



eucrasia messinia

Costa Navarino

Become your own healer  
through the most  
metabolic balancing  
program of Hippocrates

## Exclusive Packages

Be part of a life-changing experience that aims to:

- Balance metabolism
- Neutralize stress hormones
- Increase stamina
- Stimulate skin and improve elasticity and firmness
- Lose weight

# COSTA NAVARINO

Costa Navarino is joining forces with the Eucrasia International Centre of Wellness and Preventive Health Treatment (awarded by Conde Nast Traveler in its 2015 Spa Awards for “Most Progressive Detox”) to offer guests Eucrasia Messinia.

**Eucrasia Messinia**, lasting 7 or 14 days, aims at boosting cell rejuvenation through a regulated diet nutrition therapy that is based on Messinia’s Mediterranean cuisine, detailed cellular assessment of metabolism and Eucrasia Center specialized services. The programmes are applied by specialized doctors, nutritionist, ergo therapist and physical trainer.

**Eucrasia Messinia will be available in 2016 during 4-18 November.**

## EUCRASIA MESSINIA PACKAGES - RATES

The packages are for The Westin Resort Costa Navarino for a Deluxe Garden room including an Eucrasia Messinia program (Medical tests, Individual nutrition plan, Relaxation treatments, Messinia rehabilitation, Body workout, Follow up). The cost of Medical Tests, included in the package rate is €1,550.

Eucrasia Messinia					
	1 person	2 persons		1 person	2 persons
<b>7 night package</b>	€6,173	€11,394	<b>14 night package</b>	€10,859	€19,813

Eucrasia Messinia packages are also available to guests already in house.

Eucrasia Messinia for in- house guests	
<b>7 days package</b>	€5,018

### Payment Policy for the programs run on 23-30.09.16 – 07-21.10.2016 – 4th-18th November 2016

Reservations will be prepaid within three (3) days of confirmation.

If full prepayment is not received in time, the reservation will automatically be cancelled.

### Cancellation Policy for the programs run on 23-30.09.16 – 07-21.10.2016 – 4th-18th November 2016

30 days or more prior to arrival will not be subject to cancellation charge.

Any cancellation received within 29 days or less prior to the arrival date will result to full cancellation fees

### Medical tests:

- Hormonal, biochemical, blood checkup.
- Detection over of 20 blood parameters based on recent WHO instructions and relayed on metabolic homeostasis.
- Complete cellular scanning.
- Analyse the most redox and anti-oxidant elements via immunity bio-markers.
- Toxicological hair test.
- Detection 10 of the most toxic pollutants based on new WHO announcement, plus 3 valuable nutritional trace elements.
- Complete Metabolic Test.
- B.M.R. ,% Analogy of macro-nutrients etc.
- Ergo-physiological R.Q. , scanning via treadmill, that detects lactate zones, all the metabolic rates, respiratory conditions, spO2%, etc.

# COSTA NAVARINO

## Eucrasia Messina highlights



### Medical test

Following a series of medical tests, the Eucrasia team customizes the Mediterranean diet model to the specific needs of each individual as an essential parameter of preventive medicine. Their ultimate target is to minimize the manifestation of “bad” genetic material while activating cellular protection.



### Physical Rehabilitation

The physical rehabilitation program re-balances the body's myofascial structure (soft tissue) and stimulates the right muscles in order to augment the respiratory function. In addition, it helps remove cellular metabolic toxins, wastes and residue via the lymphatic system.



### Individual nutrition plan

Based on 15 years of research, Eucrasia's scientific team has created an Individualized Iso-Glycemic Nutritional Model that takes full advantage of the detoxifying and antioxidant benefits of the Mediterranean diet. Eucrasia nutritionists, biochemists and chefs look forward to introducing Costa Navarino guests to a completely natural Messinian food therapy, using the purest, organic, local herbs and plants.



### Body workout

The body workout program offers a personalized exercise protocol that is easy to remember and can be practiced anywhere. Trained ergo physiologists, Soma therapists and coaches will acquaint Costa Navarino guests with kinesiotherapy, aerobic and functional exercises.



### Relaxation treatments

All relaxation treatments take place at ANAZOE SPA. The aim of ANAZOE SPA is to help individuals reconnect with themselves through health and beauty practices of ancient Greece which make use of unique natural and revitalizing ingredients from the region.



### Follow Up

Upon completion of the program, guests will be hosted for two months in a personalized Internet environment where they will have access to all test results and expert consultations.