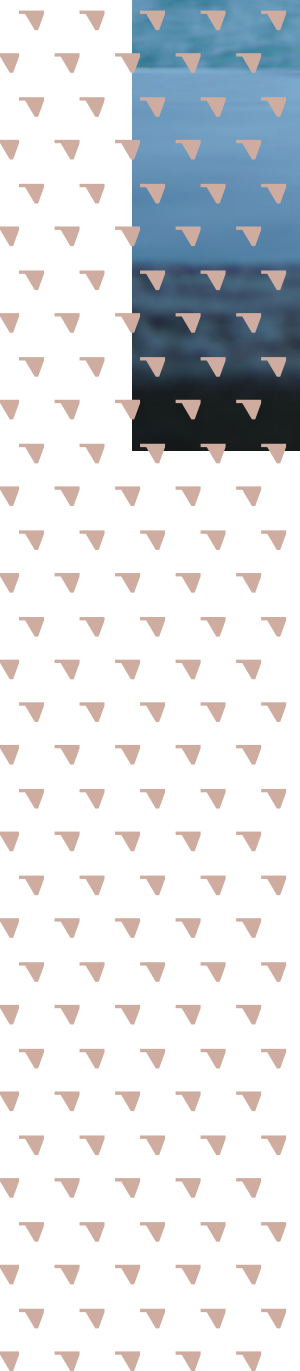




Hotel
Wellness
Brochure



PREMIUM WELLNESS

CONCEPTS | EXPERIENCES | RETREATS

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

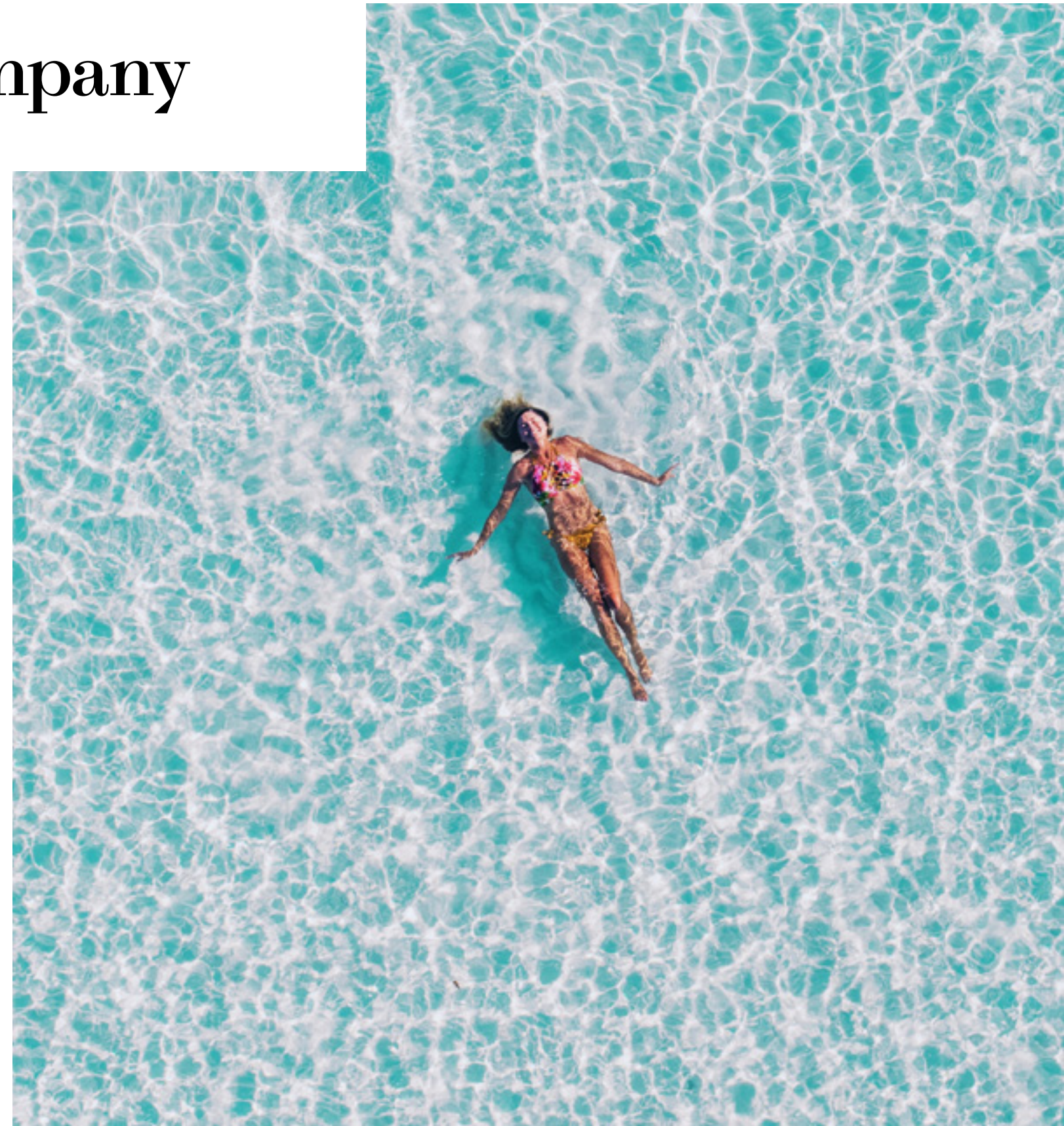
MSc Sports & Leisure Management & +20 years of experience in Business Management

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



The Concept

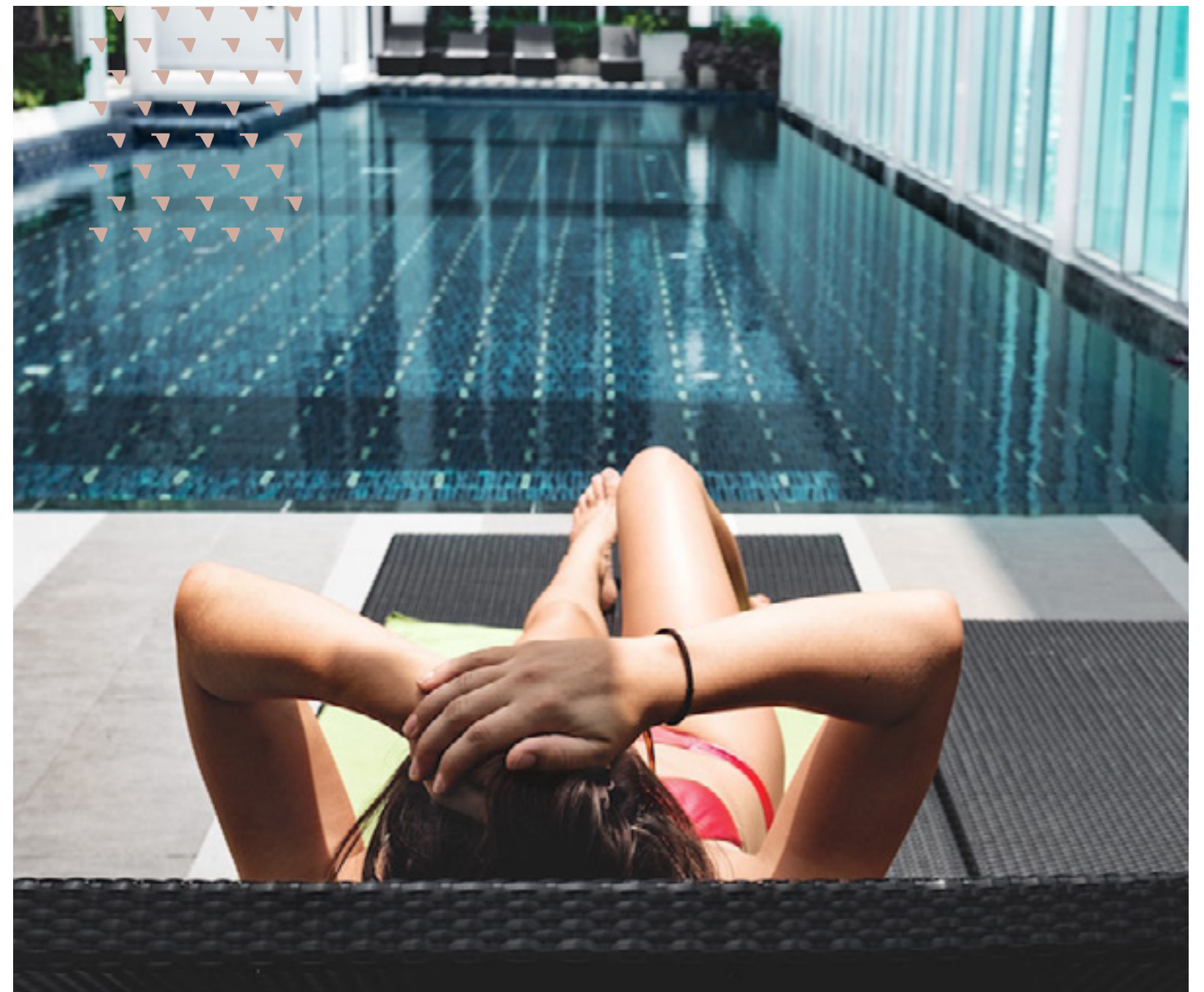
Your personal Well-being

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.



Hotel Wellness

Wellness during traveling is a major trend these days and international clients are interested in activities to keep in shape and rejuvenate during their holidays. Accessing and implementing the right wellness strategies can have a positive impact in attracting leisure travellers and develop your business. Morning Yoga rituals & Healthy brunches, exclusive and signature therapies during the day and Well-being events with lifestyle and social elements for special nights create a unique Wellness concept for your Hotel.

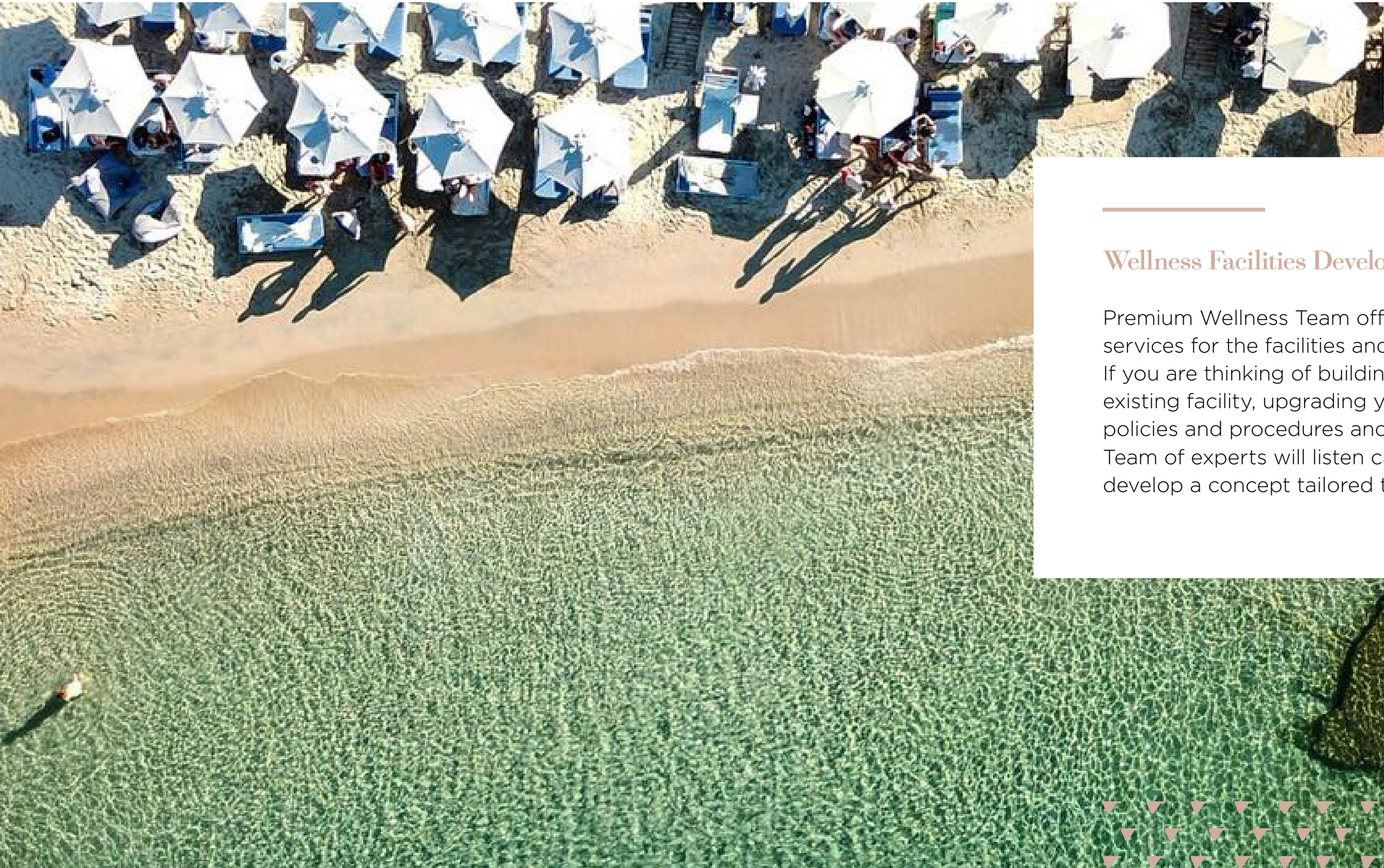


Our Services

Wellness Concept Development

Through research and market analysis in combination with your goals and needs as well as the special characteristics and the philosophy of the Hotel and its clients profile, our Team of professionals will develop a unique concept and an innovative wellness identity to position your company in the market. We work closely together to identify the needs of your clientele and we deliver effective strategies for implementation to achieve qualitative and quantitative results. Our success lies on the +20 years of management on Wellness Business projects.





Wellness Facilities Development

Premium Wellness Team offers consulting and advisory services for the facilities and services for 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.



Menu of Services

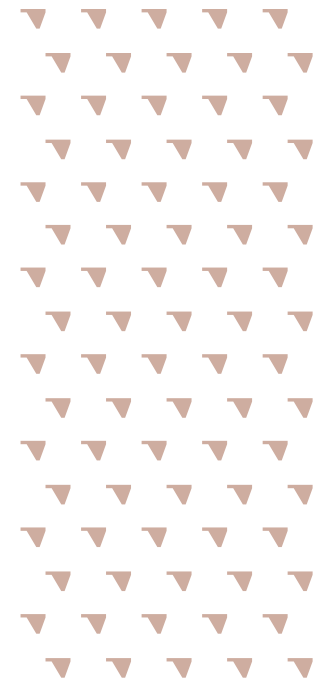
For every market different concept should be developed according to the characteristics of the local market, the services offered by the hotel, the targeted client and the venue facilities. We develop a menu of services with the aim to add something unique in the market, use products that fit the overall concept and philosophy of the Hotel and taking under consideration every financial aspect of the business.





Wellness Facilities Management

Our Company undertakes the management of Hotel 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. Our main focus is to create concepts that inspire the guests to make breakthroughs and lifestyle changes towards their Wellbeing during their stay.



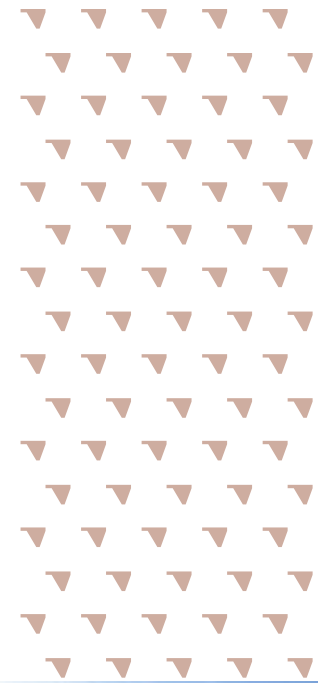
Equipment Procurement & Supply

Our Company has partnered with some of the best brands in wellness equipment and products as well as management software companies. We support you in every step towards developing the wellness areas inside your venue.

Staffing recruitment & training

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. We offer recruitment services to help you find the best candidates for your wellness area as well as training and education sessions for your existing staff.





Wellness Events

Our Team of professionals develops Wellness Events to promote Wellbeing, and increase guests awareness on Health and Wellness issues. 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 Wellness Days for Companies, Health Assessment days, Rejuvenation days with our SPA therapists, team building events and more.





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 experience new things. Our Team of professionals in co-operation with the Hotels team designs tailored made Wellness getaways combining Wellness activities and local cultural experiences mostly during off-peak seasons to attract leisure travellers.



Wellness Services on Demand

We also co-operate with Hotels on a 'Services on Demand' basis offering a variety of Wellness experiences like Yoga, Mindfulness, Fitness, Pilates, Aqua and Kid classes supported by our experienced and high skilled professional Team around Greece. The process is simple, the Hotel contacts our Team following the guests request on a specific service and our Team replies instantly on availability. The service takes place at the Hotels Wellness area or outdoor depending on the guests desire.



Selected Clients

#Wellnessconceptdevelopment
#Servicesmenu
#Equipment
#Staffing

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.



#Wellnessconceptdevelopment
#Beachspa
#Wellnessexperiences
#Servicesmenu
#Staffing
#Wellnessmanagement

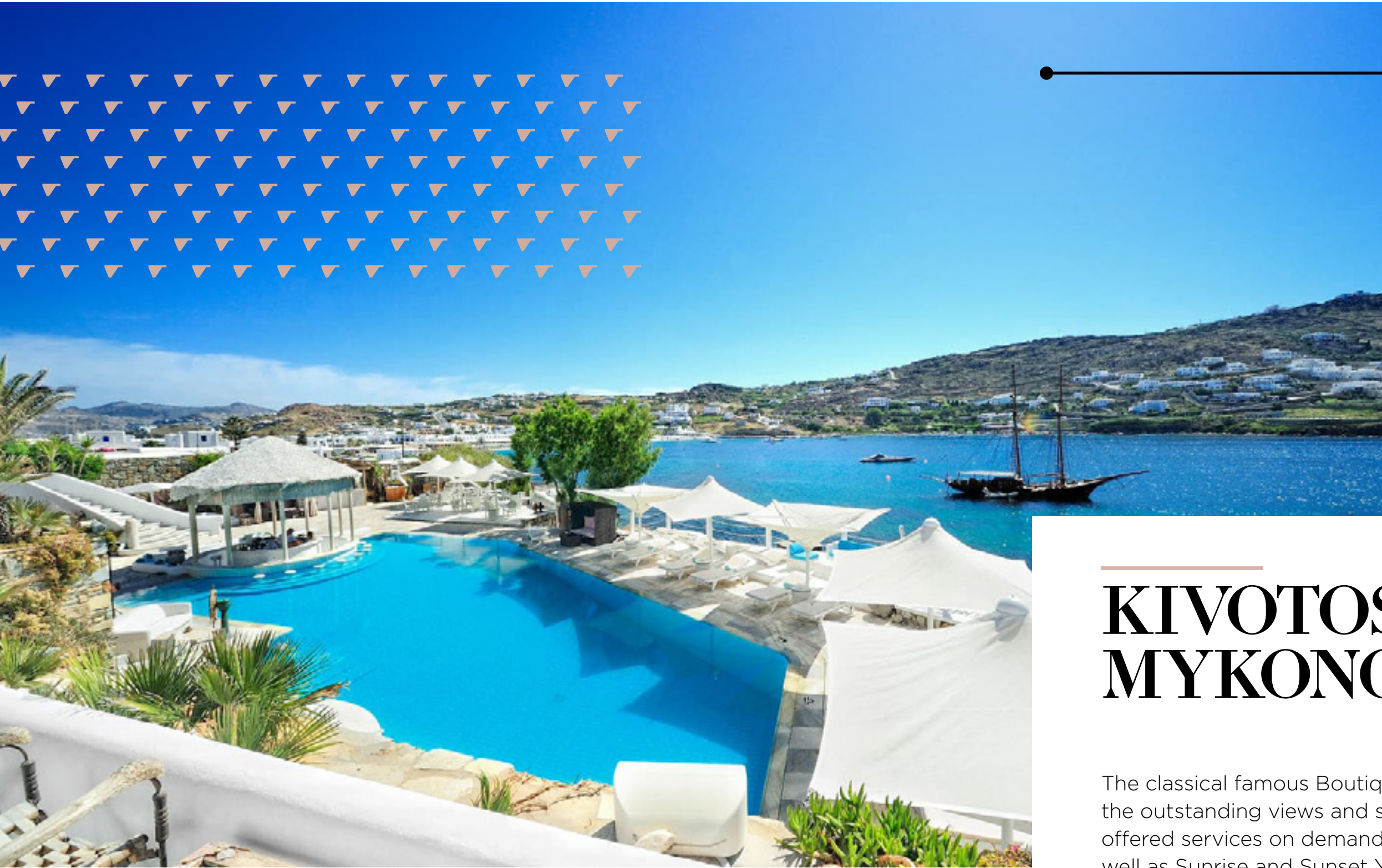
ASPRO SEASIDE PAROS

The Aspro seaside experience in this unique spot in Ampelas Paros offers its guests a fully organised Beach with luxurious sun beds and exceptional services as well as a top quality restaurant to enjoy your day on the beach to the fullest.

Our Team has joined forces with Aspro Seaside Team to create a Beach SPA experience in a dedicated area inside the venue to offer privacy for exclusive treatments for face and body. The Menu includes therapies and treatments with natural products like avocado, aloe vera, lavender and essential oils. A seaside project for relaxing and rejuvenating moments on your holidays.

Premium Wellness is in charge of the management and operation of Aspro Seaside SPA.





#Servicesmenu
#Servicesondemand
#Staffing

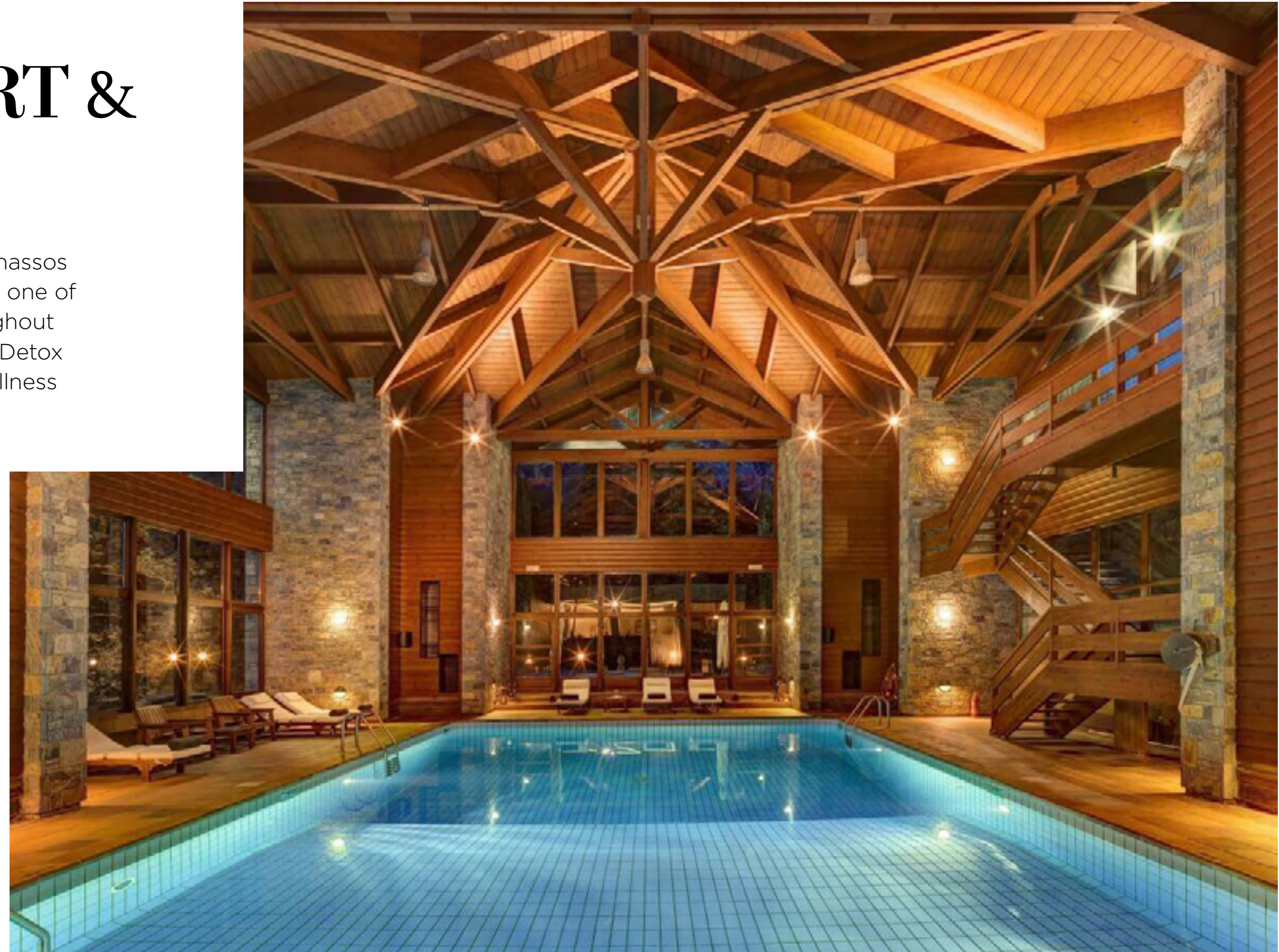
KIVOTOS HOTEL MYKONOS

The classical famous Boutique Hotel in Ornos Bay with the outstanding views and sunsets. Our Team have offered services on demand for its exclusive clients as well as Sunrise and Sunset Yoga experiences on the cliff.

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
#Servicesmenu
#Equipment
#Staffing
#Corporatewellness
#Wellnessretreats

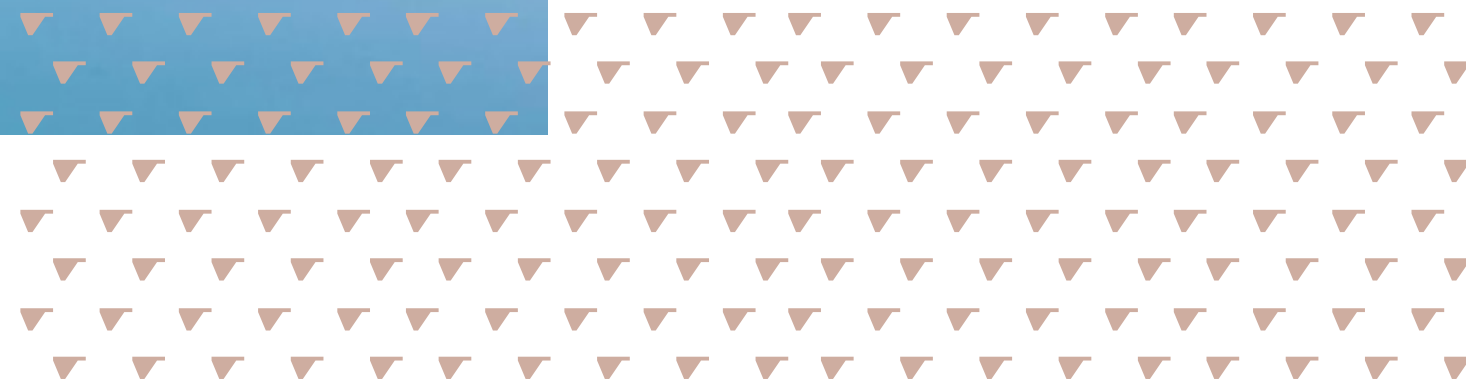




BELLA MARE CORFU

Bella Mare Hotel in Corfu is set right on the awarded Avlaki beach and is a seafront paradise embraced by a magnificent green scenery. Our Team created a Wellness Concept adjusted to the outdoor environment of the property and the family character of the Hotel offering wellness activities for adults and kids including family yoga sessions, kids swimming and adults aqua classes, fitness, massages and face & body treatments to create valued experiences and add value to the everyday life of the guests.

#Wellnessconceptdevelopment
#Servicesmenu
#Staffing
#Wellnessexperiences
#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.

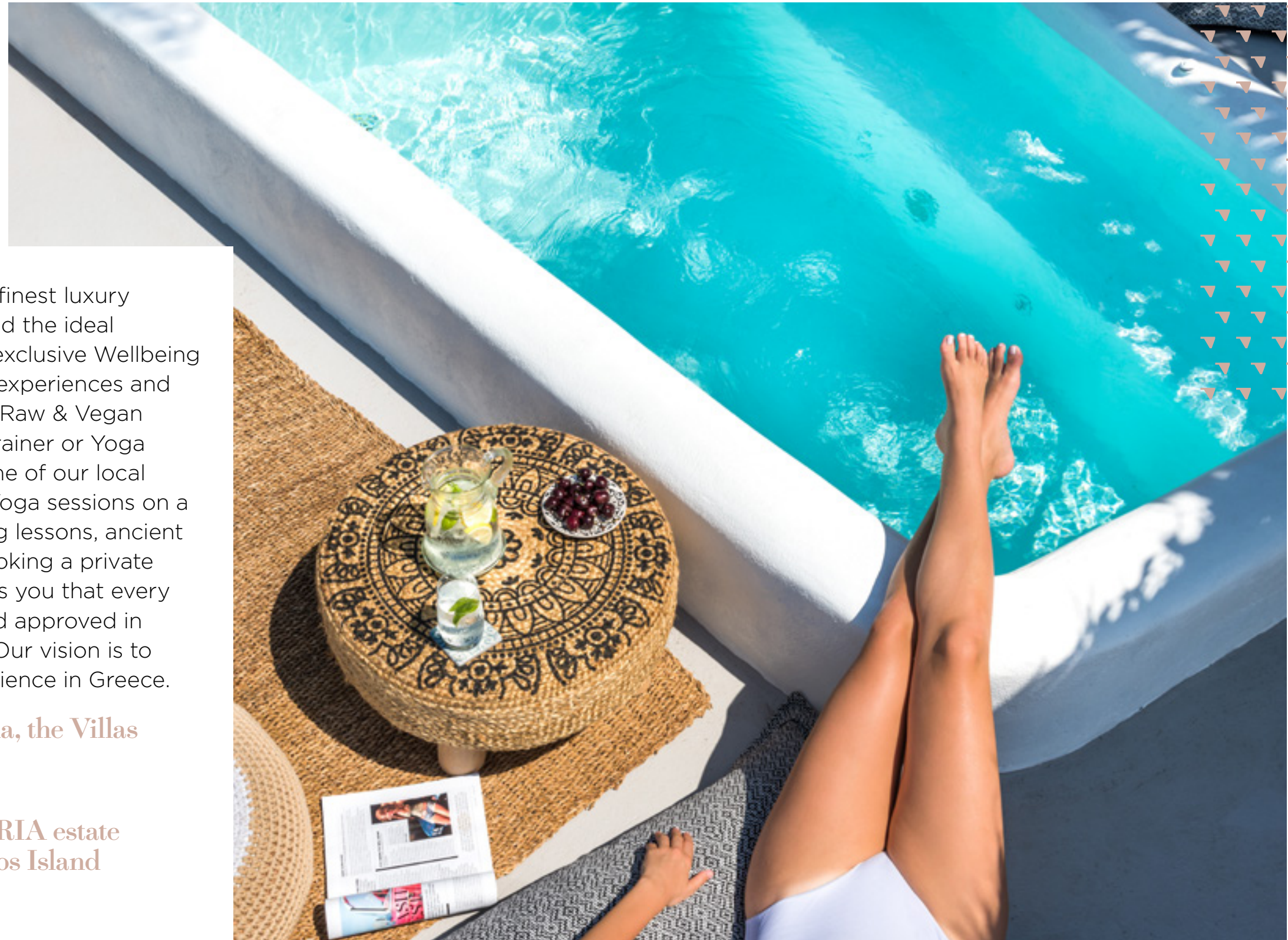
Nomios Villas
Kea island

House of Gods
Lagonisi Attica

Summer Lovers Villa
Santorini Island

Elounda, the Villas
Crete

ALEGRIA estate
Mykonos Island



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