

Wellness Retreats to Soothe Body & Soul

Lesvos Island Soul & Body Rejuvenation



8 Days / 7 Nights

cosmorama

DMC & MICE

Soul & Body Rejuvenation

Lesvos Island

Wellness Retreats to Soothe Body & Soul





Discover the Healing Side of Lesvos – Wellness Retreats to Soothe Body & Soul

Escape to the unspoiled beauty of Lesvos Island, a true sanctuary of wellness nestled in the Aegean. Known for its tranquil landscapes, traditional villages, olive groves, and ancient healing springs, Lesvos invites you to slow down, reconnect, and rejuvenate.

At the heart of your retreat lies Polichnitos Hot Springs, one of the warmest natural thermal spas in Europe, renowned since antiquity for their healing properties and therapeutic power.

Let nature and wellness harmonize your body, mind, and spirit.

Why Lesvos? Why Now?

Lesvos is more than a destination — it's an experience for all senses. From the soothing rhythm of the sea to the curative touch of mineral waters, everything here is designed by nature to support your wellbeing. The Polichnitos Hot Springs, among the hottest in Europe, combine high mineral content and therapeutic temperatures to help with arthritis, respiratory issues, skin rejuvenation, and overall detox.

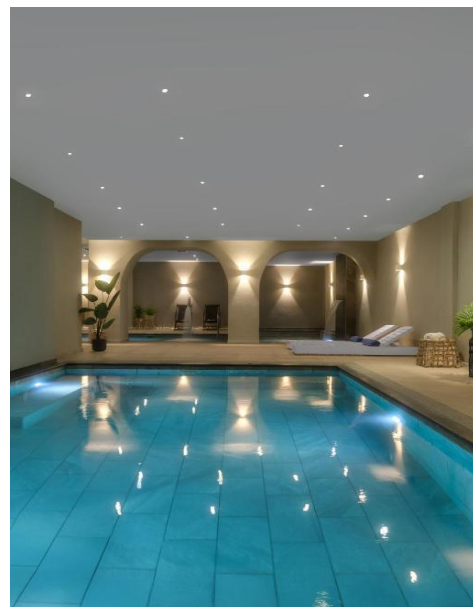
Treat yourself to the wellness journey you deserve — in the heart of the Aegean's natural paradise.

*Lesvos Soul & Body Rejuvenation itinerary can be combined with other itineraries in Athens or other parts of Greece.



Arrival in Lesbos & Welcome to Wellbeing

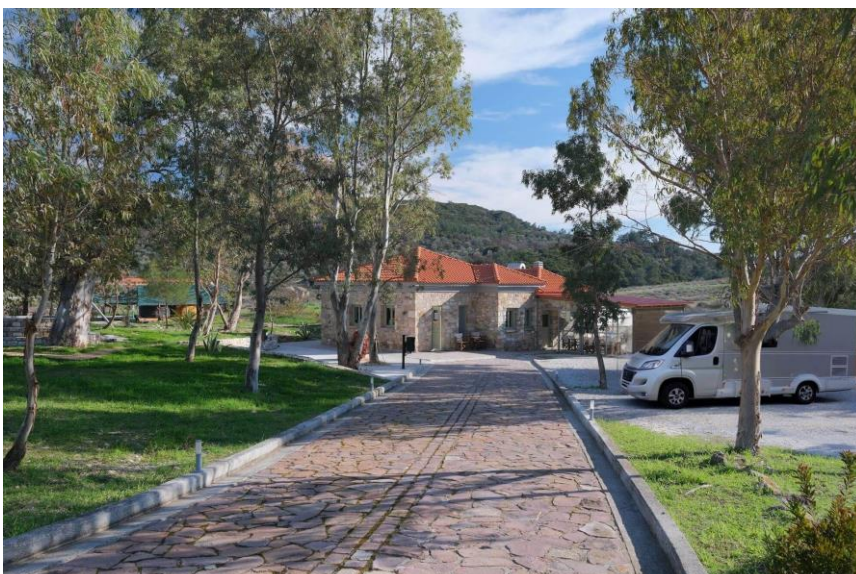
- Arrival day starts with a warm welcome and check-in to the wellness retreat.
- A private consultation with a nutritionist provides guidance on healthy eating and body-fat reduction strategies.
- In the evening, the first of seven healthy gourmet dinners sets the culinary tone of the stay
- Overnight stay in Mytilene (Lesvos).

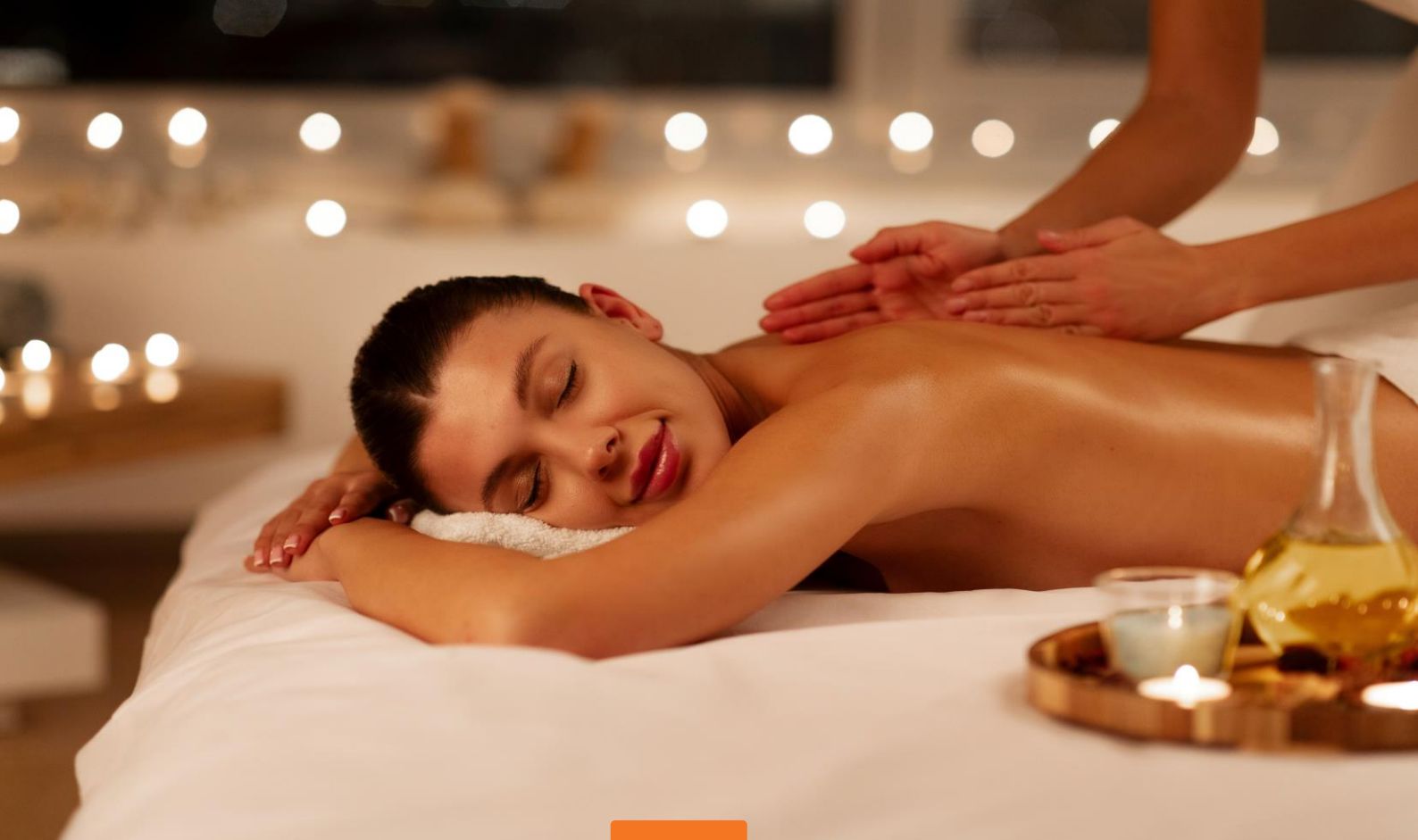




Water & Warmth

- Begin your daily Combo Session, alternating between hydrotherapy in the heated indoor pool and either a sauna or hammam treatment, guided by a professional physiotherapist. This sequence supports detox and relieves muscular tension.
- In the afternoon, travel to the Polichnitos Hot Springs, where you immerse in the intensely mineral-rich waters known for their curative effects.
- The evening concludes with a grounding, nutritious dinner.
- Overnight stay in Mytilene (Lesvos).

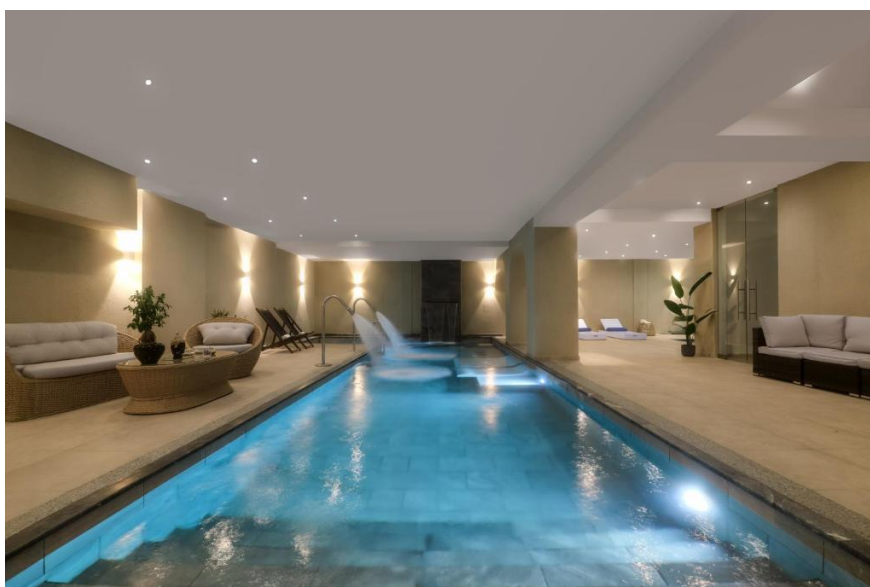




DAY 3

Movement & Massage

- Following breakfast, enjoy a combo pool and steam experience.
- The day continues with the first of three deeply soothing full-body massage sessions — an immersive therapeutic experience that not only releases built-up muscular tension but also stimulates blood circulation, promotes lymphatic drainage, and activates the parasympathetic nervous system, guiding the body into a state of profound calm and emotional equilibrium.
- A healthy dinner completes the restorative flow.
- Overnight stay in Mytilene (Lesvos).





DAY 4

Nature's Medicine

- After a combo hydrotherapy session in the morning, set off to explore the Botanical Garden of Panagia, where you learn about the island's native herbs and their healing uses.
- A guided hike through the enchanting Agiassos region follows, where you wander along shaded forest trails surrounded by chestnut trees, wild herbs, and vibrant flora. As you ascend gently through the rolling hills, the crisp mountain air invigorates the senses, while breathtaking panoramic views of the island's verdant landscapes and distant Aegean horizon offer moments of awe and connection with nature.
- The day ends with a meal rich in nutrients and flavor
- Overnight stay in Mytilene (Lesvos).





DAY 5

Deepening Relaxation

- Another combo wellness session sets the rhythm for the day.
- Return to the spa zone for your second relaxing massage. The consistent exposure to sauna and hydro elements continues to flush toxins and promote clarity.
- Dinner again aligns with detox goals.
- Overnight stay in Mytilene (Lesvos).



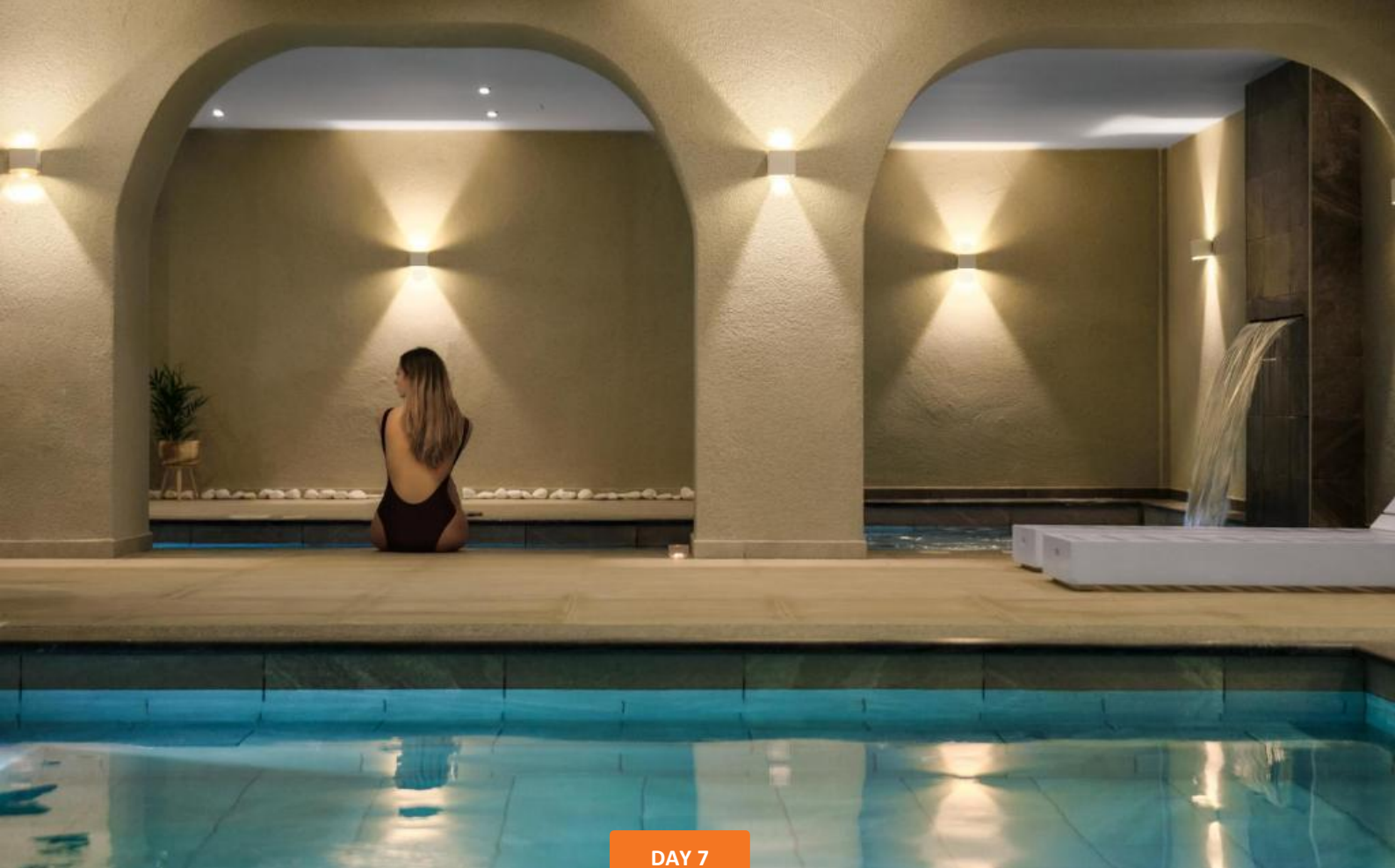


DAY 6

Renew & Reconnect

- The body begins to feel lighter and stronger. You receive your third and final massage treatment.
- A second visit to the Polichnitos Hot Springs offers another round of mineral therapy to deepen the renewal process.
- The day closes with a peaceful, nutritious dinner and reflection.
- Overnight stay in Mytilene (Lesvos).





DAY 7

Integration

- The final combo session in the spa marks the culmination of this immersive wellness journey, gently sealing in the benefits of a week devoted to self-care and renewal.
- With body and soul now fully aligned, you gather for your last evening meal: a thoughtfully crafted celebration of nourishment and wellbeing that reflects the inner transformation they now carry—lighter, rebalanced, and deeply restored.
- Overnight stay in Mytilene (Lesvos).





DAY 8

Departure from Lesvos

- Enjoy your last few morning hours on Lesvos Island.
- After enjoying a final wholesome breakfast, prepare for departure, checking out not just from your accommodation, but from a transformative journey of renewal.
- You leave with more than memories — you carry a profound sense of rejuvenation in your body, a newfound balance in your daily rhythm, and a lasting inner peace that will continue to nourish you long after your time on the island has ended.
- Depending on international or domestic connecting departure flight, transfer to Mytilene Airport.



Inclusions

- 7 Nights Lesvos hotel accommodation (5* Mythical Coast Retreat)
- Daily Breakfast
- One in-depth nutrition consultation focused on healthy eating and fat reduction strategies
- Daily wellness dinners, tailored by hotel's chef and approved by your nutritionist
- Daily Combo Wellness Sessions in our hydrotherapy pool, followed by sauna or hammam, accompanied by a trained physiotherapist
- Three relaxing full-body massages during your stay
- Unlimited access to sauna and steam room for daily detox rituals
- Two therapeutic bathing sessions at the Polichnitos Hot Springs "Hippocrates", where ancient volcanic energy nurtures your body
- Visit to the Herbal Garden of Panagia and nature hike through the lush trails of Agiassos
- Private transfers in Lesvos, from/to airport with professional driver
- All taxes

* Itinerary and the order of wellness treatments in Lesvos island may be subject to change, in order to ensure the best possible experience for all participants.

Not Included

- International and/or Domestic flights
 - Other optional tours
 - Other Meals or Beverages
 - Other transfers
 - Climate Resilience Tax to be paid directly to the hotel by guests
 - Gratuities (optional)
 - Any personal expenses
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- In case of an increase in the VAT or other taxes, including entrance fees, rates are subject to change without prior notice.
 - Rates may change during special periods such as Authentic Marathon dates, Christmas, New Year, Easter, International Congresses, Conventions and Fairs.
 - We would like to inform you that guests shall be required to pay directly to the hotel a "Climate Resilience Tax", per overnight, per room. This tax goes directly to the state and the Hotel and/or travel agents have no interference. Hotel guests shall be requested to pay the Climate Resilience Tax directly to the hotel and is not included in our above offer.



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