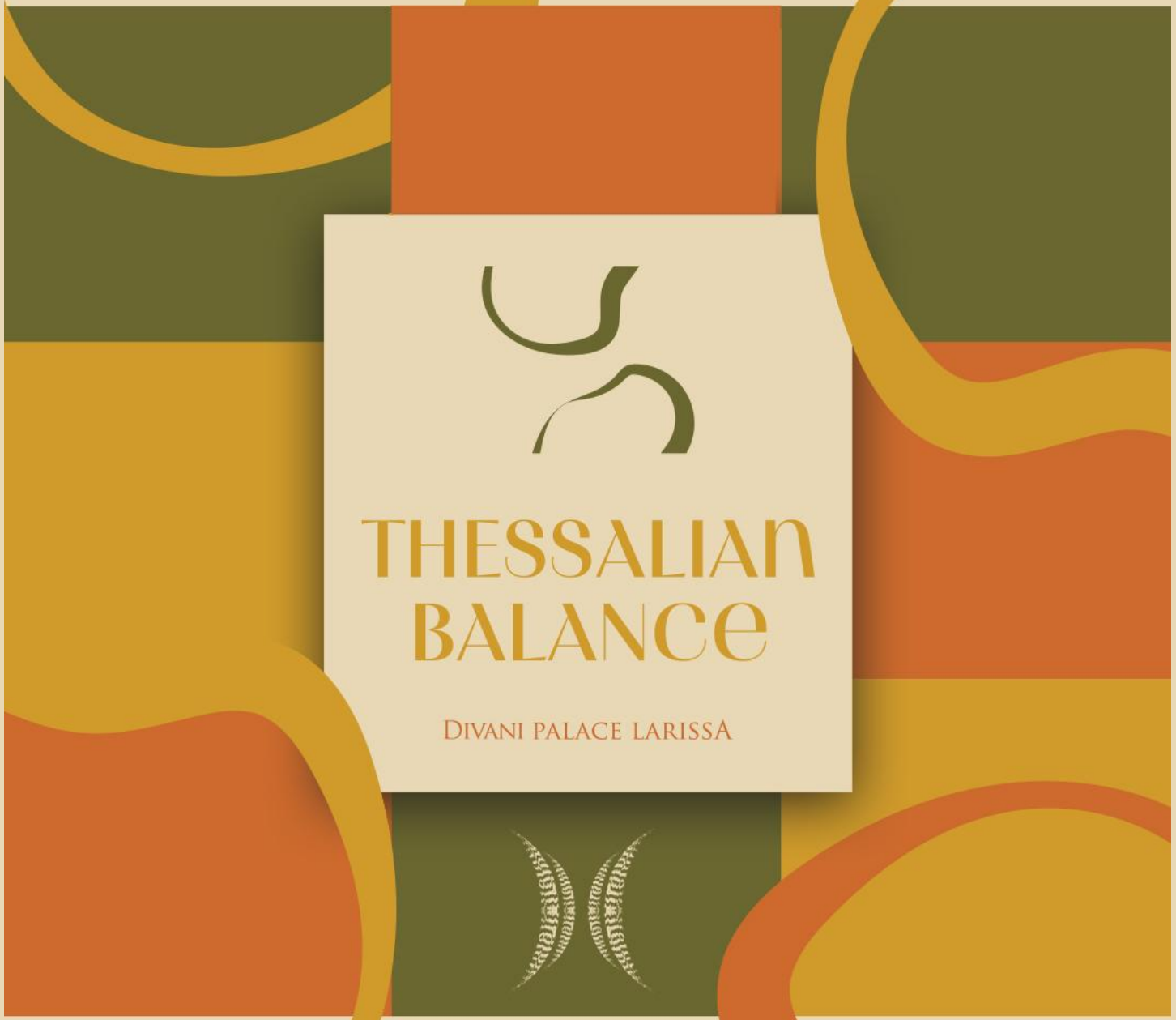
NATURALLY



# THESSALIAN BALANCE

DIVANI PALACE LARISSA

GREEK

# What is the Thessalian Balance?

**A new lifestyle concept, introduced in the heart of Thessaly by Divani Palace Larissa, calling for everyday balance that is rooted in clean eating and wellness.**

The promise is delivered through authentic Greek dining experiences, inspired by the naturally gluten-free Greek cuisine, albeit reimagined for the modern guest. Parallel to this, a new wellness ritual is ushered in at the Health Club & Spa, in line with the ancient Greek philosophy of keeping body and mind in perfect harmony.

The proof? The Divani Palace Larissa is **the 1st 100% gluten-free hotel in Greece, certified by the Greek Celiacs Society.**

# The 100% gluten-free cuisine

Thessalian Balance entails becoming curators and storytellers of the region's food culture through the philosophy of naturally clean, locally sourced cuisine that reconnects to its roots –yet modernized.

2026
SAFE PLATE
GLUTEN FREE

## New menus

Designed from scratch, all menus derive from classic Greek recipes based on naturally GF elements (legumes, fresh vegetables and fruits, lean proteins, nuts, fish, healthy fats, ancient grains, etc.), minimally processed food, clean cooking, and nutritional density.

The hook? A new 'Nutritionist's Choice' section is integrated, where specific recipes are indicated as the healthiest selections out of each division.

## Food for life, with confidence

Steered by the principle "wellness by design, not by deletion", the new concept brings Greek culinary heritage to life, without compromising taste. With full transparency in its farm-to-table local supply chain, it procures elements and foods closer to their natural state, preserving their nutritional value and health benefits. Moreover, ingredient provenance is put at display: feta and other Greek cheeses, olive oil, yogurt, honey –to name just a few.

Food as medicine: careful preparation and safe, clean ingredients that support vitality and digestive health so that you remain productive and energized throughout the day.

# Body & mind balance

Thessalian Balance is poised on two key pillars: **clean eating and wellness**. This is why utmost spa treatments are onwards provided at Divani Palace Larissa's Health Club & Spa -inspired by ancient Greek rituals that help attain the much-coveted body & mind balance.

## Spa treatments

A new curated collection of spa therapies designed to restore balance, renew your energy and enhance your sense of wellbeing.

- ✓ revitalizing facials
- ✓ deeply relaxing body treatments
- ✓ finest spa products used

## Memberships

Flexible solutions are offered to make wellness part of your everyday lifestyle. Including: gym | pool | hydromassage | sauna | steam bath | 10% discount in spa treatments

Yearly | 6 months | 3 months | 1 month

Special Family Package

Special Corporate Package

## Spa Packages

Combining complementary treatments and wellness experiences for utter relaxation, the new Packages have been designed to suit every need in a short time, flexibly.

1. Day Pass – including use of gym, indoor pool, sauna, steam bath, on top of a 30' facial treatment and a 30' body massage. Additional perk, a special Thessalian Balance menu with multiple choices per course.
2. Spa Escape for Two – indulgence for couples includes all the above with 45' treatments in adjacent cabins.

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