



16.April 2025

ESPA & Thalasso by the Sea

Online Thalasso Workshop

**“Thalasso health cure with natural remedies  
from the sea - a holistic approach to  
prevention, wellness and beauty ?”**

Insights from

**Claudia Wagner, Managing Director at Fit Reisen**

**Tour Operator** for Health, Spa, and Wellness Holidays

 **Fit Reisen**  
*Mindful Moments*



## A short introduction to the autumn Thalasso workshop

The **customer demand** for

wellness activities and health holidays has evolved quickly;

**is your business ready?**



# Evolving Trends in Health & Wellness Tourism



## Holistic Approches

Integration of traditional remedies with modern wellness treatments .



## Personalized Experiences

Guests preferences are shifting toward more personalized, holistic wellbeing journeys .



## Premium Quality

Travelers willing to spend more for evidence-based programs

# Thalasso Therapy - Trust in the power.

Thalasso health cure with natural remedies from the sea -  
holistic approach to prevention, wellness and beauty

Time out by the sea is a healthy vacation

**Thalasso Therapie** goes far beyond the mere treatment of illness it is **ideal for a begin of a to a healthy lifestyle, a long healthy lifespan for longevity**

It strengthen the **body's resistance** and fight against stress.

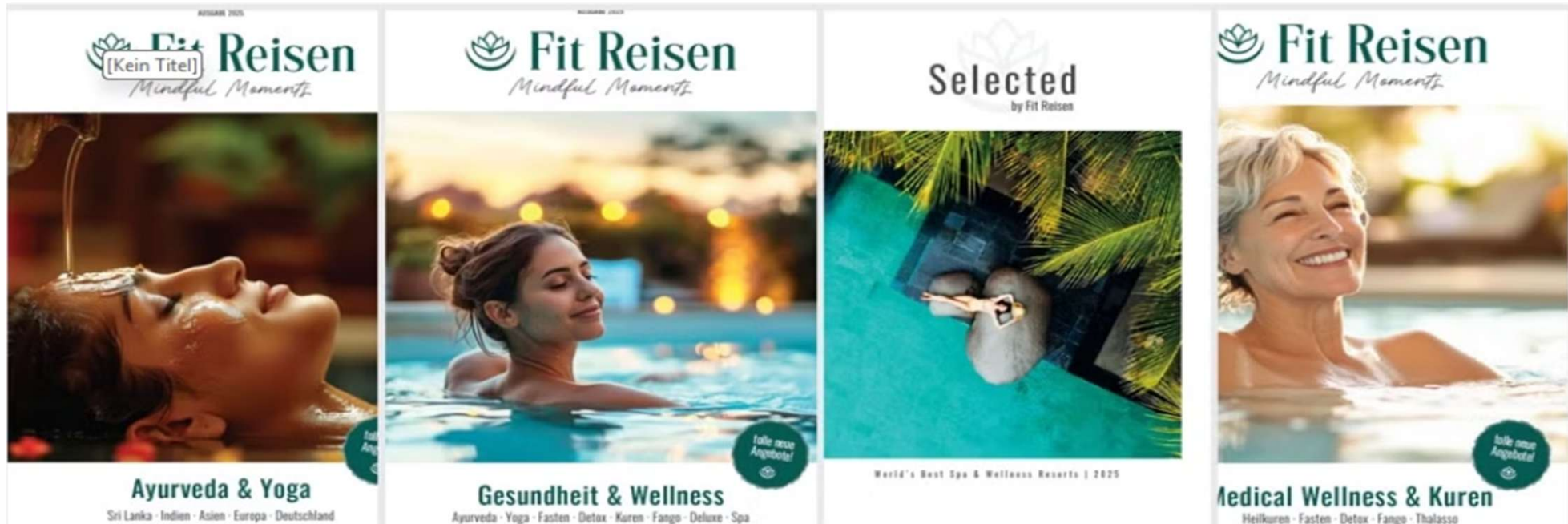
Complete personalization for maximum results

Tailor-made treatments to help you **regain your fitness and activity and much more**





## Fit Reisen Catalog Edition 2025



[www.fitreisen.de](http://www.fitreisen.de)  
[www.spadreams.com](http://www.spadreams.com)

# The Best Ager Market: Longevity Focus



68%

Market Growth  
Annual increase in longevity-focused programs

€1700

Average Spending  
Per trip by Best Ager wellness travelers



12.5

Stay Duration  
Average days spent in health & wellness retreats by seniors

85%

Repeat Bookings  
Retention rate for quality longevity programs

Longevity packages offer tips on healthy eating, regular exercise, adequate sleep, stress management, and mental wellbeing to prevent diseases.