



# AGAPORIA

## SPA AND WELLNESS

*Indulge in Nature's Embrace*



*Welcome to our sanctuary for the Soul.*

*Step into a world of self-discovery,  
rejuvenation, and connection, where every  
experience is thoughtfully curated to  
foster harmony and inner peace.*

*Enjoy!*

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# WELCOME

Feel warmly welcomed at Agaporia, where luxury harmonizes with ecological stewardship, and every step you take deepens your connection to yourself and the world around you.

Here, we don't just offer wellness; we cultivate a vibrant community of well-being that resonates long after your stay. Experience the difference that true mindfulness and nature-infused healing can make, and emerge renewed, refreshed, and transformed.

Engage in forest bathing to fully immerse yourself in the serene environment, Experience outdoor massage sessions , where skilled therapists bring relaxation to life amidst the tranquil beauty of nature. Join us for early morning sunrise meditation sessions on our idyllic yoga deck, where breathtaking views inspire a deep connection to the present moment.

*Find beauty to feed your soul,  
and peace to ease your mind*

# COMMITMENT TO SUSTAINABILITY

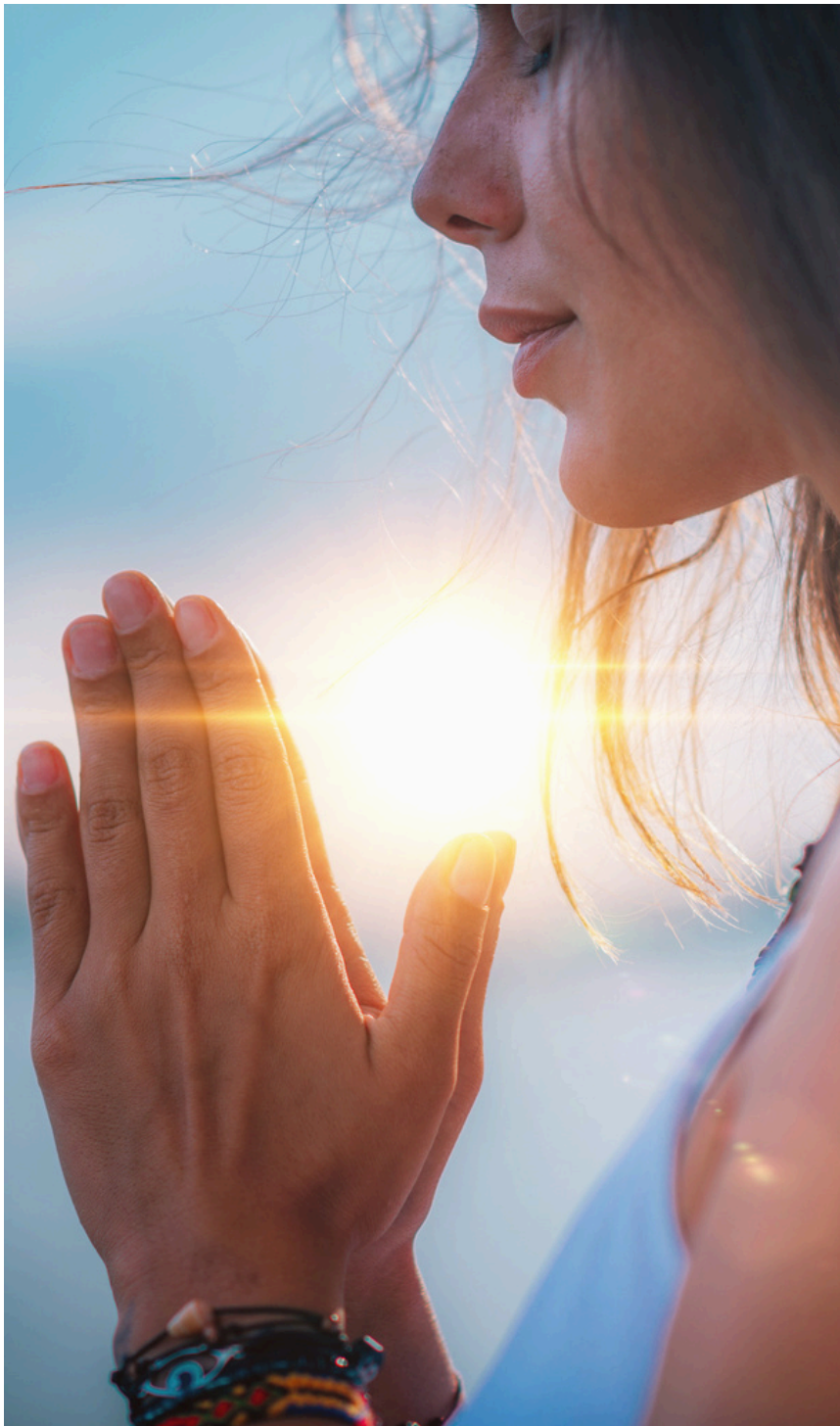
We are dedicated to sustainability in all our wellness practices. Every effort is made to minimize our ecological footprint while providing an unparalleled luxury experience. We prioritize ingredients from our gardens and partnerships with local artisans to ensure that our offerings reflect the beauty and integrity of the environment we cherish.

Agaporia's wellness environment mirrors the tranquility of the surrounding nature, featuring biodegradable design elements that create a serene atmosphere for relaxation. Private therapy rooms, retreat room, outdoor yoga deck, hammam, sauna, cold & warm baths and saltwater pool are offering panoramic views, immersing you in the beautiful surroundings.

*Nature makes well*







# WELLNESS RESSOURCES FOR CONTINUED GROWTH

To support your wellness journey beyond Agaporia, we offer a wealth of resources and recommendations. You will receive curated materials, including:

- Mindfulness Guides: Discover practical tips and techniques to incorporate mindfulness into daily life.
- Healthy Recipes: Take home recipes that focus on wholesome, nourishing ingredients, allowing you to continue your healthy eating journey.
- Recommended Reading: Explore a selection of books and materials that inspire wellness, mindfulness, and self-discovery.
- Podcasts and Apps: We suggest a list of podcasts and wellness apps designed to motivate and guide your ongoing practice of health and well-being.

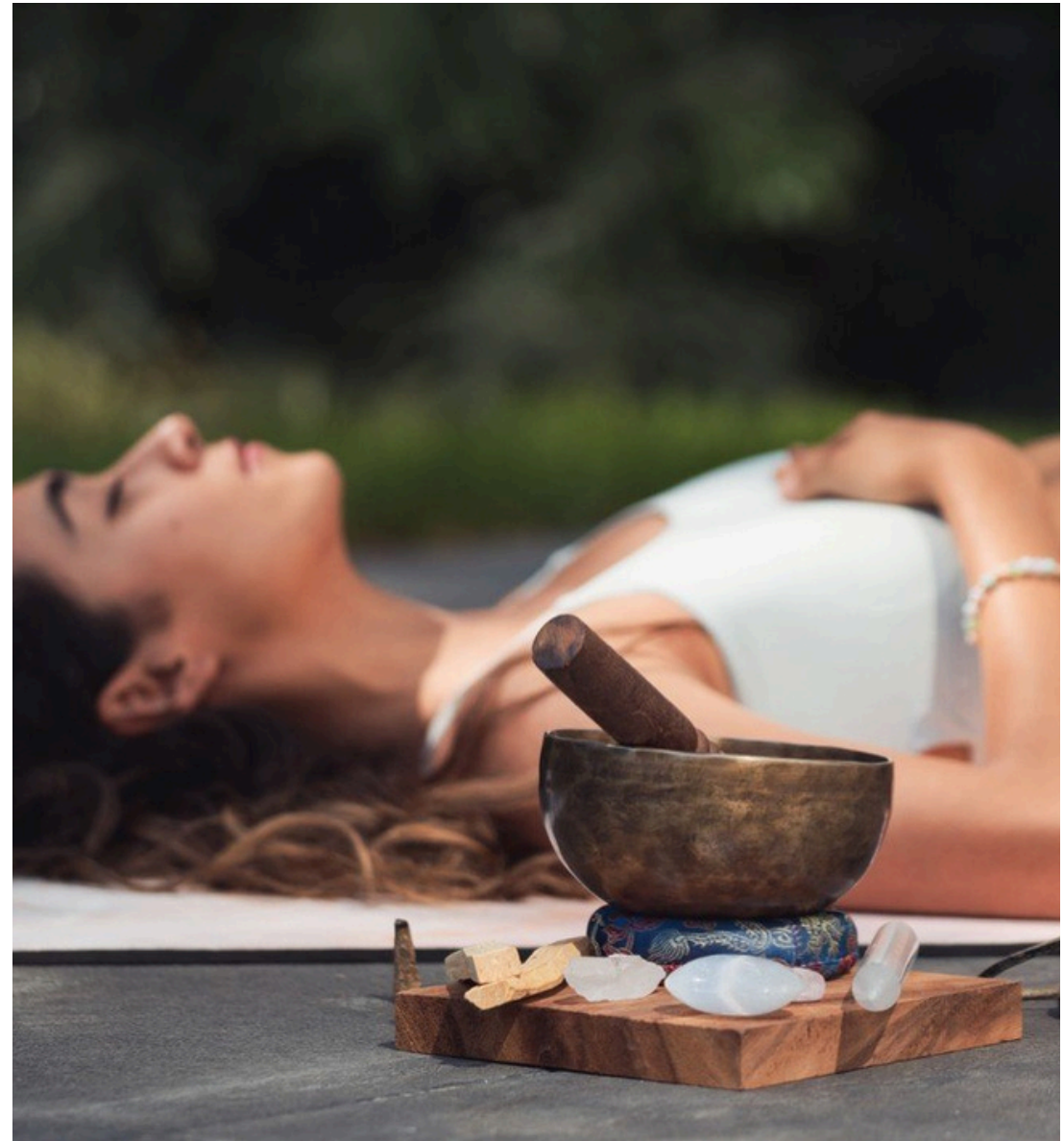
# CUSTOMIZABLE WELLNESS PACKAGES

At Agaporia, we understand that wellness is a personal journey. That's why we offer customizable wellness packages that allow you to tailor your experience to match your individual needs and preferences.

Choose from a selection of treatments, activities, and wellness experiences to create a retreat uniquely suited to you.

Whether you wish to focus on detoxification, holistic nourishment, or vitality, your wellness journey at Agaporia will be designed by you.

With the guidance of a personal well-being coach, you'll receive expert support at every step of your wellness journey. Design the retreat that empowers your well-being and rejuvenation.



*Your Wellness. Your Way:  
Tailored Packages Just for You!*



A scenic view of rolling hills in Tuscany, Italy, with golden grass in the foreground and a small village in the distance.

# AGAPORIA RETREATS



# SEASONAL WELLNESS RETREATS

Embrace the changing seasons with our specially curated wellness programs that reflect the rhythms of nature. Each seasonal retreat focuses on unique themes inspired by the local environment and is designed to adapt to the profound connection with the season, the flow of nature, and the availability of guest coaches.

As a result, specific programming will be finalized and made available two months before each seasonal retreat, ensuring a relevant and enriching experience for every participant.

**Spring Renewal Retreat:** A time for cleansing and revitalization, featuring detox treatments, spring-inspired nutrition, and immersive nature activities.

**Summer Vitality Retreat:** Celebrate the warmth and energy of summer with fitness-focused activities, outdoor yoga sessions, and refreshing spa treatments that promote radiant health.

**Autumn Balance Retreat:** As nature transitions, this retreat emphasizes holistic practices aimed at grounding and introspection through mindfulness workshops and nutrition seminars.

**Winter Rejuvenation Retreat:** Embrace warmth and nourishment by focusing on restorative treatments and reflective moments to prepare for new beginnings in the year ahead.

*Seasonal Serenity: Find Greater Well-Being Within Nature's Flow*



# DETOX RETREAT (3, 5, OR 7 DAYS)

## Overview:

This retreat is designed to cleanse the body and mind, promoting a refreshing start. You embark on a personalized detox journey through nutrient-rich meals, rejuvenating treatments, and restorative practices.

## Highlights:

- **Nutritional Consultations:** Work with our nutritionists to create a tailored meal plan focused on detoxifying foods.
- **Cleansing Treatments:** Enjoy a variety of body scrubs and detoxifying wraps featuring natural ingredients designed to purify the skin and stimulate circulation.
- **Daily Yoga & Mindfulness:** Engage in yoga sessions focusing on breath work and mindfulness to support mental clarity and emotional balance.
- **Guided Nature Walks:** Connect with nature on guided hikes, encouraging a sense of harmony and tranquility.





# HOLISTIC RETREAT (3, 5, OR 7 DAYS)

## Overview:

This holistic retreat fosters balance and well-being through a multicultural approach that integrates physical, emotional, and spiritual practices.

## Highlights:

- **Wellness Consultations:** Personalized one-on-one sessions with wellness experts to assess individual needs and create a comprehensive wellness plan.
- **Holistic Treatments:** Access to a range of therapies, such as acupuncture, reflexology, shiatsu designed to harmonize energies and promote healing.
- **Workshops:** Participate in workshops on meditation, breathwork, and mindfulness techniques for everyday application.
- **Fitness Activities:** Enjoy a mix of fitness classes tailored to various levels, such as Pilates, Tai Chi, and aqua aerobics, focusing on physical well-being.



# LONGEVITY RETREAT (3, 5, OR 7 DAYS)

## Overview:

This retreat targets wellness strategies that promote longevity and vitality, drawing inspiration from the lifestyles of Blue Zone regions known for their residents' remarkable longevity

## Highlights:

- Longevity Treatments: Awaken your vitality with treatments, inspired by the wisdom of our ancestors. Rediscover deep rejuvenation through our holistic approach to well-being—one that transcends physical beauty and fosters a profound connection to yourself
- Nutritional Education: Attend seminars focusing on nutrition that supports long-term health, including cooking classes centered on longevity-focused recipes.
- Physical Assessment: Get a personalized fitness plan created in partnership with fitness trainers who focus on sustainable health and longevity practices.
- Legacy of Wellness: Conclude with a ceremony or ritual to impart a sense of purpose and connection, celebrating the journey towards a healthier future.





A woman with long blonde hair, wearing a wide-brimmed straw hat and a white sleeveless dress, is sitting on a wooden deck. She is looking out over a calm lake towards a range of hills under a soft, hazy sky at sunset or sunrise. The text "SPA AND MASSAGE TREATMENTS" is overlaid in white serif font on the left side of the image.

# SPA AND MASSAGE TREATMENTS





## SPA AND MASSAGE TREATMENTS

Agaporia's spa environment mirrors the tranquility of the surrounding nature, featuring calming design elements that create a serene atmosphere for relaxation. Private therapy rooms are equipped with panoramic views, immersing you in the beauty of your natural surroundings.

*ENTER A WORLD OF SERENITY AND PROFOUND WELL-BEING*

## **1. AGAPORIA SIGNATURE MASSAGE: TAILORED TRANQUILITY**

Experience the ultimate in personalized relaxation with our Agaporia Signature Massage, a bespoke treatment designed to cater to your individual desires and needs. Your journey begins with a consultation to understand your preferences and any specific areas of tension. Our skilled therapists then harmoniously blend long, flowing strokes with gentle kneading techniques, creating a customized approach that melts away stress and revitalizes both body and mind.

Whether you seek relief from physical discomfort, a deeper connection with your inner self, or simply a moment of escape from daily hustle, the Signature Massage is your perfect retreat

## **2. COUPLES SPA EXPERIENCE**

Share a memorable spa journey with your loved one in our luxurious couples' suite, offering side-by-side treatments designed to enhance your connection while indulging in shared relaxation.

Included Special Touches: Enjoy a complimentary glass of Tuscan natural sparkling wine and fresh fruit, creating an intimate and celebratory atmosphere.





### **3. RELAXING SWEDISH MASSAGE**

A classic treatment focused on long, flowing strokes and kneading, promoting relaxation and stress relief. Ideal for first-time spa visitors, this massage soothes both body and mind, allowing you to fully unwind.

Add-on Options: Enhance your experience with essential oil upgrades for aromatherapy effects, adding an extra layer of tranquility.

### **4. THERAPEUTIC DEEP TISSUE MASSAGE**

This invigorating massage targets deeper layers of muscle and connective tissue, using slow, deliberate strokes and intense pressure to alleviate tension and chronic pain. Perfect for those seeking relief from muscle strain.

Personalization: Our skilled therapists will adjust the pressure based on individual preferences, ensuring a treatment that meets your specific



## 5. REVITALIZING FACIAL TREATMENTS

Custom facials utilize high-quality, organic products to cater to your skin's unique needs, whether you require hydration, rejuvenation, or detoxification. Techniques include lymphatic drainage to promote circulation and enhance radiance.

Signature Treatment: The "Agaporia Essence Facial" incorporates indigenous plant extracts, specially formulated to revitalize and restore your skin's natural glow.

## 6. BODY SCRUBS AND WRAPS

Refresh and renew your skin with our selection of scrubs and wraps made from local, natural ingredients like sea salt, essential oils, and herbal infusions. Perfect for exfoliation and hydration.

Signature Treatment: Experience the "Agaporia Honey Ginger Wrap," utilizing nutrient-rich local ginger and honey to cleanse and nourish your skin deeply, leaving you feeling revitalized.





# DAY SPA RETREATS FOR NON-RESIDENTIAL GUESTS

For those visiting Agaporia for a shorter escape, we offer exclusive day spa retreats designed to provide you with a restoring experience without the need for overnight accommodations.

## THE SHAPE CLUB

An invigorating day designed for those looking to enhance fitness and overall wellness. Enjoy a combination of personal training sessions, nutritional consultations, and rejuvenating spa treatments, culminating in a holistic journey to reshape your well-being.

## LAZY SUMMER DAY

Unwind and embrace leisure with a full day of pampering. Indulge in soothing massages, revitalizing facials, and a gourmet wellness lunch in a serene setting. This experience is perfect for those seeking the ultimate relaxation escape.





A scenic landscape at sunset. The sky is filled with dramatic, colorful clouds in shades of orange, pink, and purple. The sun is low on the horizon, casting a warm glow over the scene. In the foreground, there is a grassy field with several olive trees. In the middle ground, a vineyard is visible, and in the background, there are rolling hills and mountains.

## **Book Your Wellness Journey Today!**

Connect with yourself at Agaporia, where every experience is designed with intention and care. For reservations or inquiries, please contact us:

Phone:

Email: [reservations@agaporia.com](mailto:reservations@agaporia.com)

Website: [www.agaporia.com](http://www.agaporia.com)



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