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Antara Palace Launches Corporate Burnout Syndrome Recovery Retreat, Bringing Corporate Wellness to a Whole New Level

The ultra-luxury boutique hotel in Cyprus is set to become a prime destination for burnt-out businesspeople in need of recovery and lifestyle maintenance.



POLIS CHRYSOCHOUS, CYPRUS –19 January 2014 -- Stress is a part of every successful business, but when it starts to affect health, happiness, and productivity, it's time to take action. Antara Palace is proud to announce the launch of its Corporate Burnout Syndrome Recovery Retreat, located in one of the most beautiful and remote areas of Cyprus, in the Eastern Mediterranean Sea. The Retreat, available from 1 February 2014, is tailored for companies and businesspeople that are ready to get serious about corporate wellness.

Corporate Burnout Syndrome (CBS) is a stress-based medical condition affecting millions of hard-working people, and one of the leading causes of missed days at work. CBS is known to cause serious health issues, including depression, insomnia, and even heart disease and stroke. Common causes of CBS include corporate pressures, long hours, and high work volume -- and more and more companies are taking note.

“While companies are increasingly addressing CBS in-house, for those dealing with especially high levels of stress, only a targeted, tailor-made retreat can bring relief,” says Nora Csige, Director and Co-founder of Antara Palace. “There is no ‘magic pill’ for treating CBS, but our retreat at Antara Palace offers a new vision in corporate wellness, with a serene setting and effective programs to help foster positive lifestyle changes for permanent recovery.”



Antara Palace’s Corporate Burnout Retreat has both short- and long-term benefits for companies, from a reduction in sick days taken to overall employee performance and productivity.

Antara Palace offers three programs, ranging from 3 to 7 nights. Packages include stress management workshops, wellness classes, and lifestyle consultation, as well as plenty of rest and relaxation. While treating CBS is the main focus, retreats also give employees time to bond with each other, and offer opportunities for team building, inspiration, creativity, and exploration of a new culture. For more information about Corporate Burnout Syndrome Recovery Retreats at Antara Palace, visit www.antarapalace.com.

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About Antara Palace, Wellness & Destination Spa: Antara Palace, Wellness & Destination Spa is an ultra luxury boutique hotel established in October 2013 in Polis Chrysochous, Cyprus. Antara Palace is a one-of-a-kind development with architecture and interior design aimed at recapturing a piece of the flourishing, magnificent Hellas. The pride of Antara Palace is its spa and wellness services, with more than 50 spa treatments and several wellness retreats offered to help guests make positive lifestyle changes. www.antarapalace.com

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