



CORAL BEACH
HOTEL & RESORT



The Spirit of Cyprus

ESTHISIS



HEALTH & BEAUTY SPA

WELLBEING PACKAGES

BALANCE OF BODY AND MIND FOR LONGEVITY



Absolute Wellbeing package

[1 week]

Stress, inactivity, poor diet, air pollution and many other challenges of modern life that we simply can't avoid often result in the accumulation of toxins. You can purify your body and mind in the hands of leading therapists and medical practitioners. The increased vitality, energy and sense of wellbeing will be long lasting plus the vast variety of fitness classes from you to choose from will guarantee results.

THIS EXCLUSIVE PROGRAM INCLUDES:

General medical check-up at IASIS Clinic:

Doctor examination, blood pressure, pulse, medical history	50 euro
ECG (if also required)	50 euro
Blood tests FBC, ESR, Glucose, Urea, Creatinine, Uric Acid, Chol. Profile, Triglycerides, urine test	80 euro

Guests will be seen by Dr. Panicos Papageorgiou, by appointment only. No food on the morning of the tests. The tests results will be available the same day and any concerns can be further discussed with the doctor over the phone.

In case a follow-up visit is required the cost is extra 35 euros.



- Nutrition expert consultation and diet upon Clinical Dietitian guidance
- Body composition assessment
- Dietary examination (Mediterranean Diet)
- Medical evaluation
- Personal trainer consultation with personal training program (3 sessions)
- Aesthetic consultation - included
- 1 Therapeutic Deep Tissue Full body massage
- 2 Reflexology treatments
- 1 Lymphatic drainage Massage
- 1 Sea salt full body exfoliation
- 1 Volcanic warm body wrap
- 1 Body sculpting cellulite & Colon therapy treatment
- 2 Hydrotherapy baths
- 2 Aroma stress relief back, neck & shoulder massages
- 1 Hydra Peeling facial

Personal Nutrition and Fitness Plans included / Access to all spa facilities (sauna, steam room, Jacuzzi) / Access to all daily indoor and outdoor fitness activity schedules. / All Spa treatments will be after approval by doctor and trainer tailor made to clients body needs and specifications.

Program price: **1115.00** euro



Intensive Wellbeing package

[1 week]

Whether you want to shift a few stubborn pounds or need to address a more serious weight problem, this program approach to weight loss focuses on a healthy eating regime that balances your metabolism, stabilises blood sugar and introduces a low fat diet. We provide education and support on how to continue with a healthy lifestyle in order to achieve sustainable and long term weight loss. Feel your energy and vitality increase as you watch your waistline decrease.

THIS EXCLUSIVE PROGRAM INCLUDES:

- 1 Sea salt full body exfoliation
- 3 Slimming Anti-cellulite or Thermo-Detox firming TechniSpa machine body treatments
- 1 Aromatic Corps body wrap with sauna mask
- 1 Lymphatic drainage massage
- 1 Body sculpting cellulite & Colon therapy treatment
- 2 Detox Hydrotherapy baths
- 1 Hydro peeling facial
- Complimentary Wellbeing healthy eating Mediterranean Diet by our executive chef Mr. Charis Filippou



Access to all spa facilities (sauna, steam room, Jacuzzi)
Access to all daily indoor and outdoor fitness activity schedules.

EXTRA COST:

General medical check-up at IASIS Clinic:

Doctor Examination, blood pressure, pulse, medical history etc.	50 euro
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If ECG is also required	50 euro
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Blood tests FBC, ESR, Glucose, Urea, Creatinine, Uric Acid, Chol. Profile, Triglycerides, urine test	80 euro
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Nutrition expert consultation	100 euro
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Personal trainer consultation with personal training program (3 sessions)	150 euro
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Program price: **637.00** euro



Essential Wellbeing package

[1 week]

Turn back the clock with this essential wellbeing package, tailored to revitalize and rejuvenate your body and spirit. Allow us to guide your journey to a fitter, healthier, happier you and recharge yourself back to full power.

THIS EXCLUSIVE PROGRAM INCLUDES:

- Personal trainer consultation with personal training program (3 sessions)
- Participation to several fitness classes (Aqua fit, Yoga, Pilates, Zumba, Circuit training, Legs, Bums &Tums, etc.)
- Aesthetic consultation
- 1 Deep tissue Hot stone massage
- 1 Sea salt full body exfoliation
- 1 Body sculpting cellulite & Colon therapy treatment
- 2 Volcanic warm body wraps
- 2 Hydrotherapy baths
- 1 Aroma back, neck & shoulder massage
- 1 Hydra peeling facial
- 1 Full body Aroma revitalizing massage + head massage 1hour treatment



Body composition assessment included
Access to all spa facilities (sauna, steam room, Jacuzzi)
Access to all daily indoor and outdoor fitness activity schedules

EXTRA COST:

General medical check-up at IASIS Clinic:

Doctor Examination, blood pressure, pulse, medical history etc. 50 euro

If ECG is also required 50 euro

Blood tests FBC, ESR, Glucose, Urea, Creatinine, Uric Acid, Chol. Profile, Triglycerides, urine test 80 euro

Nutrition expert consultation 100 euro

Program price: **844.00** euro



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