



**Costa Navarino launches "Euclasia Messinia",
an exclusive programme promoting the perfect holistic balance of mind
and body**

30 August 2016 - Costa Navarino, the prime sustainable destination located in the Greek region of Messinia, southwest Peloponnese, is delighted to join forces with the Euclasia International Centre of Wellness and Preventive Health Treatment (**awarded by Conde Nast Traveler in its 2015 Spa Awards for "Most Progressive Detox"**) to present the "Euclasia Messinia" programme.



"Euclasia Messinia" is based on the holistic theory by Hippocrates that aims to rebalance metabolism, neutralise stress, increase stamina, stimulate skin and improve elasticity and firmness, as well as lose weight.

The customized therapeutic programme launching at Costa Navarino will consist of medical tests, individual nutrition plans, relaxation treatments, physical rehabilitation, body workouts and an extensive follow-up after completion. The programme is supported by Greek and international centres and scientists specialized in metabolic medicine, training and diet. The medical tests are conducted in cooperation with Universities in Greece and abroad.

"Euclasia Messinia" will be hosted in the multi award-winning Anazoe Spa, whose philosophy, based on the combination of ancient physiotherapy practices, ancient Greek music and natural products, greatly complements the overall Euclasia approach.

The treatment lasts either 7 or 14 days and aims to boost cell rejuvenation (iasis) through diet nutrition therapy based on Messinia's Mediterranean cuisine.

The Euclasia programmes are applied by a team of three specialised doctors, nutritionists, ergo therapists and physical trainers.

Euclasia programmes evolved from 20 years of scientific research by a multidisciplinary team, led by George Leon, an expert on metabolic Physical and Nutritional Biochemistry and on Molecular Nutrition (Metabolism), who is also the scientific partner of athletic unions and sports federations worldwide regarding athlete's nutrition and performance.

George Leon, Founder of Eucrasia, said: "Living in a period full of environmental, emotional, physical and spiritual stress, the key for our health preventive life is to listen to our Ancient relatives, reset our body clock and exterminate the cascade of this cellular stress via the unique therapeutic tools, food-exercise-relax-sleep".

Stephanos Theodorides, Managing Director and Vice Chairman of TEMES S.A., said about this partnership: "Eucrasia Messinia programme is an innovative project. George Leon and his scientific team, after many years of research, created a unique programme combining contemporary scientific knowledge and ancient wisdom. We trust the benefits of this programme on both body and mind will soon make it a point of reference when it comes to wellness."



In 2016, the programme will run on specific dates from September to November. For more information please visit

<http://www.costanavarino.com/news/events/eucrasia/>

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Costa Navarino:

Costa Navarino is the prime, sustainable destination in the Mediterranean, located in the Greek region of Messinia in the southwest Peloponnese. One of the most unspoiled and breathtaking seaside Mediterranean landscapes, this area has been shaped by 4,500 years of history. Its philosophy is driven by a genuine desire to promote Messinia, while protecting and preserving its natural beauty and heritage. It will comprise a number of distinct sites featuring 5-star deluxe hotels, luxury residences, conference facilities, spa and thalassotherapy centres, signature golf courses, as well as a wide range of unique year-round activities for adults and children. Navarino Dunes, the first area, is home to two luxury 5-star hotels, The Romanos, a Luxury Collection Resort and The Westin Resort Costa Navarino; The Dunes Course – the first signature golf course in Greece- Anazoe Spa, a 4,000sq.m. spa & thalassotherapy centre; the state-of-the-art conference centre House of Events; specially designed facilities for children; as well as a variety of gastronomy

venues, sports, outdoor and cultural activities. Navarino Bay, the second area is home to the signature golf course, The Bay Course.

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For more information visit www.costanavarino.com

Eucrasia:

Eucrasia comes to associate the "ancient wisdom" with science, tradition and experience with technology, primarily aimed at restoring the balance of man with nature!

Eucrasia's programmes are based on the holistic Hippocratic theory of regulating metabolic pathways by natural means, including nutrition, exercise, relaxation and rehabilitation and confidently lay claim to be the most complete therapeutic pathway to Metabolic Regulation and Physical Rehabilitation.

The team's innovative expertise and scientific methodology is the result of twenty years of research in the field of biological sciences. The programmes are supported by specialized Greek centers for metabolic medicine, exercise and nutrition, and the participation of internationally acclaimed researchers, academics and scientists from the field of preventive medicine.

As a result Eucrasia has been awarded by Conde Nast Traveler in its 2015 Spa Awards for "Most Progressive Detox").

With this international recognition, Eucrasia comes to fuel the contemporary Greek tourist product, aimed at attracting visitors seeking a return to the roots of ancient theories and ways of life that encapsulate essential living.

www.eucrasia.com or <http://www.costanavarino.com/news/events/eucrasia/>

Definition of the name Eucrasia:

** Eucrasia is an ancient Greek term resulting from two components: -eu for "well" and -Krasis for "mixing". According to Hippocrates it is the condition of harmony or balance among human fluids such as blood, water (phlegm), black bile and yellow bile that make up an individual's body and soul. When these qualities circulate and function harmoniously, then a healthy state is achieved and so is "Eucrasia". Any change in the balance of these components is the direct cause of all diseases, i.e. dyscrasia.*

Media information:

TEMES

Marina Papatsoni, Marketing & Business Development Director

Tel.: +30 210 949 0013

Fax: +30 210 949 0218

e-mail: mpapatsoni@temes.gr

TEMES S.A.

5 Pentelis St.

17564, Athens, Greece

Developers of Costa Navarino

www.costanavarino.com