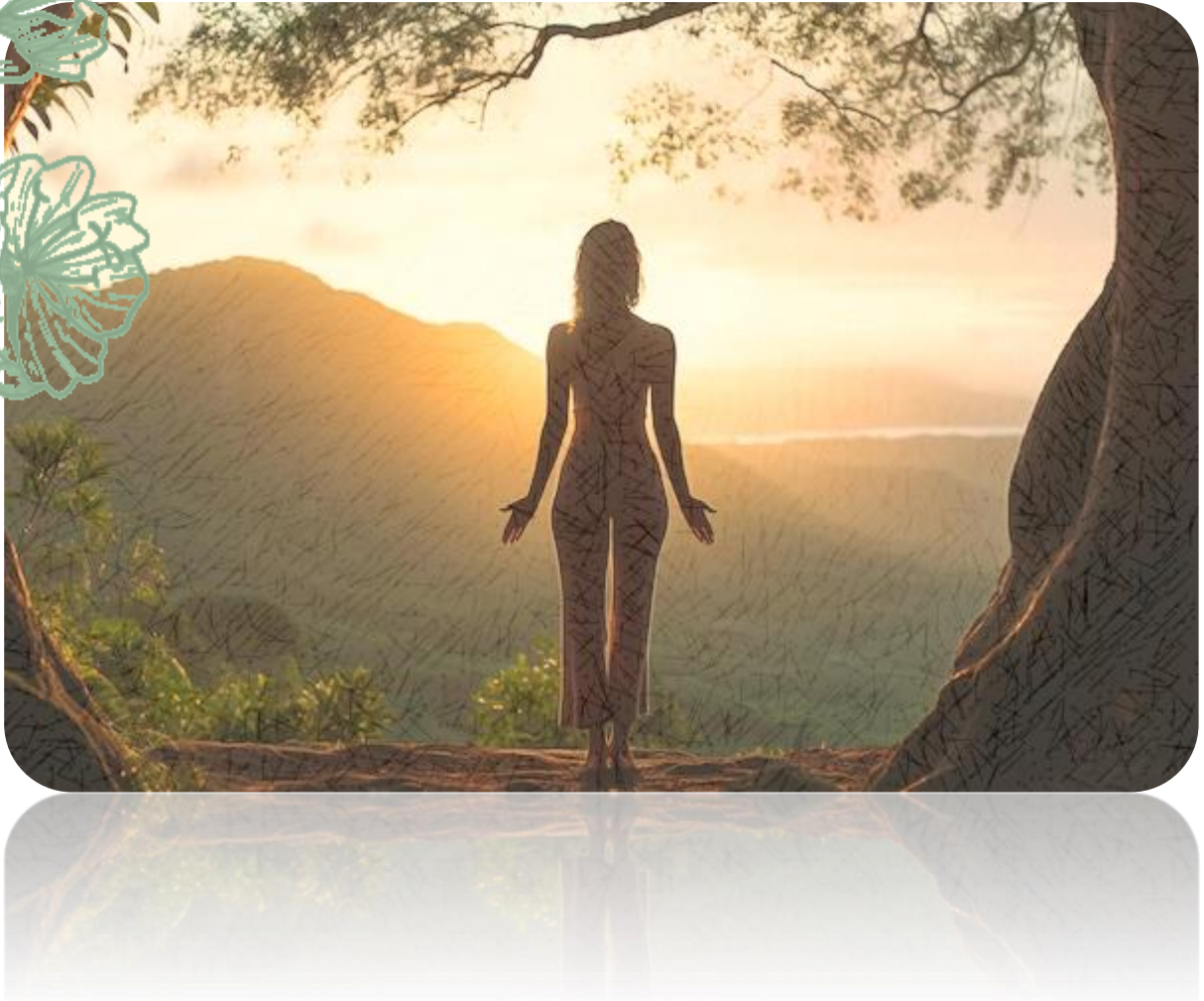


## Wellness Escapes to Greece



**Sun, sea, natural herbs .....the Greek recipe to relieve stress.**

Wellness tourism as well as "silent tourism" is a subset of it with distinct elements. Experiences such as sleep retreats, where you can enjoy short-day experiences based on sleep, or even silent walking trails, where walking paths are experienced as small excursions with minimal verbal interaction and give you the opportunity to combine relaxation and experience. Your eyes are closed. You are calm, relaxed, your senses have awakened, and you let yourself be cared for with natural herbs and products made from natural materials. You have been reborn. Your skin glows. Signs of fatigue have decreased. Here time becomes an ally, not an enemy and with each passing moment you feel more and more vibrant, young, happy and alive. **Your mind is at peace.**



***You are here to understand the truth of the saying of the ancients: “A healthy mind is a healthy body”.***

*The ancient Greeks knew well the importance of balance between mind and body and knew how to use the country's abundant natural resources to promote health and happiness. Among these were the hot, mineral springs whose healing waters still soothe chronic ailments in no fewer than 850 locations scattered throughout Greece. The natural environment near the sea also works wonders.*

*You will experience a holistic rebirth by joining the activities (cycling, riding, hiking) and discover the ingredients of a long and carefree life: serenity, tranquility, balance, and the justly famous Greek diet of pure health. giving products.*

*All benefits of a Mediterranean diet with organic Greek produce, seasonal fruit and local herbs become the basis of a detoxifying regimen that will have you feeling like a better person in just a few days.*





*Monemvasia, known to the Franks as ‘Malvasia’, is a historic town in the eastern Peloponnese, in the province of Epidaurus Limiras, in the prefecture of Laconia. It is best known for its medieval fortress, on the homonymous ‘Rock of Monemvasia’, which is a small island connected by a bridge to the current beach of the settlement.*

*The surviving buildings and structures of the castle include defensive structures of the outer wall and several small Byzantine churches.*

### **MARVEL AT THE MANY WONDERS OF LACONIA**

#### ***Sightseeing***

*The southern Peloponnese has a cornucopia of amazing sights, majestic natural wonders and picturesque places to visit by car. Here are our top picks of the region’s most popular attractions. Visit them to uncover history, culture and the generosity of nature in our part of the world.*





*Kinsterna Hotel is located in the village of Agios Stefanos, 7 km southwest of Monemvasia in the southern*



*Peloponnese and is built on the edge of the “Ibrahim Bay” estate.*

*The fertile grounds of the estate, now 25 acres in size, includes perennial olives, citrus trees and especially the old orange grove that produces the famous oranges of Monemvasia, fruit trees that have been there since the beginning of the 19th century (and those that had disappeared, replaced by local varieties), imposing cypress trees, oversized historic century-old eucalyptus trees, orchards with horticultural, ornamental and aromatic plants and herbs.*

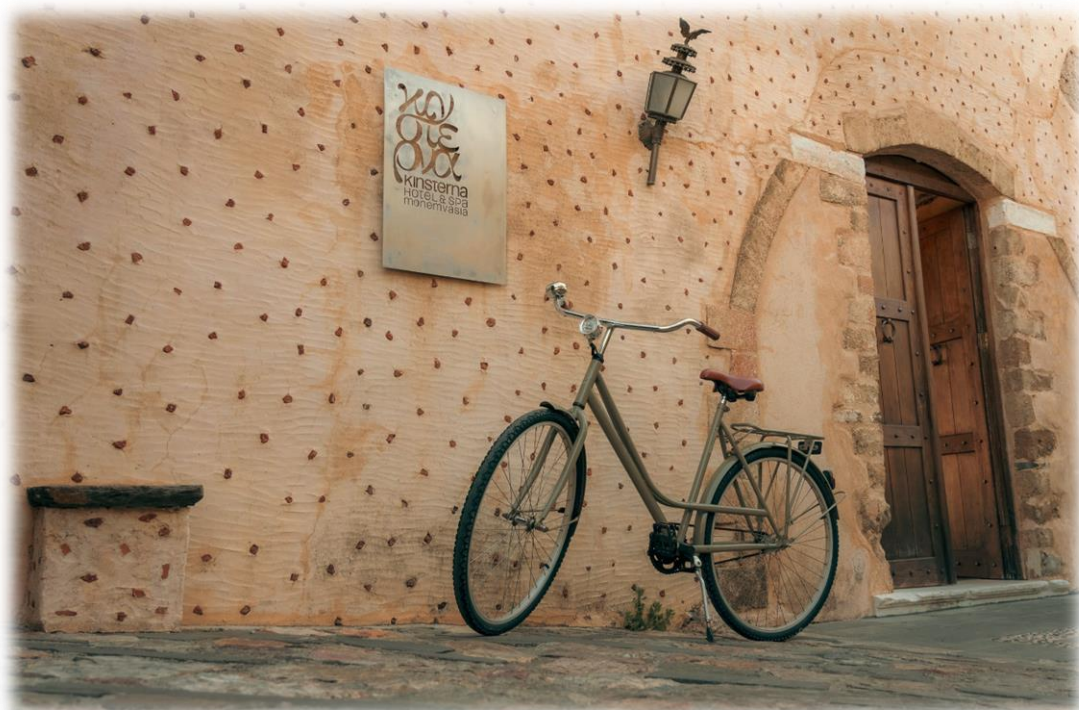












## Experiences

### **FINDING JOY IN MEANINGFUL ACTIVITIES**

*The tour of the mansion offers the visitor the opportunity to observe the architectural details of the construction, to walk along the paths between the gardens enjoying the vibrant colors and aromas of the plants (more than 250 species), to visit the old olive grove, the wood-fired oven and our antique shop.*



**A MEANINGFUL GIFT OF RENEWAL**

*Wellness*



*A spa experience is the best way to complete the journey of getting to know the nature of the Mediterranean land. The healing power of herbs accompanies us in the unique experience of the Kinsterna Spa, which among other things, offers organic treatments based on*

*natural products of the estate, such as olive oil, honey and grapes. For a complete wellness proposal, we offer the possibility of exercising in the specially designed area of the mansion.*





**TOTAL RELAXATION IN NATURE**

***Swimming pools***

The impressive swimming pool with its private relaxation areas amidst the fragrant orange trees offers the ultimate in relaxation, combined with the enjoyment of a cocktail with sea views under the blue sky.



## **LIFE IS MEANT TO BE A CELEBRATION**

### **Events**

*The Kinsterna hotel has two impressive event spaces. One, in the library with its Byzantine solemn atmosphere that is ideal for small corporate meetings while the other conference room is ideal for conferences and retreats.*

## **MEET THE ANTIQUE SHOP OF OUR MANSION**

### **Antique Shop**

*During the restoration of the mansion, we incorporated many old materials into the space - such as handmade iron doors, lanterns, as well as furniture and decorative objects belonging to the owners. Some of this collection was preserved to be displayed in the antique shop, along with a variety of other items. Each of them hides a little bit of history and offers the opportunity of acquiring unique souvenirs*





## Finding joy in meaningful activities

### ALL YEAR-ROUND ACTIVITIES

- Guided tour of the mansion and the gardens
- Baking country bread
- Horse riding with an instructor
- Watch the honey harvest
- Beekeeping workshop at Kinsterna beehives
- Damos - Gerakas boat trip
- Monemvasia rock boat trip
- Fishing trip boat experience
- Handmade soap making workshop
- Enjoy a horse carriage ride or a donkey ride
- Discover the art of candle making
- Private cooking lessons
- Wine tasting
- Cycling
- Hike through the vineyards and surrounding area
- Hiking and visit to the spring, Malea's hill and the castle
- Adopt an olive tree
- Olive oil tasting
- Honey tasting



### SEASONAL ACTIVITIES

*Mid-August - Mid-September :*

*End of October until early January:*

*Mid-October - end of December:*

*Grape harvest and stomping*

*Harvesting of olives and production of oil*

*Making of tsipouro, Greek spirits*





## Finding joy in meaningful activities

