

# Everything goes

# WELL

## at Hyatt Regency Thessaloniki

Your journey to wellness  
through seven unique stops

Healthy  
Breakfast



Tennis



Trail



Personalized  
Fitness



Harmonia  
Spa



Indoor  
Pool



OSTEO  
STRONG

OsteoStrong  
The Ultimate Biohack

- Musculoskeletal Strengthening
- Red Light Therapy
- Pulsed Electromagnetic Field Therapy
- Compression Therapy
- Hydrotherapy



HYATT  
REGENCY  
THESSALONIKI