



## WELLNESS SERIES

Travel continues to be the most effective way of escaping the tension and stress that occupies our everyday lives. With a renewed focus on overall health and well-being, achieve balance and serenity by travelling to destinations which offer culinary excellence, relaxing accommodations and luxurious pampering in stunning natural settings around the world. Below you will find a sample of our new Wellness Series itineraries, showcasing hand-picked resorts in Europe and the Mediterranean offering flexible packages to suit your needs.



### Abano Grand Hotel

ABANO TERME, ITALY  
★★★★★

8 DAYS  
from  
**\$2,965\***  
CAD\$, PP, DBL. OCC.

**Historic Italian spa town with magical thermal waters.** The **Grand Hotel** in Abano Terme stands in a garden of olive trees, palms and tropical plants, with three large, communicating pools that form a lake of soothing underwater circuits and spa massages. Located at the foot of the Euganean Hills, only an hour's drive away from Venice, this 2,000 year old spa town is known for its unique *fangotherapy*, mineral-rich mud and algae which is incorporated into many of the treatments they offer. While staying at the only 5-Star property in the area, immerse yourself in their Anti-aging Thermal Spa, detoxifying and cleansing with seven treatments reflecting cultures from around the world. Enjoy all your meals at the best restaurants in Abano Terme with a gourmet chef who strives to create recipes that improve the health and welfare of all his guests. For a change of pace, stroll through Abano's pedestrian area with gardens, fountains and a variety of shops and restaurants. After your rejuvenating stay in Abano, spend two nights in breathtaking Florence.

#### HIGHLIGHTS

- 5 nights accommodation with Full-Board at *Abano Grand Hotel* ★★★★★
- Seven spa treatments including mud treatments, body peels, Shiatsu massage, thermal bath, facial treatment and hot stone therapy
- First-Class Train tickets: Abano (Padova) – Florence
- 2 nights accommodation at *Hotel l'Orologio, Florence* ★★★★★
- Breakfast daily in Florence
- Private transfers to and from airport and train stations
- Hotel taxes and service charges

Note: Tipping for spa services not included.

#### International airfare not included.

Minimum 2 passengers travelling together. Single supplement available up on request. Blackout periods may apply.

For full terms and conditions, refer to page 35.

**TOUR CODE: EU1415A**

### Vilalara Thalassa Resort

ALGARVE, PORTUGAL  
★★★★★

8 DAYS  
from  
**\$2,429\***  
CAD\$, PP, DBL. OCC.

**Seaside health and wellness retreat in the Algarve, Portugal.** Located by the sea where nature is found in its purest state, the **Vilalara Thalassa Resort** is a spa dedicated to well-being and the senses. Nestled among 11 hectares of lush gardens and flowers from around the world, the resort offers direct access to Praia das Gaivotas, with exclusive service and its own beach facilities. Gain balance and tranquility year-round by enjoying five outdoor pools of fresh and sea water and one dedicated to its famous *thalassotherapy*, the use of unique water therapies under medical supervision incorporating seawater, marine muds, seaweed, sand and all substances from the sea. The resort's two restaurants located beside the cliff-top pool have been completely renovated and redesigned, offering delicious gourmet meals and lighter, low-calorie menu options to complement your spa program. The Vilalara Thalassa Resort recently launched a partnership with Longevity Medical Spa for more focused medical services. Complete your journey with two nights accommodation in Lisbon at the stunning Altis Avenida Hotel.

#### HIGHLIGHTS

- 5 nights accommodation with Half-Board at *Vilalara Thalasso Resort* ★★★★★
- Thalasso consultation with doctor
- 2 days of *Thalassotherapy* with 4 treatments per day (total 8 treatments)
- Daily use of sauna, Turkish Bath and fitness room
- 2 nights accommodation at *Altis Avenida Hotel, Lisbon* ★★★★★
- Breakfast daily in Lisbon
- Private transfers to and from the airport; from Algarve to Lisbon
- Hotel taxes and service charges

Note: Tipping for spa services not included. Drinks not included at Vilalara Thalassa Resort.

#### International airfare not included.

Minimum 2 passengers travelling together. Single supplement available up on request. Blackout periods may apply.

For full terms and conditions, refer to page 35.

**TOUR CODE: EU1415B**