

High in the Pindos Mountains of northern Greece, is a side of the country that eludes most, but captures the imagination and the hearts of all who journey here. It's a place of vibrant landscapes and storybook villages, with a rich cultural heritage.

This is Zagori, and at the heart of this gorgeous and untamed region is Aristi Mountain Resort & Villas.

Its traditional stone exteriors reflect the character of the region, while the elegant interiors of its 24 rooms suites and villas provide a soothing sanctuary after a day of adventuring. Aristi is a magnificent base for hiking, rafting, and horseback riding through the dramatic landscapes, but it also serves as the prime podium from which to view them. The spectacular Vikos Gorge is almost ever present and the scenery shines brightest from the terrace at sunset, when the valley's presiding cliffs light up in brilliant shades of pink and violet.



WELLNESS / ZAGORI

3 NIGHTS / 4 DAYS TOUR

- THE EXPERIENCE IN A NUTSHELL -

A sort break that is focused on you and your body. Relaxation, spa therapies and good food are the core of this package, elements which promise to rejuvenate body and spirit. Base will be the spa of the Hotel and the pool with its great vistas to the surrounding mountains.

- DAY 1 -

Arrival at Aristi Mountain Resort, Zagori

Meals: Dinner at Hotel's awarded "Salvia" Restaurant

Included activities:

Enjoy your afternoon at leisure and discover the beauties of Aristi Village

- DAY 2 -

Mini tour of Zagori & Spa treatments

Meals: Lunch picnic style or Dinner at Hotel's awarded "Salvia" Restaurant

Included activities:

Early Meditation session / Mini tour / Spa Treatment Oil Massage

- DAY 3 -

Day full of Spa treatments

Meals: Lunch or Dinner at Hotel's awarded "Salvia" Restaurant

Included activities:

Early Yoga session / Spa treatment reflexology

- DAY 4 -

Zagori to Airport

Meals: No meals included

Optional activities: Walk around Ioannina city center and lake on your own

Optional vegetarian meals and detox drinks after each Spa treatment are included in the package.

INCLUSIONS

This trip is available all year round, based on a three night stay in a standard double/twin room, inclusive of activity transfers as well as meals described on the detailed itinerary. All walks and activities are guided.

TERMS & CONDITIONS

Exclusions: All International and/or Domestic flights, transfers, Gratuities, Optional activities, Travel insurance, Laundry, Beverages Items not specified. / **Payment:** cost for the Tour Program is based on a minimum of 2 guests. / **Cancellation Policy:** 20 % non-refundable deposit is required on confirmation of trip. Full payment is required thirty (30) days prior to arrival.

PRICING

The price of this offering WELLNESS – ZAGORI based on two sharing a double aristi room inclusive of taxation is as follows (EUR)

	LOW SEASON	MIDDLE SEASON	HIGH SEASON
OFFICIAL	1,070	1,130	1,220

LOW SEASON

09/01/2018-15/02/2018
20/2/2018-22/3/2018
26/3/2018-29/3/2018
30/10/2018-18/12/2018

MIDDLE SEASON

11/4/2018-26/4/2018
02/5/2018-09/7/2018
20/08/2018-25/10/2018

HIGH SEASON

01/1/2018-08/1/2018
16/02/2018-19/02/2018
23/03/2018-25/3/2018
30/03/2018-10/4/2018
27/4/2018-01/5/2018
10/7/2018-19/8/2018
26/10/2018-29/10/2018



aristi
MOUNTAIN RESORT + VILLAS

NATIONAL
GEOGRAPHIC
UNIQUE LODGES
OF THE WORLD™

WELLNESS / ZAGORI

3 NIGHTS / 4 DAYS TOUR

- DETAILED PROGRAM -

- DAY 1 -

Arrival at Aristi Mountain Resort, Zagori

Upon arrival at the hotel you will be greeted by our friendly staff and enjoy a welcome drink. The location is ideal to relax and catch your breath after a long day's trip. You may also enjoy the use of the hotel spa and finally dine at our restaurant.

Meals: Dinner at Hotel's awarded "Salvia" Restaurant
Included activities: Enjoy your afternoon at leisure and discover the beauties of Aristi Village
Optional activities: Spa Therapies / Small walks around the village

- DAY 2 -

Mini tour of Zagori & Spa treatments

We start the day with an early Meditation session. After the Meditation session, we have an early breakfast and then we embark on a private tour of Zagori with our mini buses. During our tour we will visit the most interesting sights of Zagori, the bridges, Kipi village, Oxia vista point, Monodendri and Ag. Paraskevi Monastery, Dilofo village, and Papigo area. We will learn the history of the area through a guided tour with small walks. Along the way we will enjoy lunch picnic style. Upon returning to the hotel an Oil massage will be ready for you. Oil massage is applied on the energy lines using more compressions. This unique technique, works in combination with the circulatory & nervous system, while looks forward to improve the oxygenation and the removal of the toxins of the human tissues.

Meals: Lunch picnic style or Dinner at Hotel's awarded "Salvia" Restaurant
Included activities: Early Meditation session / Mini tour / Spa Treatment Oil Massage

- DAY 3 -

Day full of Spa treatments

We start the day with an early Yoga session. Following the Yoga session, you can enjoy breakfast at the hotel and afterwards you have a whole day for your leisure to enjoy our spa. A second spa session of reflexology is also included. Reflexology is a gentle technique, a highly effective form of therapeutic massage of the feet. It is considered to be a holistic healing technique which treats the person as a whole entity in order to bring about a state of balance and harmony in body, mind/ spirit. Wholeness means that we are not simply a sum of muscles, vessels or neurons but all of them combined together, a set where all institutions are interrelated but at the same time interdependent. The aim of reflexology is to achieve balance in the body, which it is primarily achieved through relaxation. The professional massage reflexology is used to identify which parts of the body do not function effectively. With proper treatment the body regains its balance and smooth operation.

Meals: Lunch or Dinner at Hotel's awarded "Salvia" Restaurant
Included activities: Early Yoga session / Spa treatment reflexology
Optional activities: Spa Therapies, Wine Tasting, Degustation Dinner

- DAY 4 -

Zagori to Airport

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Meals: No meals Included
Optional activities: Walk around Ioannina city center and lake on your own

Optional vegetarian meals and detox drinks after each Spa treatment are included in the package.

