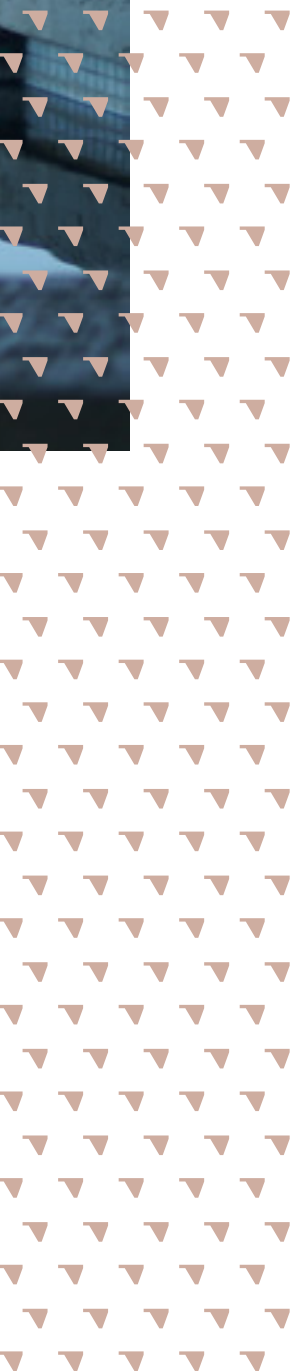


Wellness Clubs
& SPA Centers
Brochure

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

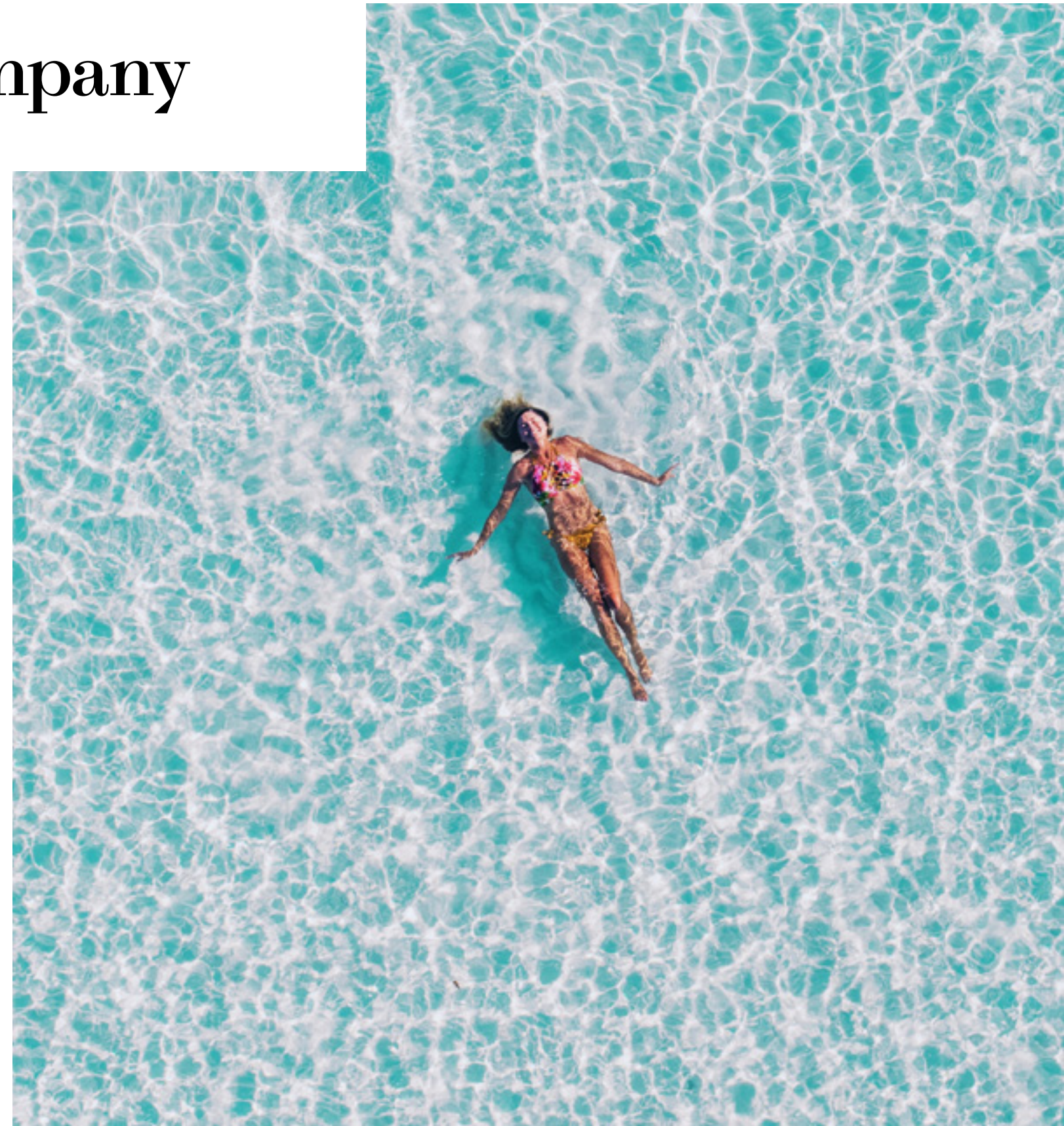
MSc Sports & Leisure Management & +20 years of experience in Business Management

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.

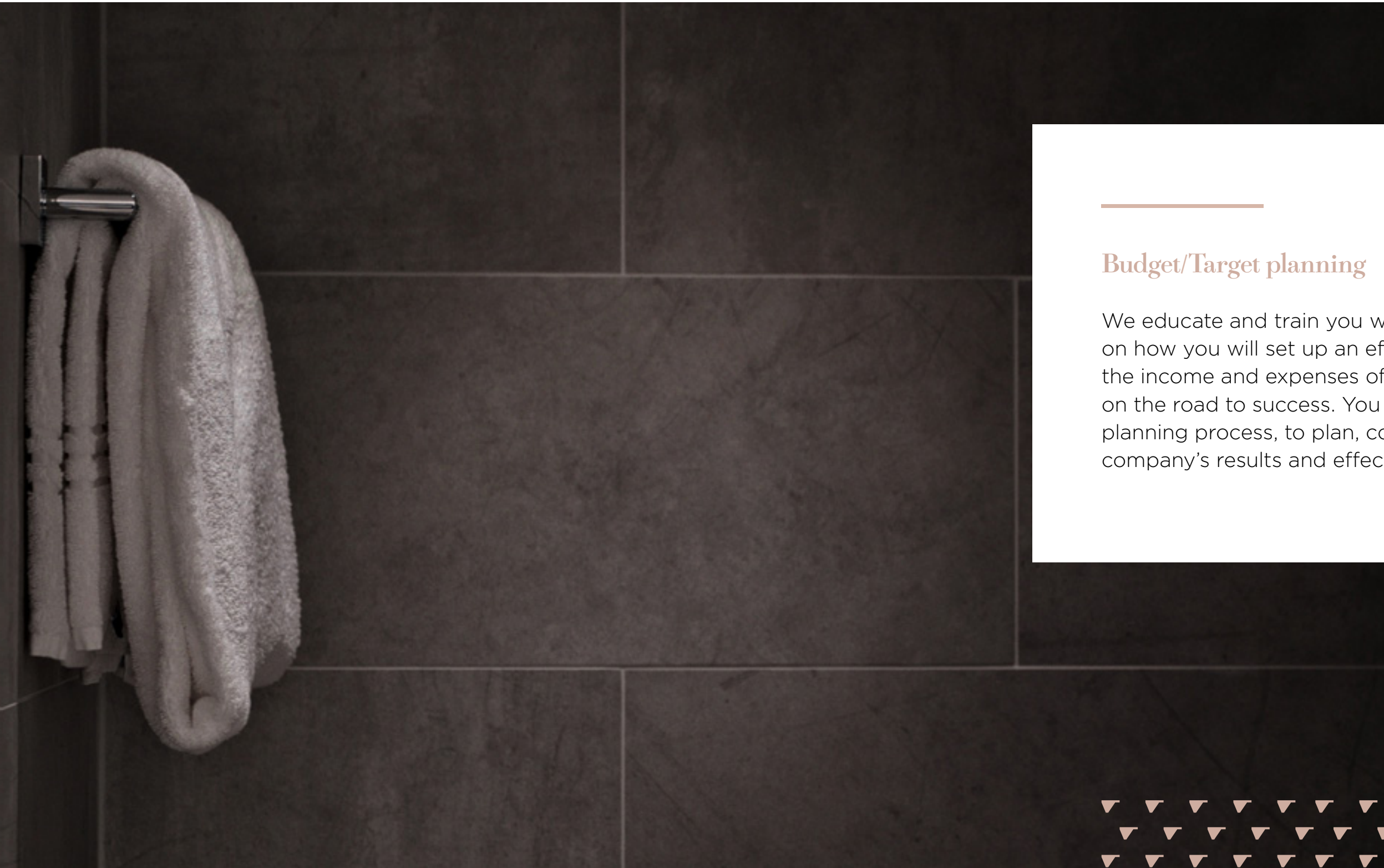


Our Services

Initial Staff & Facility Assessment, Strategy Review

Premium Wellness offers consulting and advisory services for the facilities and services for Wellness Clubs and SPA and Fitness centers. If you are thinking of building up or renovating your existing venue, 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 strategy to move your business to the next level.

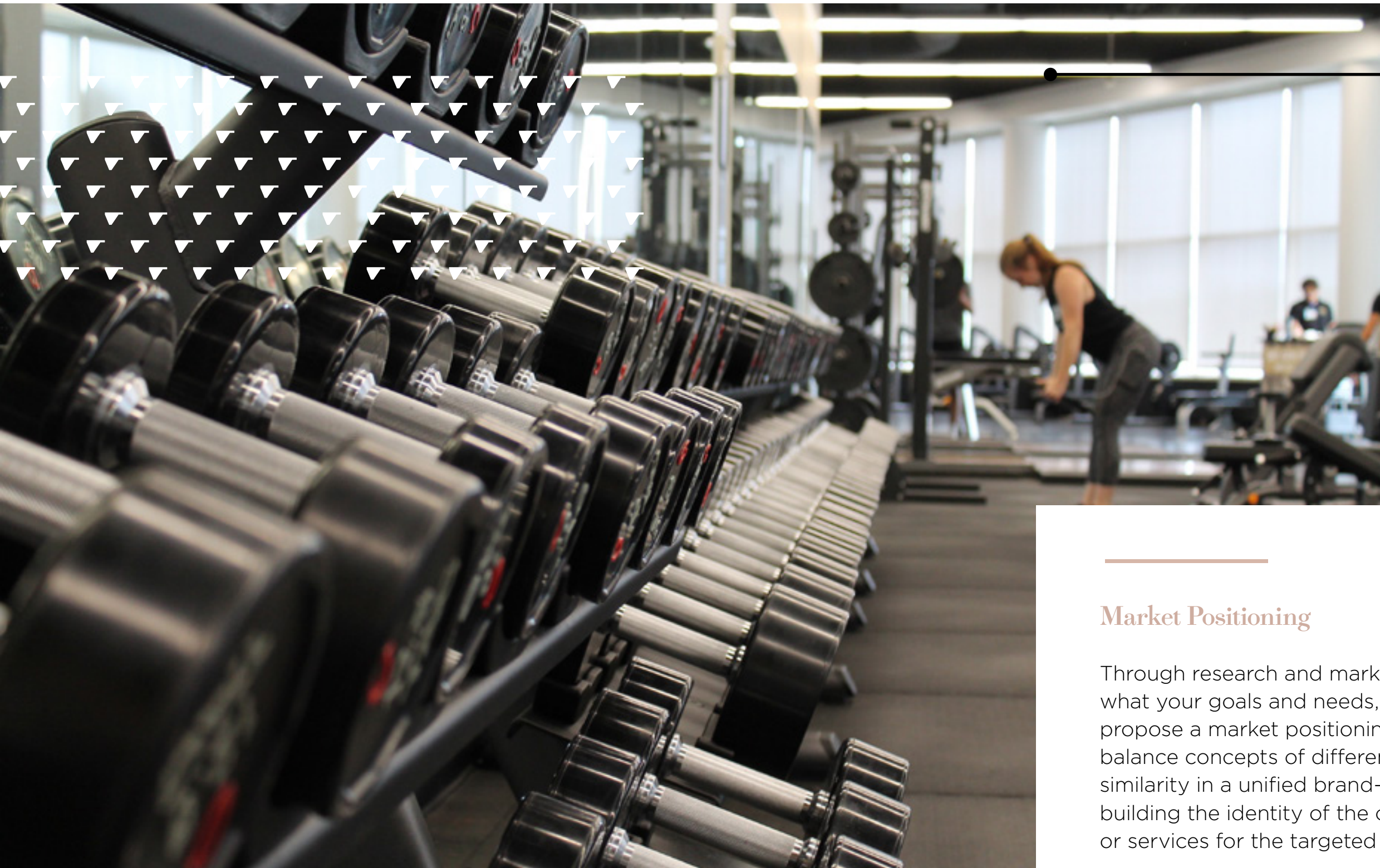




Budget/Target planning

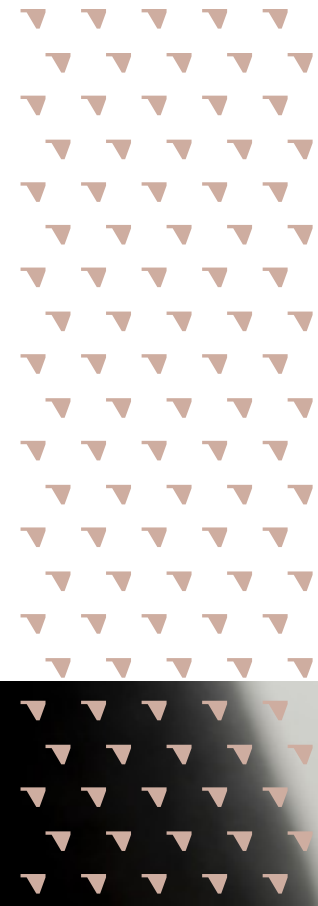
We educate and train you with simple steps and tools on how you will set up an effective process to estimate the income and expenses of your business, putting you on the road to success. You will be able, through a goal planning process, to plan, control and evaluate your company's results and effectiveness in all areas.





Market Positioning

Through research and market analysis in combination with your goals and needs, our Team of experts will propose a market positioning strategy with the aim to balance concepts of differentiation, distinction, and similarity in a unified brand-narrative. We will focus on building the identity of the company, and the products or services for the targeted audience.



Sales procedures

We offer specialised consulting services and training for salespeople to cope effectively with the challenges of sales with special focus. Special focus on learning the human factor and how to maintain a positive attitude during the sale. Our Team of experts will help you learn how to identify the needs of the client and manage customer's objections in order to lead the process to closure and success.

Another important aspect of this advisory service is that the entrepreneur can measure the productivity and effectiveness of his sales associates through reports, special formulas and specially designed files.



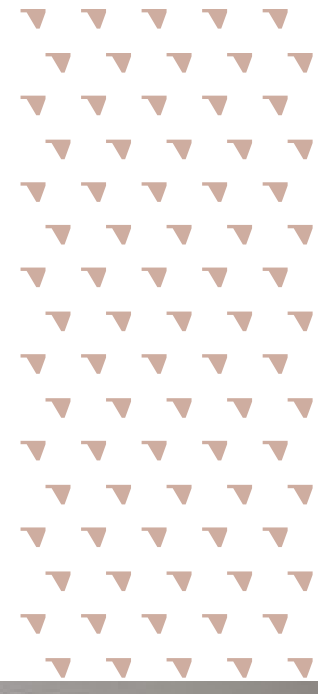
Retention & Member Engagement

One of the most important indicators of success is the retention number of clients for a business. Our Team of experts will offer you guidance and advisory on the tools, the procedures and the techniques that will lead your business to success.

Operations

Premium Wellness Team has the experience and expertise of operations management in Wellness projects and you will receive plenty of information on planning, controlling and organizing the business process. Our aim is to support your company in ensuring a smooth and efficient flow of operations.





Performance Management

Our Team of experts offers training and educational sessions to the business owner or manager on business performance tools and reports to ensure that daily and monthly targets are met with consistency and efficiency. Managing employee or system performance facilitates effective strategic and operational goals.



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.



#Wellnessexperiences
#Servicesmenu
#Staffing
#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
#Servicesondemand
#Staffing

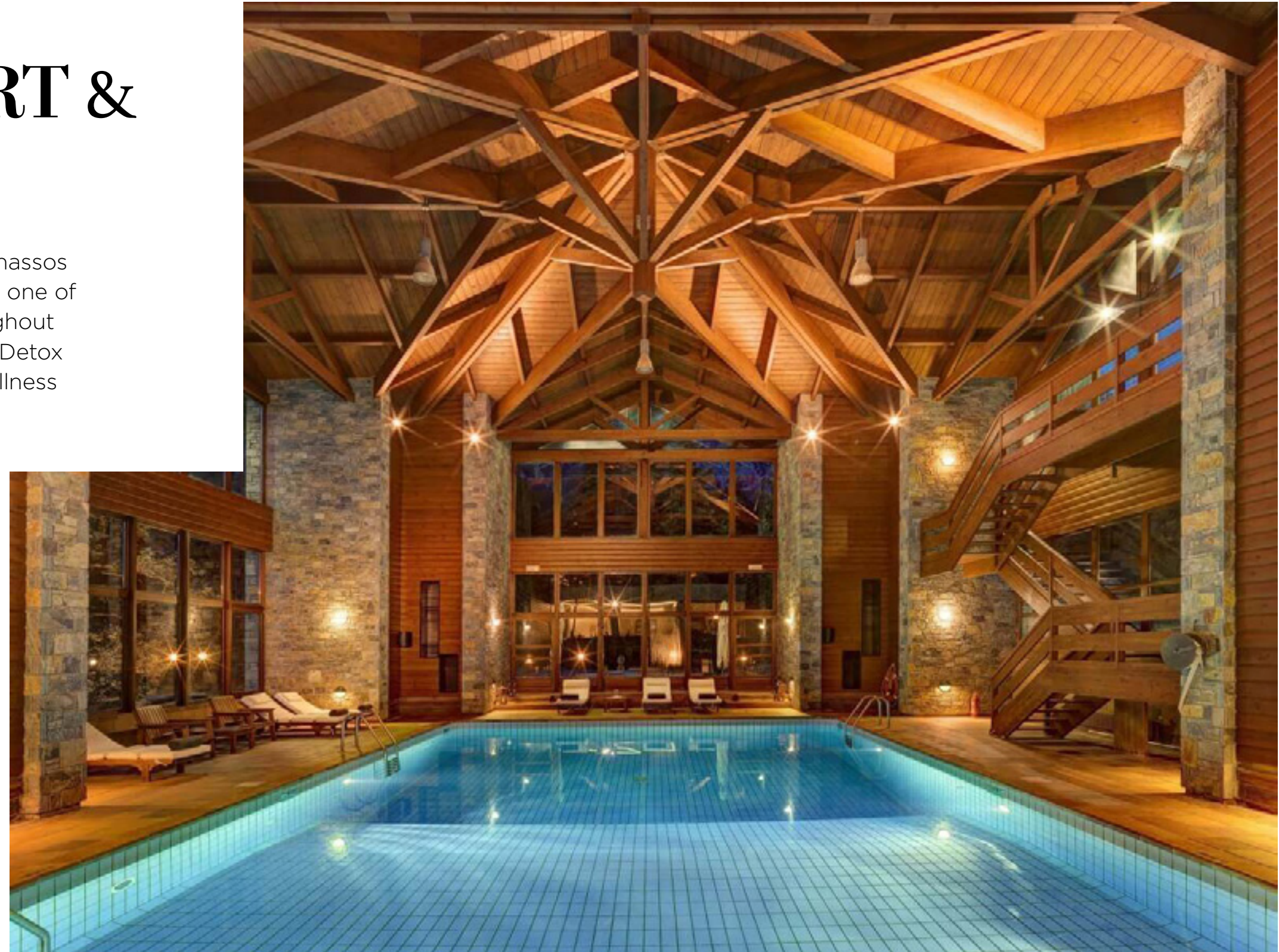
DIAMOND HOTELS KOS

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
#Servicesmenu
#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.



#Wellnessconceptdevo
#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.

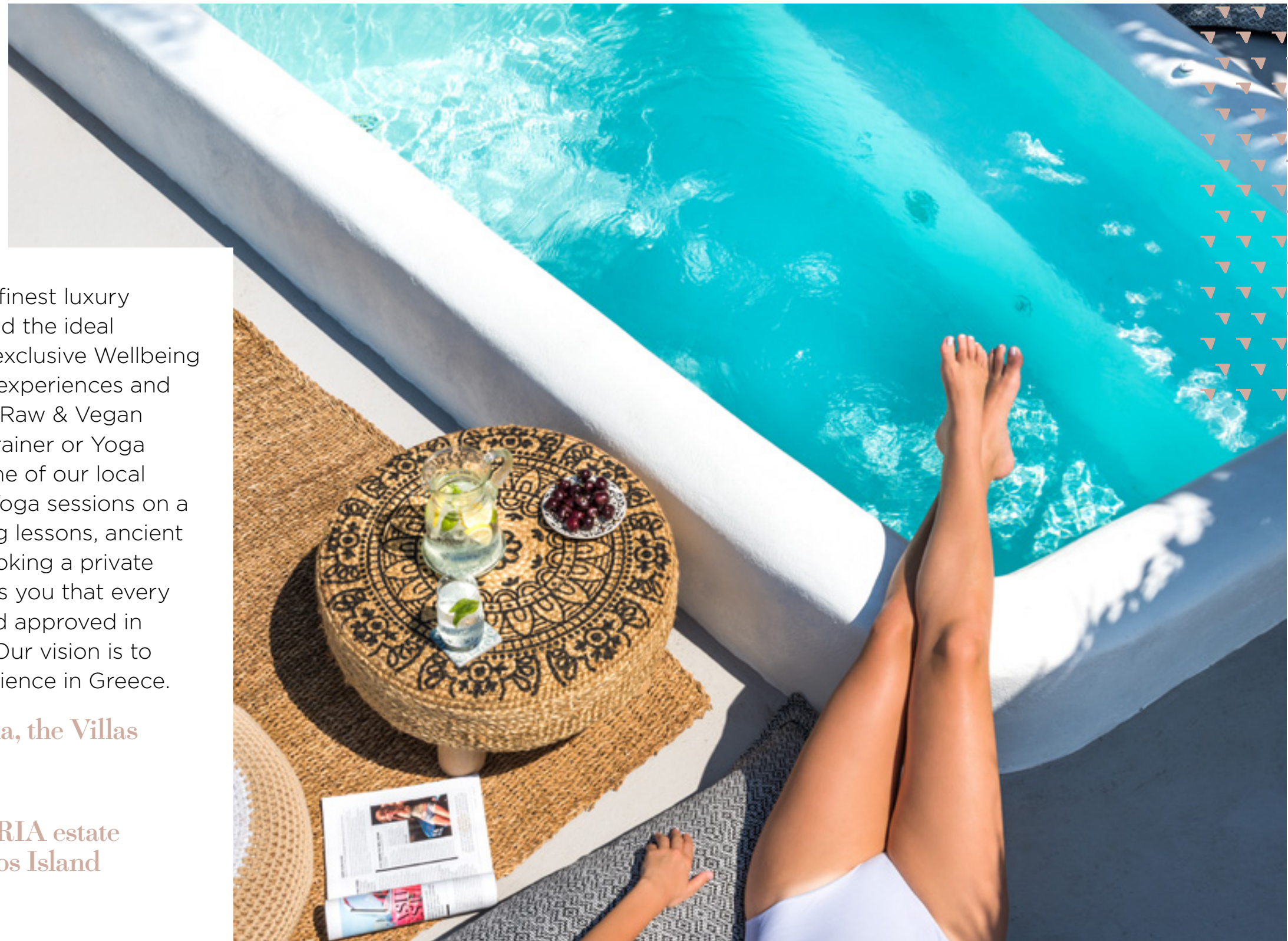
Nomios Villas
Kea island

House of Gods
Lagonisi Attica

Summer Lovers Villa
Santorini Island

Elounda, the Villas
Crete

ALEGRIA estate
Mykonos Island



PREMIUM WELLNESS

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