



Corporations  
Brochure

# PREMIUM WELLNESS

CONCEPTS | EXPERIENCES | RETREATS

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# The Company

## Who we are

Premium Wellness is a leading agency creating memorable personalised Wellness experiences for individuals and groups. We develop innovative and creative concepts for clients looking for exclusive treatments and activities. Our partnerships include Hotels, Companies, Wellness Centers, Concierge offices and Private clients with special requests.

### **Paris Angelika / Founder & CEO**

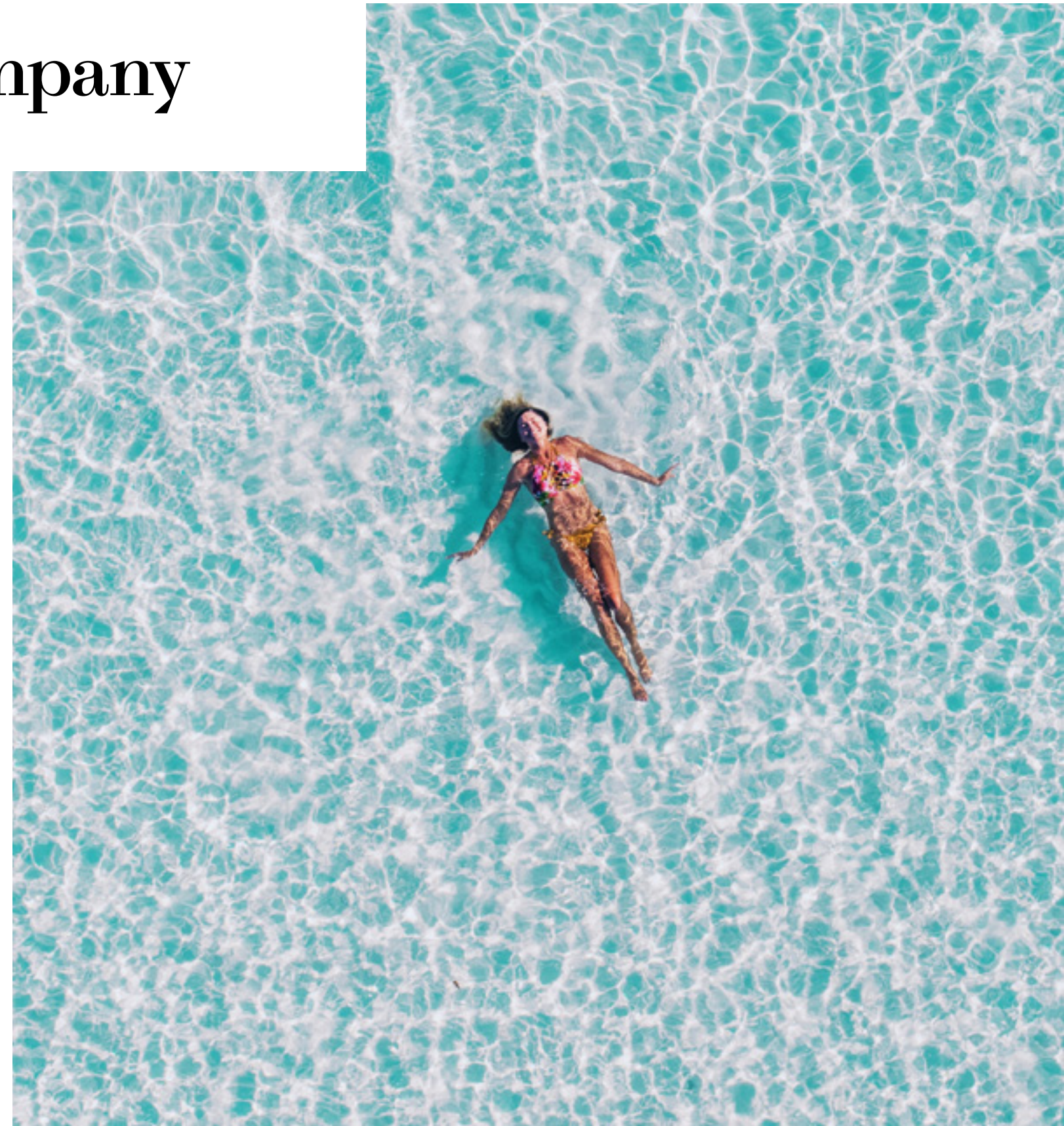
MSc Sports & Leisure Management & +20 years of experience in Business Management

### **Vasiliki Dimitropoulou / Well-being Specialist**

BSc Sport Studies & Hatha Yoga trainer & +10 yrs of experience in Private Training & Well-being

### **Konstantina Triantafyllou /Beauty & SPA Specialist**

Higher ND in Beauty Therapy & Management from London College of Fashion in the UK & + 15 years of experience as a SPA Manager in Luxury SPA centers



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# The Concept

## Your personal Well-being

Wellness services & activities are essential in our everyday lives to ensure our emotional, psychological and physical condition are in balance. Morning Yoga rituals & Healthy brunches, exclusive and signature therapies & massages as well as every aspect of Well-being like Coaching, Nutritional consultation, Personal Training, Meditation & Mindfulness are our daily focus for our exclusive clients.



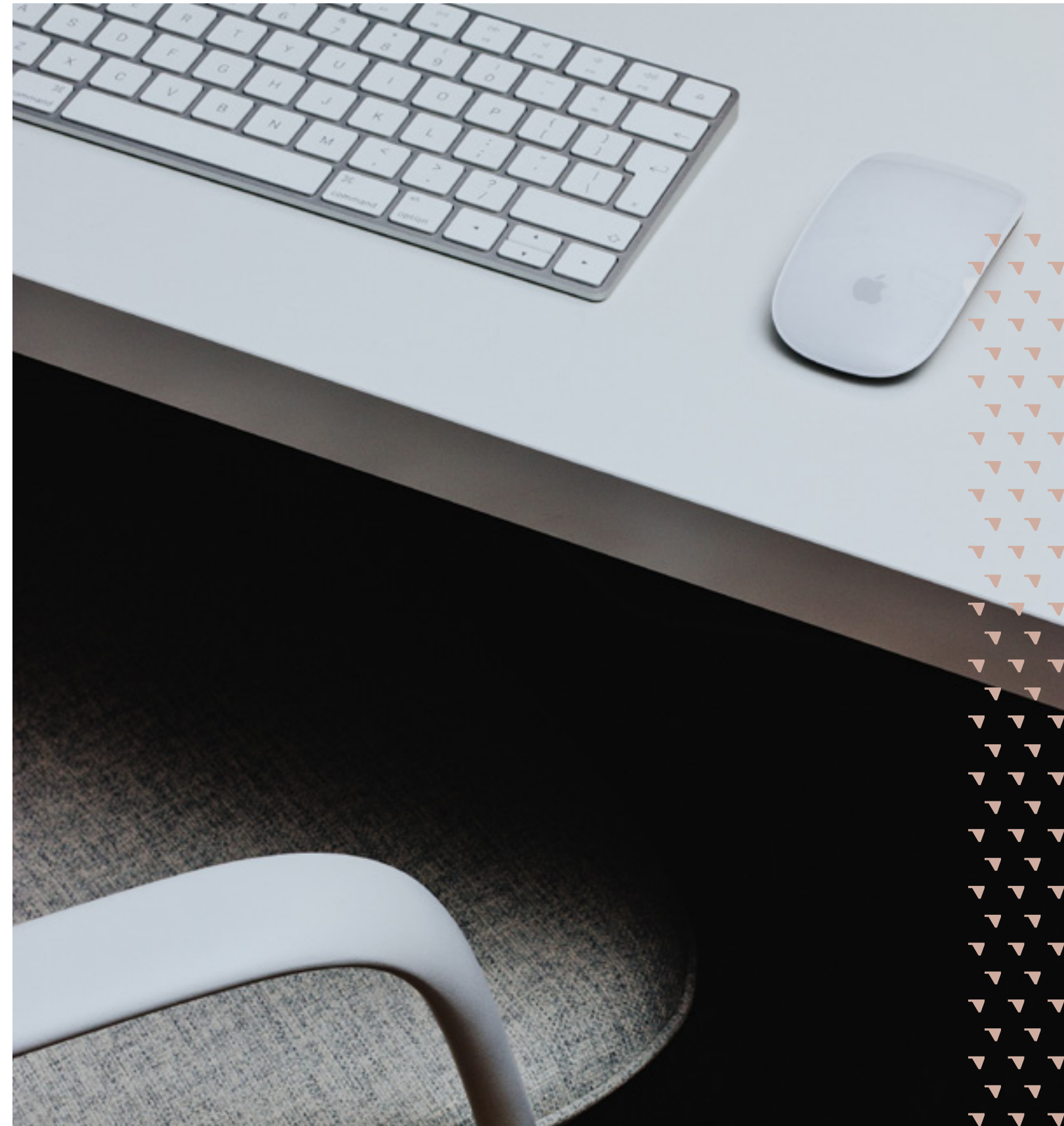
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# Corporate Wellness

With physical and mental well-being being one of the most significant public health issues in the 21st-century workplace, it's clear that developing a corporate wellness culture gives a significant competitive advantage in your business.

What will your business gain by our cooperation:

- Maintain, improve and enhance the health and well-being of staff
- Increase efficiency and productivity of the company
- Reinforce wellness culture
- Collective cooperation and teamwork is strengthened and helps to improve relations and ties between employees in general
- Promotes a particularly positive image of the company culture
- Staff feel pampered and taken care of the company
- Promote life balance



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# Our Services

## Wellness Area Concept Development

Premium Wellness Team offers consulting and advisory services for the facilities and services for Corporate Wellness Areas. If you are thinking of building up or renovating your existing facility, upgrading your services, setting up policies and procedures and upgrade your staff level our Team of experts will listen carefully to your needs and develop a concept tailored to your goals.





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### Wellness Facilities Management

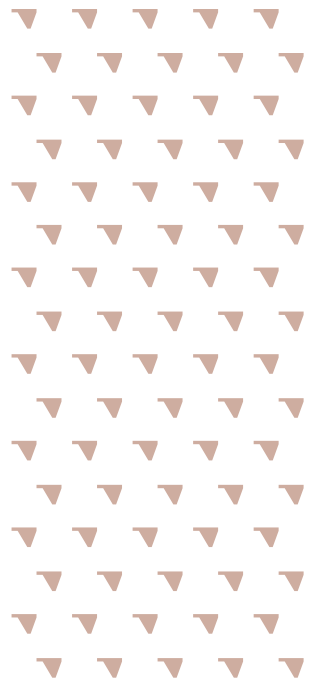
Our Company undertakes the management of Corporate Wellness facilities, recruits its own staff and takes full responsibility for the daily operations. We offer group classes, open gyms sessions, Private trainings as well as Health & Fitness Assessments for the employees. Our main focus is to create concepts that inspire the employees to make breakthroughs and lifestyle changes towards their Wellbeing.

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### Outdoor Wellness Activities

Our Team of professionals develop a variety of outdoor activities and sports for employees. Running Teams, Triathlon teams, Tennis, SUP, Trekking and more activities will be accessible to your people weekly times and during the weekends to participate, enjoy and have fun.





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## Wellness Events

Our Team of professionals develops Wellness Events throughout the year to promote Wellbeing, increase employees awareness on Health and Wellness issues and support the application of Healthy habits in the workplace. We employ a vast number of Wellness professionals in different fields such as Wellness Coaches, Nutritional Consultants, Chefs, Trainers, Yoga and Meditation practitioners and many more. Premium Wellness Team organise on behalf of its clients Wellness Days at Workplace, Health Assessment days, Rejuvenation days with our SPA therapists, team building events and more.



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## Wellness Retreats

A Wellness Retreat offers a purposefully designed programme of therapies and activities, guided by leading health and wellness experts aiming to leave away stress, responsibilities and pressure of daily life and let the mind quiet down from its daily routine. A wellness retreat provides a much needed safe space in our busy lives, to finally slow down, to relax and really get to know our colleagues and communicate more efficient with them. It is a perfect opportunity to reinforce the company's vision, to bond the team and to set clearly the company's targets. Our Team of professionals in co-operation with the client company designs a tailored made Wellness getaway based on the specific needs and requirements of the Company.



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# Selected Clients

#Wellnessconceptdevelopment  
#Servicesmenu  
#Equipment  
#Staffing

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## BRANCO HOTEL MYKONOS

Our Team worked closely with the Architects Team to design a unique Outdoor Wellness Concept for this luxury Hotel opened in Platis Gialos in 2017. The concept combined elements such as a semi indoor and outdoor Gym fully equipped with special focus on functional and cardio training and a Beach SPA with an innovative design offering to the guests the feeling of privacy and luxury right on the seaside. The main focus was to integrate all Wellness elements in the daily life of the guests and add value on the overall experience of the Hotel.



#Wellnessexperiences  
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#Wellnessmanagement

# GOLDEN HALL

Shopping & Wellness! The ultimate combination! Golden Hall, in collaboration with Premium Wellness offers Open Yoga and Pilates Mat courses on the 2nd floor of the shopping center.





#Servicesmenu  
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#Staffing

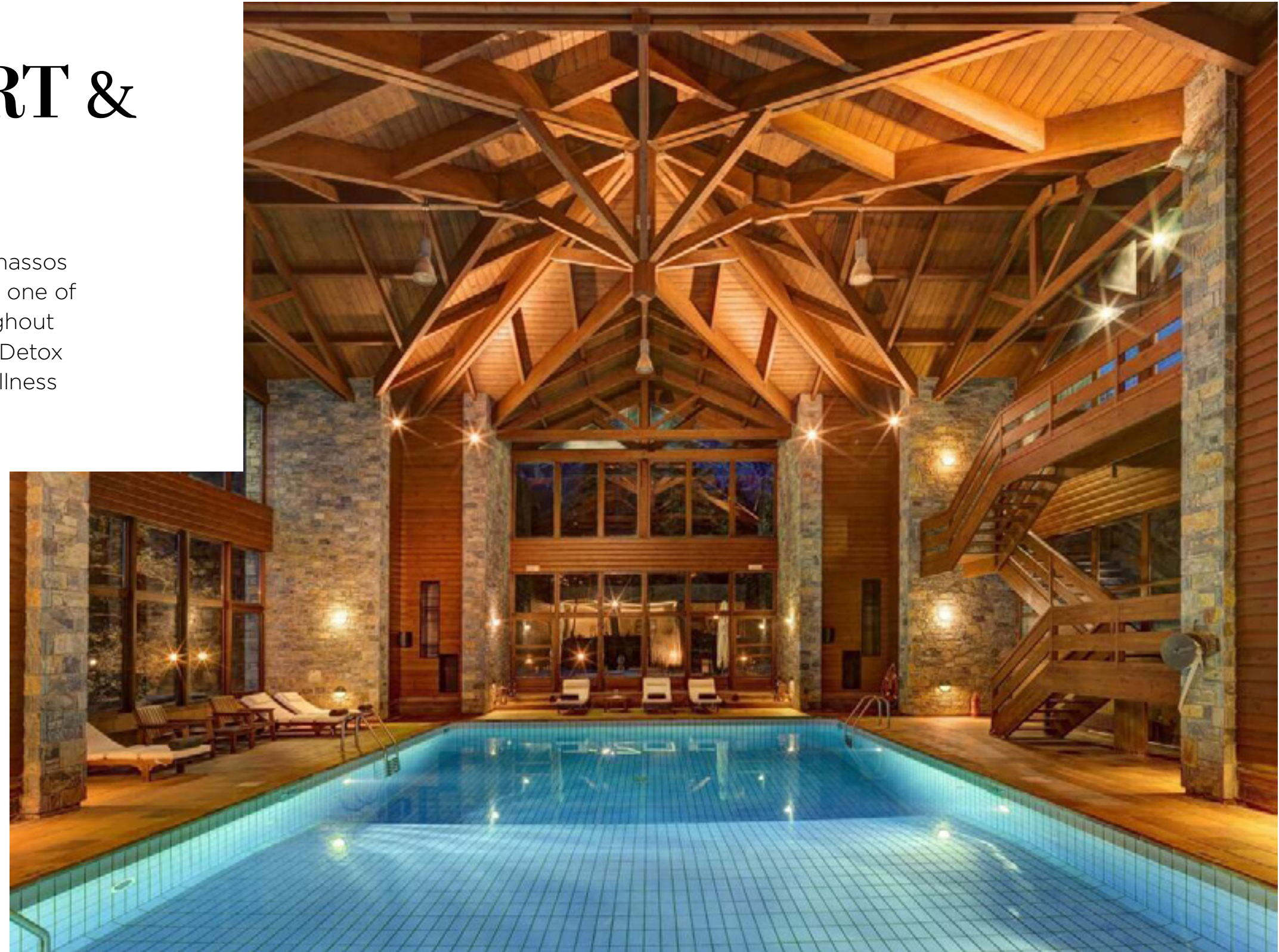
# DIAMOND HOTELS KOS

Diamond Collection Hotels offer a breath of fresh air to deluxe living on the island of Kos. Modern facilities, edgy design and distinctive décor blend wonderfully with immaculate service. Our Team has joined forces with Diamond Collection Team to create a Wellness & Medical concept with exclusive treatments for face and body and exceptional wellness experiences. The Menu is signed by PHYTOMER and has its roots on ancient wisdom combined modern anti-aging treatments. Summer Bliss in Kos!

# ELATOS RESORT & HEALTH CLUB

Elatos Resort is a unique mountain retreat in Parnassos with 39 independent Chalets, the best choice for one of our exclusive Wellness Retreats organised throughout the year. The options include Ski Breaks, Yoga & Detox Retreats, Fitness Bootcamps or personalised Wellness Retreats for individuals or groups.

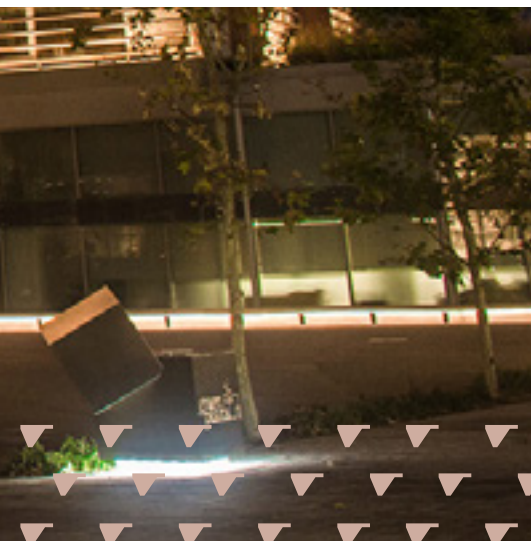
#Wellnessconceptdevelopment  
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#Equipment  
#Staffing  
#Corporatewellness  
#Wellnessretreats





# GREEN PLAZA GYM

Our Team has joined forces with Grivalia Properties Team to create a Corporate GYM in Green Plaza complex in Maroussi to promote work life balance among the employees of the different companies based in the complex. A dedicated area inside the complex has been designed to offer group classes daily. The programme include experiences like Yoga and Corrective Exercise to Bodywork and Functional training workouts. Green Plaza GYM is a corporate wellness project which is managed and operated by Premium Wellness.



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#Familywellness



# Selected Luxury Spa Villas

Our Team of experts has selected the finest luxury SPA Villas in Greece where you can find the ideal environment to create a personalised exclusive Wellbeing & Lifestyle Retreat full of local culture experiences and wellness services. Choose an in house Raw & Vegan Chef, a massage Therapist, Personal Trainer or Yoga instructor and combine them with some of our local experiences list like daily cruises and Yoga sessions on a secluded beach, Greek cuisine Cooking lessons, ancient monuments visits and much more. Booking a private Retreat with Premium Wellness assures you that every villa has been personally inspected and approved in terms of quality and level of services. Our vision is to make your trip once in a lifetime experience in Greece.

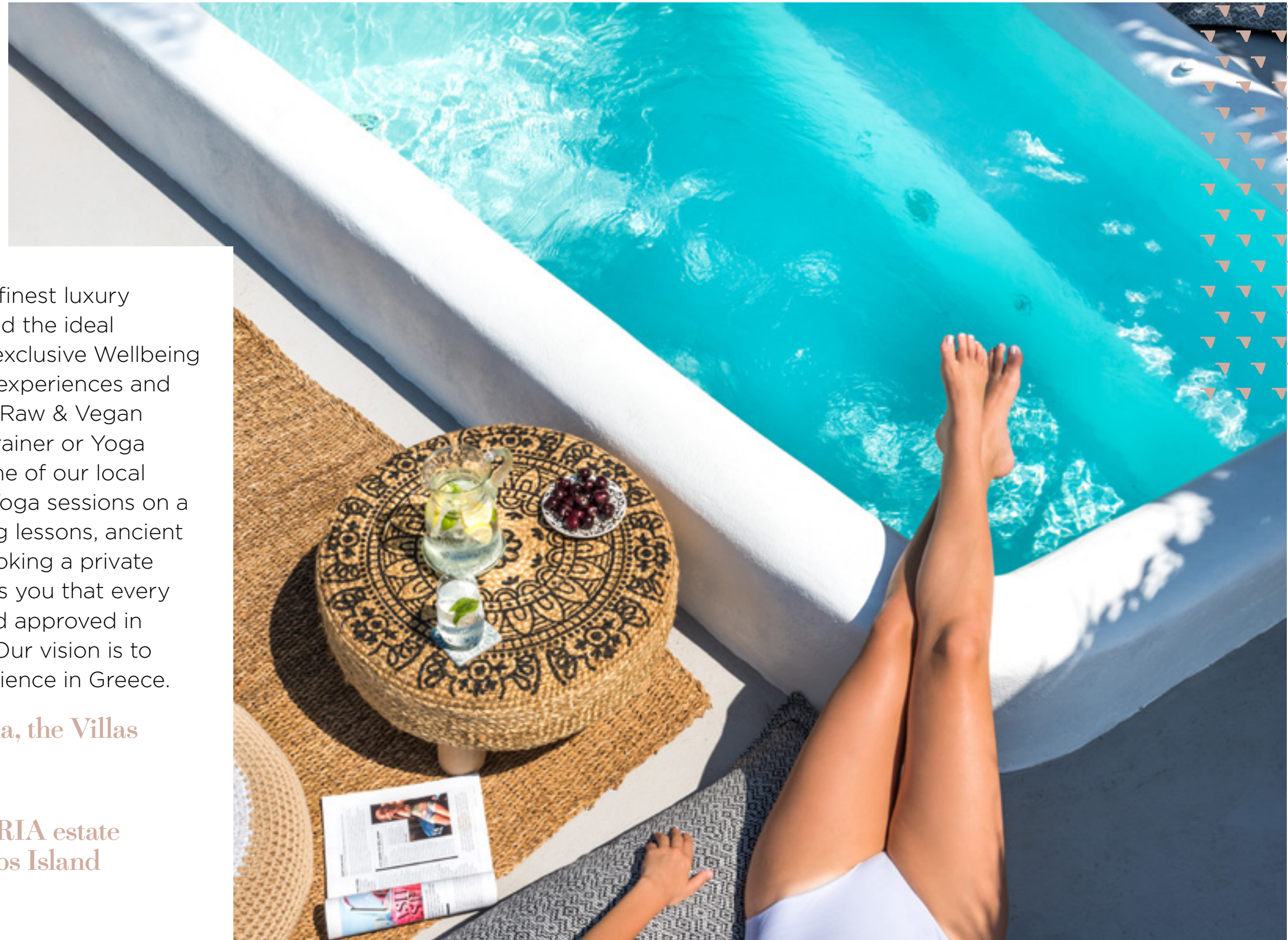
**Nomios Villas**  
Kea island

**House of Gods**  
Lagonisi Attica

**Summer Lovers Villa**  
Santorini Island

**Elounda, the Villas**  
Crete

**ALEGRIA estate**  
Mykonos Island



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