalances, ultimately empowering and motivating life-changing habits.

The dietary programs at Divani Apollon Palace & Thalasso exclude alcohol and processed sugars, aiding in your detoxification and revitalization process.



TECHNOLOGY

STATE-OF-THE-ART EQUIPMENT

At Divani Apollon Palace & Thalasso we have a long standing experience on how to use cutting-edge technologies in order to be able to offer you the best possible results.

Our cooperation with Symmetria, a medical and beauty clinic awarded with the Best Clinic Award by the European Business Assembly, allows us to offer advanced techniques in facial rejuvenation and body shaping. Divani Apollon Palace & Thalasso is one of the few hotels in Europe to offer the HYPOXI®,

VACUNAUT and VELASHAPE®, Xero-Lipo and LPG equipment, which are considered revolutionary in weight loss and body sculpture.

Furthermore, we have recently enhanced our medical aesthetic technologies with the Cryotherapy method, offering natural non-invasive face and body lifts and helping in excess weight reduction.



ULTRAMED² DETOX PROGRAM

3 DAYS PROGRAM | 5 DAYS PROGRAM* | 7 DAYS PROGRAM*

An intensive 3-days, 5-days or 7-days program targeting to enhance the detoxifying pathways, creating the foundation for a healthier wellbeing.

Wellness Experts Consultation - Medical & Nutritional

Personal Training Sessions

Medical Aesthetics Treatments

Xero Lipo Method

NMS/ Hypoxi sessions

Velashape III

Localised Cryotherapy Sessions

Body Treatments

Classic Micronised Seaweed Treatment

Lymphodrainage Massage

Thalgo Marine Prelude

Ef Zin Massage 60min

Face Treatments

Symmetria Facial with AHA or
Hydrafacial system

Daily access to the
thalassotherapy pool

Daily access to the steam
room & sauna

Daily access to group fitness
& yoga classes

OPTIMUM WEIGHT PROGRAM

10 DAYS PROGRAM | 14 DAYS PROGRAM*

A 10-days or 14-days program achieves a powerful and effective weight loss result in a short period of time, fueling your body with essential nutrients and building it up by the use of innovative lipolytic technologies.

Wellness Experts Consultation - Medical & Nutritional

Personal Training Sessions

Medical Aesthetics Treatments

Xero Lipo Method

NMS/ Hypoxi sessions

Velashape III

Localised Cryotherapy Sessions

Body Treatments

Classic Micronised Seaweed Treatment

Lymphodrainage Massage

Aromaceane Slimming

St. Barth Slimness Massage

Body Sculpt with Body Palp

Relaxing Massage with essential oils

Face Treatments

Symmetria Facial with AHA or
Hydrafacial Treatment

Daily access to the
thalassotherapy pool

Daily access to the steam
room & sauna

Daily access to group fitness
& yoga classes

**The 5 days & 7 days Detox Programs include additional therapies.*

**Additional therapies are included*

ANTI-STRESS PROGRAM

3 DAYS PROGRAM

This program's goal is to achieve a complete balance between body and mind through the healing power of yoga, meditation and a variety of treatments that will leave your body totally relaxed.

**Wellness Experts Consultation -
Medical & Nutritional**

Personal Training Sessions

Yoga Meditation

Thalasso Kinetics

Body Treatments

St. Barth Dream Bath
St Barth Harmony Massage
St Barth Chill Out Massage
Indoceane

Face Treatments

St. Barth Freshness
Symmetria Facial with AHA or
Hydrafacial Treatment

**Daily access to the
thalassotherapy pool**

**Daily access to the steam
room & sauna**

**Daily access to group fitness
& yoga classes**

REJUVENATION PROGRAM

3 DAYS PROGRAM

Designed to offer complete rejuvenation, this program aims to stimulate the body to recover and restore its vitality and energy levels.

**Wellness Experts Consultation -
Medical & Nutritional**

Personal Training Sessions

Thalasso Kinetics

Medical Aesthetics Treatments

Localised Cryotherapy - Jett Plasma
Lift

Body Treatments

Reflexology Massage
Ef Zin Massage
Bamboo Massage
Jet Shower
St. Barth Dream Bath
Indoceane

Face Treatments

Facial Prodige des Oceans

**Daily access to the
thalassotherapy pool**

**Daily access to the steam
room & sauna**

**Daily access to group fitness
& yoga classes**

METABOLIC LIFT OFF

10 DAYS PROGRAM

Introducing a new wellbeing program which combines a sophisticated eating protocol, an intensive customized exercise program and innovative technologies to ultimately trigger beneficial changes to your metabolism.

**Wellness Experts Consultation -
Medical & Nutritional**

Personal Training Sessions

Thalasso Kinetics

Medical Aesthetics Treatments

Xero Lipo Method

Hypoxi

Velashape III

Localized Cryotherapy

Body Treatments

Classic Micronized Seaweed Treatment

Lymphodrainage Massage

Reflexology Massage

Thalgo Marine Prelude

St. Barth Slimness Massage

Massage Ef Zin

Jet Shower

Face Treatments

Symmetria Facial with AHA or

Hydrafacial Treatment

**Daily access to the
thalassotherapy pool**

**Daily access to the steam
room & sauna**

**Daily access to group fitness
& yoga classes**

CHEATING MENOPAUSE

10 DAYS PROGRAM

A pampering program focused on soothing the changes and challenges that women face during their menopausal transition. A well-formed health program that will support the fragile strings between physical and emotional condition.

**Wellness Experts Consultation -
Medical & Nutritional**

Yoga Meditation

Thalasso Kinetics

Medical Aesthetics Treatments

Xero Lipo Method

Velashape III

Localized Cryotherapy

Body Treatments

Lymphodrainage Massage

Reflexology Massage

St. Barth Dream Bath

St. Barth Harmony Massage

St. Barth Chill Out Massage

Indoceane

Face Treatments

St. Barth Freshness

Facial Prodige des Oceans

Symmetria Facial with AHA or

Hydrafacial Treatment

**Daily access to the
thalassotherapy pool**

**Daily access to the steam
room & sauna**

**Daily access to group fitness
& yoga classes**

ARMONIA

3 DAYS PROGRAM | 6 DAYS PROGRAM*

Nature, mythology and Mediterranean Greece all captured in this inspiring program.

Blending authentic ingredients, flavors and experiences, we invite our guests to savor the warm Greek hospitality.

Acropolis Day Tour

Cooking Class

Body Treatments

Cryothermage Treatment

Classic Micronised Seaweed Treatment

Face Treatments

Apollon Ritual of Purity

Caviar Treatment

Daily access to the
thalassotherapy pool

Daily access to the steam
room & sauna

Daily access to group fitness
& yoga classes







SYMMETRIA
DIVANI APOLLON PALACE
& THALASSO



Europe's
Leading Spa Hotel



Greece's
Leading Spa Resort



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