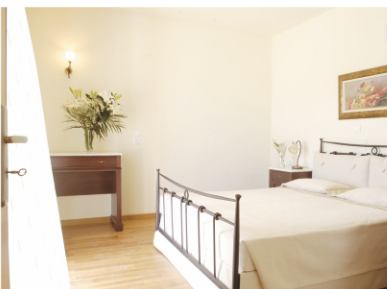




residential



winter in  
**CRETE**



agro-activities



medical



spa & rehabilitation



residential







agro-activities

## Olive Harvest

During the harvesting season the day starts early in the morning and lasts till late in the afternoon. At the end of the day the full sacks are taken to the oil mills for processing.

## Olive Oil Production

At the oil mill the fruit is placed into a hopper attached to a moving belt where the leaves are removed. The olives are crushed and the olive oil is separated.

## Cheese Making

In a traditional farmstead there is a small cheese-making establishment where local cheese of excellent quality is produced. Cheese-making demonstration takes place.

## Distillation of Raki

The entire process becomes a celebration in which friends and relatives take part by bringing food and taste the drink as it is being made. Each step in the distillation process has a particular ritual and the presence of friends is a must.

## Cretan Honey

If you decide to visit the beehives you will understand why Cretan honey is the most aromatic of all. The bees are fed from bushes that are only grown in Crete.

## Botanic Walks

Teaming with this wide variety of fragrant herbs and spices, the Island seems to be one massive herb rack. The Cretan diet features their use quite heavily and adds flavor, aroma and variety to foods.



[www.cretanoliveoilfarm.gr](http://www.cretanoliveoilfarm.gr)  
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medical



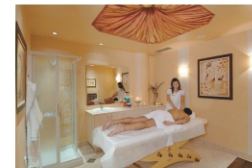
## Rheumatology - Rehabilitation

In co-operation with a well-known private Clinic in Heraklion and a team of Doctors we offer medical treatments for the followings:

- Rheumatoid arthritis
- Ankylosing spondylitis
- Psoriatic arthritis
- Extra articular rheumatism
- Osteoarthritis
- Osteoporosis
- Fibromyalgia



spa &  
rehabilitation



## SPA Treatments Thalassotherapy Relaxing & Therapeutic Massage Aqua Gym



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We use natural products...  
We offer Relaxing - Rejuvenating - Healing Therapies

Fresh Aloe-Vera from Organic Farm  
Sea-weeds & Thalassotherapy  
Therapeutic Mud  
Dead Sea Salt  
Cretan Herbs - Therapeutic massage

