

## SPA AND FITNESS

### Fitness

- One-off Training 15.64 lv. / 8.00 €
- 10 Visits 117.35 lv. / 60.00 €
- 1 Month 97.79 lv. / 50.00 €
- 3 Months 250.35 lv. / 128.00 €
- 6 Months 400.95 lv. / 205.00 €
- 12 Months 700.19 lv. / 358.00 €

### SPA

- One-off Visit 29.34 lv. / 15.00 €
- One-off Visit (for two people) 52.81 lv. / 27.00 €
- 10 Visits 279.68 lv. / 143.00 €
- 15 Visits 381.39 lv. / 195.00 €
- 20 Visits 483.09 lv. / 247.00 €

### Fitness & SPA

- One-off Visit 39.12 lv. / 20.00 €
- 10 Visits 361.83 lv. / 185.00 €
- 15 Visits 481.13 lv. / 246.00 €
- 20 Visits 561.32 lv. / 287.00 €
- Monthly Spa & Fitness Card (Mon-Fri) 201.45 lv. / 103.00 €
- Monthly Spa & Fitness Card (Mon-Sun) 240.57 lv. / 123.00 €
- Annual Spa & Fitness Card 2200.31 lv. / 1125.00 €

\* towel rental 3.91 lv./2.00 €

(1 towel included. There is a charge on extra towels)

\* bathrobe rental 5.87 lv./3.00 €

## MASSAGES

**Classic back massage** 30 min. | 56.72 lv. / 29.00 €

Benefits: improves blood circulation and posture, and promotes muscle relaxation.

**Classic massage** 60 min. | 88.00 lv. / 45.00 €

Benefits: improves blood circulation and posture, and promotes muscle relaxation.

**Therapeutic Massage** 60 min. | 95.84 lv. / 49.00 €

Benefits: reduces muscle tension, relieves stress and anxiety

**Sports Massage** 60 min. | 95.84 lv. / 49.00 €

Benefits: reduces muscle spasms, improves range of motion and muscle flexibility

**Deep tissue massage** 60 min. | 95.84 lv. / 49.00 €

Benefits: reduces muscle spasms, improves range of motion and muscle flexibility

**Aromatherapy** 60 min. | 95.84 lv. / 49.00 €

Benefits: relieves stress, boosts energy, supports skin health

**Hot Stone Massage** 60 min. | 95.84 lv. / 49.00 €

Benefits: removes pain, increases energy levels, improves blood circulation

**Lymphatic drainage massage** 30 min. | 56.72 lv. / 29.00 €

Benefits: improves lymph circulation, breaks down cellulite and fat cells, gives skin a glow

**Reflexology** 30 min. | 56.72 lv. / 29.00 €

Benefits: stimulates nerve function, increases energy, boosts circulation

**Anti-cellulite massage** 60 min. | 95.84 lv. / 49.00 €

Benefits: improves lymph circulation, accelerates metabolism, reduces the appearance of cellulite

**Package 5 x Massages\*** 5 x 30 min. | 230.79 lv. / 118.00 €

**Package 5 x Massages\*** 5 x 60 min. | 381.39 lv. / 195.00 €

\* Within 60 days of the first therapy

## Packages

**"Fitness" package** 215.08 lv. / 110.00 €

\* monthly fitness card + 5 spa visits

**"Sports" package** 352.05 lv. / 180.00 €

\* monthly fitness card + 3 sports massages

**"Relax" package** 107.57 lv. / 55.00 €

\* daily spa card + 60 min classic massage

**"Ability" Spa package for two** 195.58 lv. / 100.00 €

\* 2 x classic massage + 2 x daily spa cards

## Gift vouchers

A selection of gift vouchers is available, offering a choice of spa sessions and specially designed packages that feature our favorite treatments.

The vouchers are valid for a period of one year and you can purchase them from spa reception.