



# Aidipsos



## LOVED BY THE ROMANS

In Roman times, Aidipsos flourished, as it was already well known and appreciated for its healing springs. Even the Greek philosopher Aristotle mentioned Aidipsos in his works. The Roman general Sylla came here to cure his gout. Experience the exceptional character of Aidipsos by visiting the "Cave of Sylla" where the general took his baths in the springs with a view over the Mediterranean.

## THERMAL SPRINGS MEETING THE MEDITERRANEAN

Nature has given Aidipsos 75 thermal water springs, some of them directly located at the seaside with their water flowing into the sea. This offers the unique experience of bathing in thermal water just before diving into the sea. The luxurious Thermae Sylla Spa & Wellness Hotel is famous for its spa water. Enjoy a swim in one of the thermal water pools or the huge variety of relaxing wellness or soothing medical treatments.



## RICH HISTORY

You can experience rich history in Aidipsos and surroundings. The town's monuments include a 13th century Venetian Tower and the Tower of Aidipsos from Frankish times. The neoclassical building of Thermae Sylla Hotel is a historic site itself having hosted celebrities like Maria Callas or Winston Churchill. Just a short drive from Aidipsos you find the Church of Agios Ioannis the Russian, an important church for orthodox Christians.

## THE HIDDEN BEAUTIES OF EUBOEA

Aidipsos is located on the island of Euboea, the second largest one in Greece. Euboea has been spared from mass tourism and is thus the ideal place to relax. Dense pine forests, deep gorges, mountains, sand and pebble beaches with azure blue and emerald waters: Euboea impresses its visitors with an enormously varied landscape as the basis for sustainable and relaxing spa holidays.





# Thermae Sylla Spa in Aidipsos, Greece



## Where health and well-being meet antique Mediterranean flair

Aidipsos is situated in the northern part of the island Euboea. The island is located in the eastern Mediterranean Sea near Athens (appr. 160 km). A rich variety of nature landscapes, gorgeous bays and a pleasant Mediterranean climate make it a paradise for guests who want to relax and rejuvenate. Thermae Sylla Spa has an excellent reputation for its thermal water.

### Thermal Spa Packages



#### Thermal Dreams Package From 7 nights/breakfast

from € 77

- Welcome drink, personal spa bag
- Free access to hydrotherapy facilities, as advised by doctors: farm steam, thermal grotta, thermal and sea water circuit pools. Thermal pools, multiple hydromassages, jacuzzi, wild water, sprinkles, fully equipped gym.
- Two-way airport transfer for at least 2 guests from 7 nights (otherwise supplement of € 220 per way).

**Price in €/night/half board/sea view room/pp/Season A/B/C/D**

**7 nights: Twin € 94/€ 103/€ 119/€ 139, Single € 132/€ 145/€ 172/€ 206**  
**14 nights: Twin € 77/€ 86/€ 102/€ 121, Single € 132/€ 145/€ 172/€ 206**

#### Thermal Health Package 7/14 nights, half board

from € 1159

- Services as described in the "Thermal Dreams Package", additionally included:
- Medical consultation at start and completion of the programme
- 6x/12x thermal mud wrap
- 6x/12x therapeutic massage (30')

**Price in €/7/14 nights/half-board sea view room/pp/Season A/B/C/D**

**7 nights: Twin € 1159/€ 1202/€ 1316/€ 1426, Single € 1610/€ 1686/€ 1890/€ 2082**  
**14 nights: Twin € 2104/€ 2182/€ 2390/€ 2587, Single € 2935/€ 3070/€ 3446/€ 3792**

#### Thermal Detox 7/14 nights, full board

From € 1680

- Services as described in the "Thermal Dreams Package", additionally included:
- Medical consultation at start and completion of the programme
- Tailor-made nutrition program and supervision by nutritionist
- Daily active program
- 18x/36x treatments e.g. ozonotherapy, thermal hydromassage, Ayurvedic total body massage, thermal mud

**Price in €/7/14 nights/full board/sea view room/pp/Season A/B/C/D**

**7 nights: Twin € 1680/€ 1724/€ 1840/€ 1950, Single € 2132/€ 2208/€ 2411/€ 2604**  
**14 nights: Twin € 3042/€ 3120/€ 3329/€ 3526, Single € 3872/€ 4009/€ 4384/€ 4731**

#### Season time:

**A=2.1.-31.3./1.11.-17.12.15 / B=1.4.-14.6./1.10.-31.10.15**  
**C=15.6.-15.7./1.9.-30.9.15 / D=18.12.-01.01./9.4.-13.4./16.7.-31.07.15**

### Where to stay

#### Thermae Sylla Spa & Wellness Hotel\*\*\*\*\*

Majestic neoclassical building located directly at the beach. 108 comfortable rooms (20-25 sqm) with air condition, mini bar, safe, Sat.-TV, Wi-Fi, use of bathrobe and slippers. Restaurants with international and Greek cuisine, lactose- and gluten-free, diet food on request, piano bar, billiard tables, mini boutique and fully equipped gym. Thermae Sylla Spa with thermal grotta, sauna, steam baths, indoor 100% thermal water pool, outdoor pool with mixed water (sea and thermal water), whirlpool, jacuzzi. Treatments include mud therapy, oriental and traditional massage techniques, qualified doctors and therapists.



### Good to know

**Culture tips for your stay:** Syllas Cave, Church of Agion Anargyron, Venetian tower, Tower of Aidipsos, Acropolis of Oreoi, Roman Baths of Gialtra (15 km), Cape Artemisio (22 km), Byzantine and medieval castle of Oreoi (12 km), Museum of Natural History of Istiea (17 km), Katafigio Agrias Zois Dafnonta Natural Park (75 km), Athens (150 km), Monasteries on the island of Skiathos (175 km), Skopelos (200 km), Mount Pelio (130 km), Meteora with Byzantine monasteries (200 km)

**Languages spoken:** Greek, English

### How to get to Aidipsos

#### By airplane:

Athens (ATH) appr. 150 km,  
Thessaloniki (SKG) appr. 290 km

**Transfer:** Just 160 km away from Athens, a pleasant trip of maximum 2,5 hours, by car to Arkitsa and then by ferry to Aidipsos or by car through Halkida. For those coming from Northern Greece by ferry from Glyfa to Aiokambos.

**Indications:** e.g. Rheumatism · Degenerative arthropathies · Peripheric neuritis · Chronic weakness syndrome · Increased energy levels · Immunodeficiency

**Reimbursement:** Contact your health insurance for a cost contribution/reimbursement

**Booking request via**  
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