

THE WELLNESS HUB

EVENTS | EXPERIENCES | RETREATS

SERVICES

HEALING ROOM

Healing Massage

60min. | €50

Choose between Deep Relaxation, Trigger Point or Aromatherapy and experience true healing.

Holistic Therapy

70min. | €70

A unique and personalised holistic experience that will release all blockages and soften physical tensions.

Signature Ritual

90min. | €80

Our signature 90min. massage ritual is designed to offer your full body relaxation inner peace

*available upon request

Ice Bath Therapy

Drop-In 15min

€15

3 sessions with Breath-work 30min

€60

Package of 10 | 1 intro session with Breathwork 30min. plus 9 sessions 15min.

€120

BREATHING ROOM

Soundbath & Vibration Healing

60min. | €80

Experience the healing power of sound & vibration in a warm and welcoming setting.

Guided Meditation

30min. | €30

Discover a sense of inner peace and calmness.

Breathwork

30min. | €30

Find your way back into your body through our guided breath-work sessions

Yoga Sessions

60min. | €60

Relax and restore through our Yin or Yoga Nidra Sessions

*Breathing Room Sessions are upon request and can be booked as private or group sessions (4 people min.)

Gift Cards Available!

@PREMIUMWELLNESS

✉ info@premiumwellness.gr

☎ + 30 210 614 9538

📍 59-61, Ag.Konstantinou Str., Maroussi, 15124

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LONGEVITY ROOM

Welcome to the KEYS TO LONGEVITY plans, where vitality meets longevity through a holistic, science-backed approach. Rooted in the Tr3loGy philosophy, our programmes balance body, mind, and spirit through three powerful pillars: KINESIS, THREPSIS, and NOESIS, helping you thrive at every stage of life.

Longevity Blueprint

€550

Unlock your health potential with the *Blueprint*. Understand how your body truly ages and identify areas for improvement.

It includes:

- Breath Analysis
- Metabolic Test (VO2 & RPM)
- DNA Test
- Omega 3 Test
- Biological Age Report

Longevity Accelerator

€150

The Accelerator is designed to jumpstart your journey to optimal health. It includes:

- Breath Analysis
- Metabolic Test (VO2 & RPM)
- Biological Age Report

Longevity Memberships

Starting from €110

3 personalised memberships designed to take your wellness journey to the next level and unlock your full potential in health and vitality.

- Exclusive
- Pro
- Core

*Longevity Membership are chosen in collaboration with our Longevity Specialist. Membership prices are per month and have a 3 month minimum commitment.

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