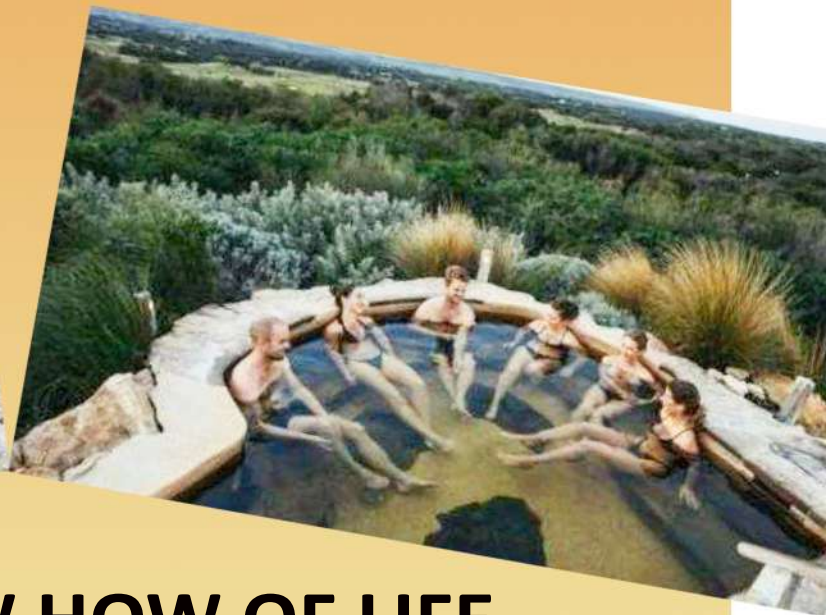


HIPPOCRATES

— THERMAL SPRINGS LESVOS —



THE KNOW HOW OF LIFE

A wellbeing project 2023 by



TKC

PROPERTY DEVELOPMENT IN MEDICAL & WELLNESS





HIPPOCRATES

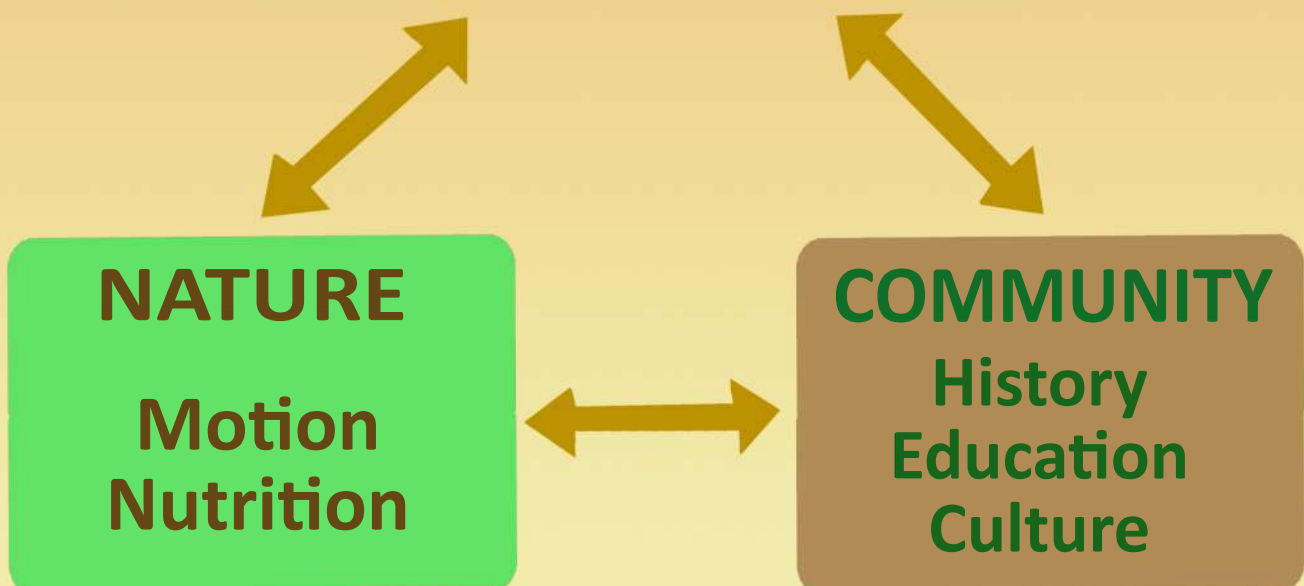
THERMAL SPRINGS LESVOS

THERMAL SPRINGS POLICHNITOS

*The new perception in
recreation and wellness services*

*"...healing is a matter of time, but
sometimes it's also a matter of opportunity!"
Hippocrates*

THERAPY WITH THERMAL WATERS





THERMAL SPRINGS POLICHNITOS

A wellness concept

THE DESTINATION

Polichnitos is a historical village on the western side of Lesvos, 50 minutes distance from the airport and 40 minutes from the capital city of the island, Mytilene.

The "dowry" of the village is its Thermal Springs, which weren't widely known until now.

However, due to the significant investment made there, based on the "THERMAL SPRINGS HIPPOKRATES 2023" project by TKC Group, the springs today can offer to the Greek and global public their very effective therapeutic properties, in an atmosphere of mind and body calmness and revitalization.

There, in search of the absolute well-being, you will get unique thermal bath experiences in indoor and outdoor spaces, nestled harmoniously in the natural landscape.

These healing waters have a history spanning centuries. But the year 2023, marked the opening of a new era for the springs and Polichnitos!

So this great event enables families, couples, elderly and young people come and experience a health and relaxation journey!

THE THERMAL SPRINGS

They are classified as the hottest springs in Europe. The water temperature reaches 82°C. The waters spring from 16 springs through volcanic and porous rocks.

Their operation dates back to the Turkish occupation of the island. After its liberation in the year 1912, the ownership was transferred to the Polichnitos Municipality.



***THERMAL SPRINGS
POLICHNITOS
A wellness concept***

In 1953, a second pool for women was built. The construction of the original baths became thanks to a Christian doctor who had a great desire to heal people through the hot springs. Thanks to chlorosodium they contain, they can treat musculoskeletal (chronic rheumatism, arthritis, sciatica, neuralgia), skin and gynecological diseases.

You can enjoy your treatment bath:

- a) outdoors in nature*
- b) indoors (swimming pools)*

The thermal waters and natural scenery will keep you invigorated and happy all day long!



The new facilities of the hot baths were designed in such a way as to offer you a huge range of services with the sole aim of renewing you mentally and physically:



HIPPOCRATES

THERMAL SPRINGS LESVOS

**THERMAL SPRINGS
POLICHNITOS**
A wellness concept

THERAPEUTIC SERVICES

Body

- *Physiotherapy massage 30, 60 & 90'*
- *Trigger point massage 60 & 90'*
- *Body posture analysis*
- *Body massage 60 & 90'*
- *Aromatherapy massage 60 & 90'*
- *Oncological massage 60'*
- *Massage with hot stones 60'*
- *Mud therapy 60'*

Face

- *Gua Sha massage 60'*
- *Firming massage*
- *Hydromassage*
- *Male face care and treatment*





HIPPOCRATES

THERMAL SPRINGS LESVOS

PACKAGES

a) Dreaming Bathing

You spend the entire day enjoying the outdoors and indoors thermal waters, the nice gardens and the tasty food.

- Welcome drink with local juice
- Use of a robe throughout the day
- Therapeutic massage 30 min
- Use of the outdoor sauna

c) Restart – All Around

You spend your day enjoying the outdoors and indoors thermal baths, the nice gardens and the tasty dishes.

- Welcome drink with local juice
- Use of a robe throughout the day
- Therapeutic massage 50 min
- 20% discount in our restaurant
- Use of the reflexology path
- Use of the outdoor sauna

b) Bath House (Recharge)

- Use of a robe throughout the day.
- Bath in the indoors thermal pools 30 min
- 20% discount in our restaurant
- Therapeutic massage 30 min

d) Weekday Escape for two

- Use of a robe all day long
- Use of the outdoor thermal baths
- 15% discount in our restaurant
- 30 min therapeutic massage
- Offering of a small cheese & fruits platter accompanied with a glass of local wine for each one

e) Rehabilitation

Spend some time of your day in the natural thermal springs and enjoy the healing waters, the local flavors and the view by walking into the garden paths.

- Use of a robe all day long
- Use of the outdoor thermal springs pools 60 min
- 10% discount in our restaurant
- Use of the outdoor sauna
- Use of the reflexology path



HIPPOCRATES

— THERMAL SPRINGS LESVOS —

MEMBERS - MEMBERSHIPS

1. Polychnitos Member - 12-month membership

Access to all indoor & outdoor healing waters and all open amenities

From May 1st to October 31st

Monday to Thursday: 8am - 3pm

From November 1st to April 30th

7 days a week

The member also receives 2 Gift Cards so he can bring a friend or family member (the member must accompany his guest) which include:

- 20% discount on all food and beverages
- 20% discount on all therapies and motion programs (personal and group)
- 10% discount on all purchases from our Lifestyle Store

2. Polychnitos Member Deluxe • 12-month membership

Access to all indoor & outdoor healing waters and all open amenities weekdays all year round.

The member also receives 4 Gift Cards so he can bring his friend or his family members (the member must accompany his guests) which include:

- 30% discount on all food and beverages
- 30% discount on all therapies and motion programs (personal and group)
- 20% discount on all purchases from our Lifestyle Store

3. Polychnitos Member Premium • 12-month membership

Access to all indoor & outdoor healing waters and all open amenities during full operating time all year round.

The member also receives 6 Gift Cards so he can bring his friend or his family members (the member must accompany his guests) which include:

- 30% discount on all food and beverages
- 30% discount on all therapies and motion programs (personal and group)
- 20% discount on all purchases from our Lifestyle Store



HIPPOCRATES

THERMAL SPRINGS LESVOS

THERMAL SPRINGS POLICHNITOS A wellness concept

PARALLEL ACTIONS IN NATURE

MOTION & NUTRITION

- *Local products*
- *Healthy cuisine*
- *Products Labeling*
- *Cooking Lessons*
- *Specialists advice guests how to do healthy choices*
- *Walking paths - Hiking - Biking*
- *Morning & Afternoon group motion courses*
- *Workshop on posture & body exercise*

Motion

*Here at Polychnitos Thermal Springs we care about your health and happiness. Start your day with body stretching or yoga as a part of your wellness day. Or enjoy the functional exercise courses in the outdoor gym. In this way you will boost your stamina and mood. Our **Motion Program** changes according the seasons and days of the week. Take care also for special activities taking place. There's always something going on at Polychnitos Thermal Springs.*

- ***Analysis – Diagnosis on posture and efficient motion***
- ***Use of the outdoor functional equipment (group or personal)***
- ***Morning group exercise courses (sunrise yoga poses, stretching, walking)***
- ***Afternoon group exercise courses (functional exercises, sunset yoga poses, mat based pilates)***



HIPPOCRATES

— THERMAL SPRINGS LESVOS —

THERMAL SPRINGS POLICHNITOS

A wellness concept

Nutrition

Fresh & Local

Indulge into our cuisine and discover how the local recipes are enhanced with the local herbs flavor. The grandmothers of the village will share with you their philosophy on tasty healthy local food.

Healthy life philosophy is our guide. Consequently, we always use organic and locally grown ingredients whenever is possible.

Fruits added to our orange and grapefruit juices and vegetables for your salads are collected from trees and plants grown in our botanical garden.

Understanding your health needs and dietary choices is the key to our success.

We are very proud of our "Polichnitos Cuisine". Here we prepare healthy meals for you, just to refresh your body!

The Café

Our Café is a modern and beautifully decorated space. There, coffee is combined with local flavors and fresh pastries. Grab a quick coffee or Matcha and enjoy a freshly baked bread smeared with local honey and jam to start your day.

The Alchemy Bar

Make your own soft drink, juice or smoothie as if you were doing table alchemy, choosing from a variety of fruits and vegetables collected from our farm. Various nuts, cheese and freshly baked bread will accompany your healthy meal.



HIPPOCRATES

— THERMAL SPRINGS LESVOS —

THERMAL SPRINGS POLICHNITOS A wellness concept

The Gaia Restaurant

A truly local tavern where you can enjoy seasonal tasteful dishes created by our chef. You can complete your enjoyment accompanied them with local wines and ouzo. That's the way to receive entertainment from your life and bring happiness to you and your beloved ones.

COMMUNITY

CULTURE - EDUCATION - HISTORY

- *Installation of an information hub (touch screen info TV) where guests can learn about the region and thermal springs history*
- *Yearly calendar with the local events and events which will take place in the property, so guests can choose and participate*
- *Paint, cooking, clay art workshops organized by local people (artists, chefs, potters etc)*
- *Connection of the guests to each other by common projects like building a church, cleaning a beach or harvesting fruits from the garden etc.*
- *Construction of 3 solvable structures to use them for:*
 1. *Meetings (up to 12 people)*
 2. *Special events (birthdays etc.)*
 3. *Workshops where doctors, scientists, or locals will speak about a common interest theme (longevity, local herbs, healing treatments, how to cook healthy food etc.)*



**THERMAL SPRINGS
POLICHNITOS**
A wellness concept

THE FUTURE

We create the future changes in the way that people will understand, experience, and expect wellness:

- *Self-care for self-preservation and survival*
- *Prevention as a living way and public health priority.*
- *Wellness and science must move towards to each together acting simultaneously*
- *Leaning into nature for nourishment and healing.*
- *Mental well-being takes center stage.*
- *A global values reset.*



CONTACT US

Email: info@thermal-springs.gr - Tel: 6986858984

www.thermal-springs.gr

THE KNOW HOW OF LIFE
A wellbeing project 2023 by

