

# PREMIUM WELLNESS

CONCEPTS | EXPERIENCES | RETREATS

Personalised  
Wellness  
Services



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# The Company

## Who we are

Premium Wellness Consulting is a leading agency creating memorable personalised Wellness experiences for individuals and groups. We develop innovative and creative concepts for clients looking for exclusive treatments and activities. Our partnerships include Hotels, Companies, Wellness Centers, Concierge offices and Private clients with special requests.

### **Paris Angelika / Founder & CEO**

MSc Sports & Leisure Management & +15 yrs of experience in Business Management

### **Virginia Stavropoulou / Operations Manager**

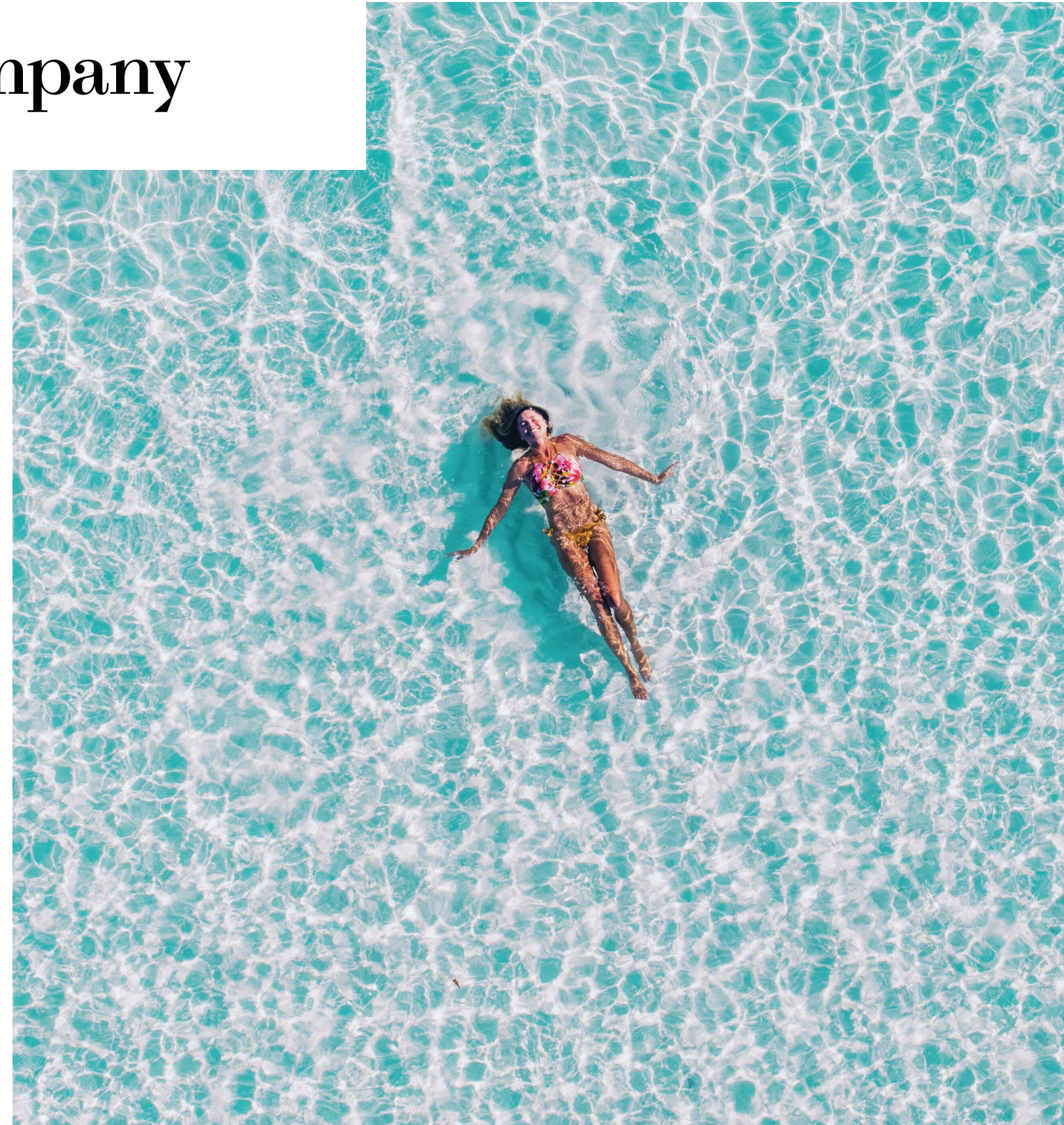
BSc Physical Education & Sports Science, +15 years of experience in Business Operations & Management

### **Vasiliki Dimitropoulou / Well-being Specialist**

BSc Sport Studies & Hatha Yoga trainer & +10 yrs of experience in Private Training & Well-being

### **Christina Papalopoulou / Business Development**

BSc in Management, Economics & Marketing & +10 yrs of experience in Business Management



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# The Concept

## Your personal Well-being

Wellness services & activities are essential in our everyday lives to ensure our emotional, psychological and physical condition are in balance. Morning Yoga rituals & Healthy brunches, exclusive and signature therapies & massages as well as every aspect of Well-being like Coaching, Nutritional consultation, Personal Training, Meditation & Mindfulness are our daily focus for our exclusive clients.



# Hotels

We work closely with Hotel Owners and Managers, providing expert consulting and management services for any of the following areas:

- **Wellness Concept Development**
- **Menu of Services**
- **Staffing recruitment & training**
- **Equipment Procurement & Supply**
- **Wellness Retreats & Events planning**

We also co-operate with Hotels on a Services on Demand basis offering a variety of Wellness experiences like Yoga, Mindfulness, Fitness, Aqua and Kid classes supported by our experienced and high skilled professional Team around Greece.





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# Concierge offices Travel Agents

We have partnered with some of the top Concierge offices and Agencies Internationally to offer Services on Demand to their exclusive clients in Greece. Either in a Villa, Hotel or Yacht vacations we create personalised experiences to add value on the overall experience of the clients.

We also create Wellbeing & Lifestyle Retreats on behalf of the agencies to offer additional services to their Groups.



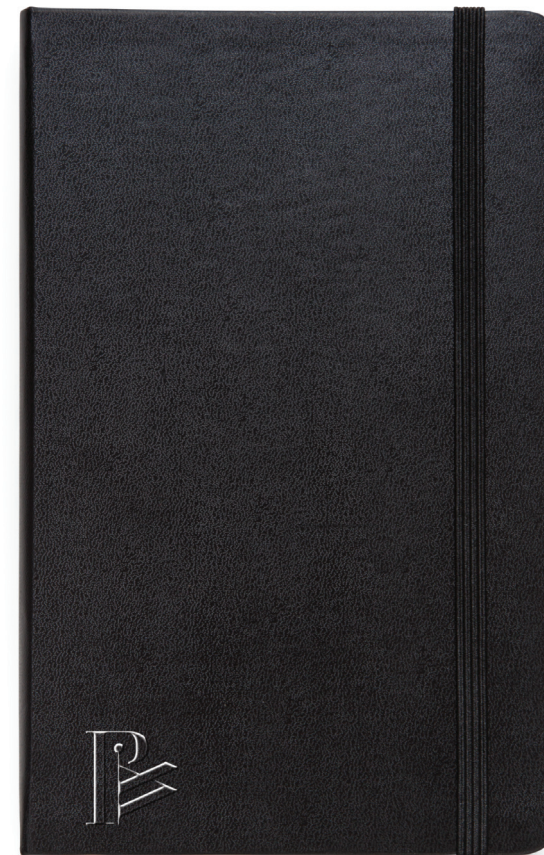
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# Corporations

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Our extensive working experience in premium environments and managing a vast array of important projects can support you in creating a Corporate Culture towards Wellbeing inside your business, developing Wellness experiences at the workplace taking under consideration the specific conditions of your Company and planning outdoor activities and Wellness Retreats for your people.

We have partnered with some of the top companies and have offered Wellness Days at workplace, Stress Management seminars, Wellness Retreats on the mountains and more.





# Wellness Clubs SPA centers

With over two decades of industry experience our Team members are fitness and wellness industry specialists that provide consulting, development and management of Wellness organizations. Our projects include Hotels, Corporate wellness centers, upscale Residential and Business complexes and private clubs.

Our Team works with you closely to determine key areas to focus on and plan the necessary actions for improvement by setting targets and develop the strategy to meet the targets.

Our services include:

- **Initial Staff & Facility Assessment & Strategy Review**
- **Budget/Target planning**
- **Market Positioning**
- **Retention & Member Engagement**
- **Sales procedures**
- **Operations**
- **Performance Management**



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# Selected Clients

#Wellnessconceptdevelopment  
#Servicesmenu  
#Equipment  
#Staffing

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## BRANCO HOTEL MYKONOS

Our Team worked closely with the Architects Team to design a unique Outdoor Wellness Concept for this luxury Hotel opened in Platis Gialos in 2017. The concept combined elements such as a semi indoor and outdoor Gym fully equipped with special focus on functional and cardio training and a Beach SPA with an innovative design offering to the guests the feeling of privacy and luxury right on the seaside. The main focus was to integrate all Wellness elements in the daily life of the guests and add value on the overall experience of the Hotel.



#Wellnessconceptdevelopment  
#Beachspa  
#Wellnessexperiences  
#Servicesmenu  
#Staffing  
#Wellnessmanagement

# ASPRO SEASIDE PAROS

The Aspro seaside experience in this unique spot in Ampelas Paros offers its guests a fully organised Beach with luxurious sun beds and exceptional services as well as a top quality restaurant to enjoy your day on the beach to the fullest.

Our Team has joined forces with Aspro Seaside Team to create a Beach SPA experience in a dedicated area inside the venue to offer privacy for exclusive treatments for face and body. The Menu includes therapies and treatments with natural products like avocado, aloe vera, lavender and essential oils. A seaside project for relaxing and rejuvenating moments on your holidays.

Premium Wellness is in charge of the management and operation of Aspro Seaside SPA.





#Servicesmenu  
#Servicesondemand  
#Staffing

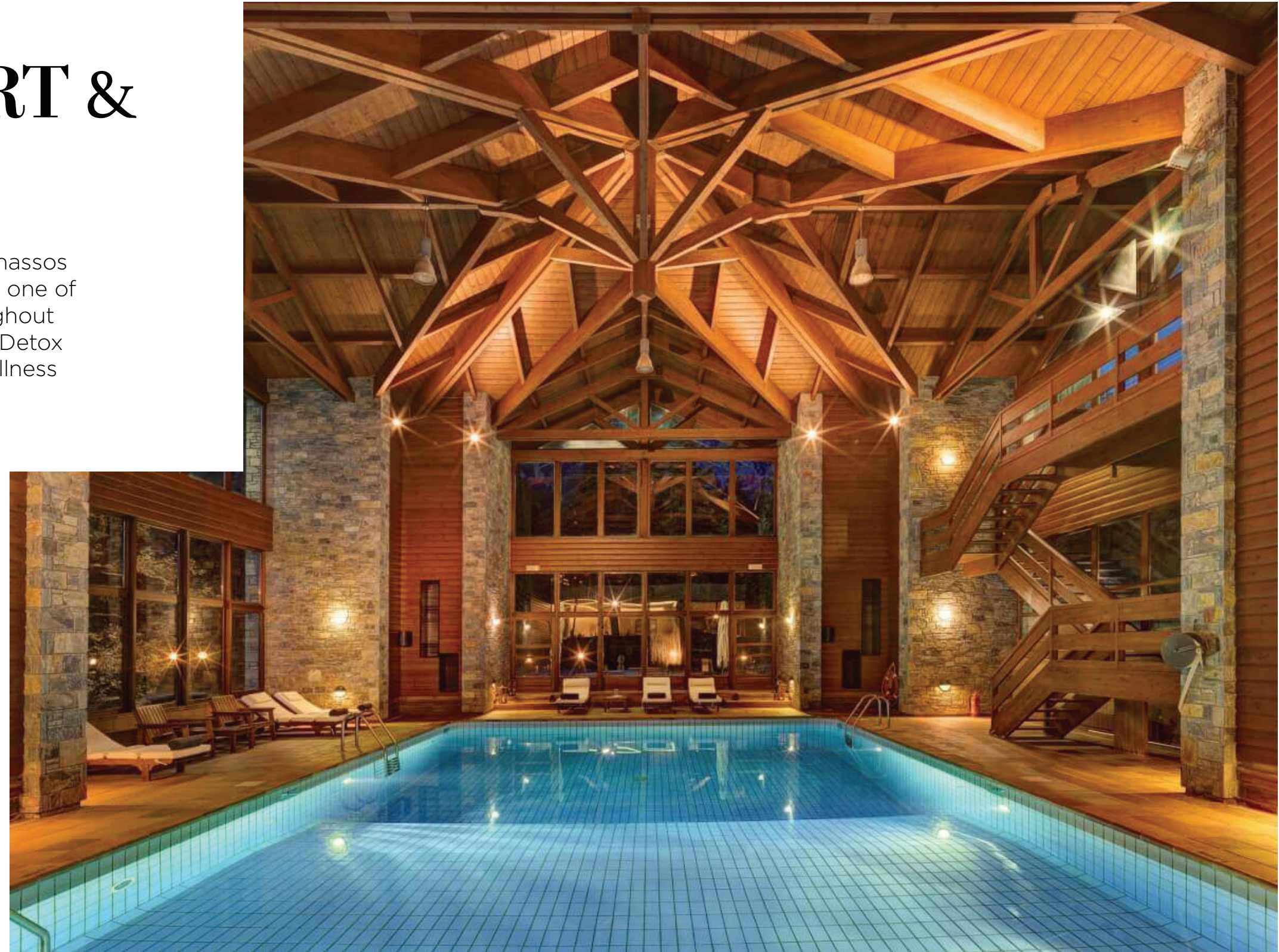
# KIVOTOS HOTEL MYKONOS

The classical famous Boutique Hotel in Ornos Bay with the outstanding views and sunsets. Our Team have offered services on demand for its exclusive clients as well as Sunrise and Sunset Yoga experiences on the cliff.

# ELATOS RESORT & HEALTH CLUB

Elatos Resort is a unique mountain retreat in Parnassos with 39 independent Chalets, the best choice for one of our exclusive Wellness Retreats organised throughout the year. The options include Ski Breaks, Yoga & Detox Retreats, Fitness Bootcamps or personalised Wellness Retreats for individuals or groups.

#Wellnessconceptdevelopment  
#Servicesmenu  
#Equipment  
#Staffing  
#Corporatewellness  
#Wellnessretreats

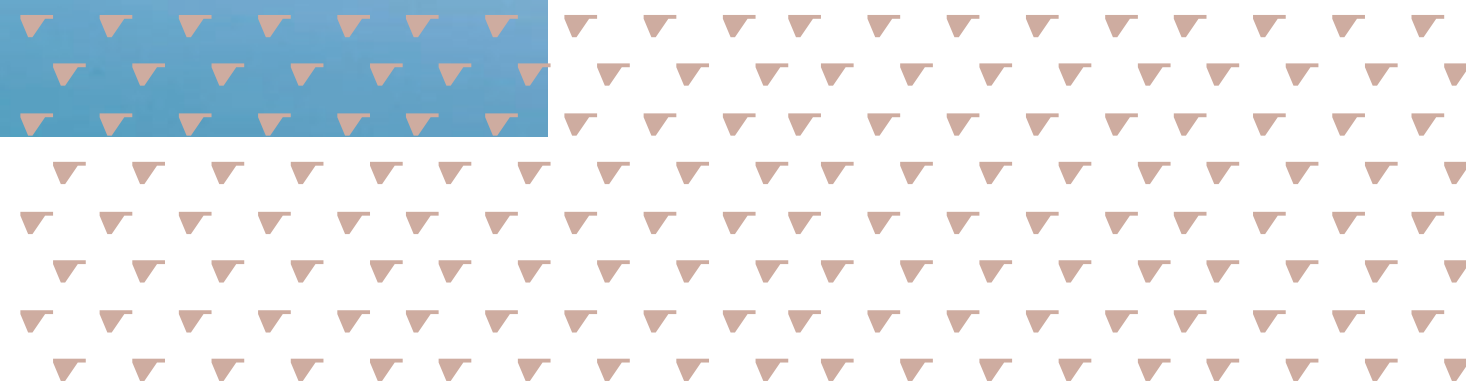




# BELLA MARE CORFU

Bella Mare Hotel in Corfu is set right on the awarded Avlaki beach and is a seafront paradise embraced by a magnificent green scenery. Our Team created a Wellness Concept adjusted to the outdoor environment of the property and the family character of the Hotel offering wellness activities for adults and kids including family yoga sessions, kids swimming and adults aqua classes, fitness, massages and face & body treatments to create valued experiences and add value to the everyday life of the guests.

#Wellnessconceptdevopment  
#Servicesmenu  
#Staffing  
#Wellnessexperiences  
#Familywellness



# PREMIUM WELLNESS

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166A Kifissias Avenue & 2 Sofokleous Street - 15126 - Amaroússion - Greece | 00 30 210 727 9228 | [info@premiumwellness.gr](mailto:info@premiumwellness.gr)