

SPA AND FITNESS

Fitness

• One-off Training	8.00 €
• 10 Visits	60.00 €
• 1 Month	50.00 €
• 3 Months	128.00 €
• 6 Months	205.00 €
• 12 Months	358.00 €

SPA

• One-off Visit	15.00 €
• One-off Visit (for two people)	27.00 €
• 10 Visits	143.00 €
• 15 Visits	195.00 €
• 20 Visits	247.00 €

Fitness & SPA

• One-off Visit	20.00 €
• 10 Visits	185.00 €
• 15 Visits	246.00 €
• 20 Visits	287.00 €
• Monthly Spa & Fitness Card (Mon-Fri)	103.00 €
• Monthly Spa & Fitness Card (Mon-Sun)	123.00 €
• Annual Spa & Fitness Card	1125.00 €

* towel rental 2.00 €

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

* bathrobe rental 3.00 €

Group Classes

• Single Class	12.00 €
• 10 Group Classes Package	100.00 €
• 15 Group Classes Package	135.00 €
• 20 Group Classes Package	160.00 €

* Packages can be used for all types of group classes

** Packages are valid for 30 days after the first class

*** Packages can be used by more than one person

MASSAGES

Classic back massage

30 min. | 33.00 €

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

Classic Full Body Massage

60 min. | 54.00 €

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

Aromatherapy Massage

60 min. | 54.00 €

Benefits: relieves stress, boosts energy, supports skin health

Anti-Stress Massage

60 min. | 54.00 €

Benefits: reduces cortisol levels, decreases stress, restores balance

Hot Stone Massage

60 min. | 54.00 €

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

Deep tissue massage

60 min. | 59.00 €

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

Therapeutic Massage

60 min. | 59.00 €

Benefits: reduces muscle tension, relieves stress and anxiety

Sports Massage

60 min. | 59.00 €

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

Anti-cellulite massage

60 min. | 59.00 €

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

Lymphatic drainage massage

30 min. | 33.00 €

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

Reflexology

30 min. | 33.00 €

Benefits: stimulates nerve function, increases energy, boosts circulation

Package 5 x Massages*

5 x 30 min. | 135.00 €

Package 5 x Massages*

5 x 60 min. | 225.00 €

* Within 60 days of the first therapy

SPA THERAPIES

“Gold Amber” Therapy

Benefits: improves skin elasticity; stimulates cell renewal; deeply hydrates the skin

90 min. | 78.00 €

Fruit Therapy “Ability Spa”

Benefits: nourishes, cleanses and tones the skin

90 min. | 78.00 €

“Chocolate Dream” Therapy

Benefits: nourishes, cleanses and tones the skin

90 min. | 78.00 €

“Lavender Touch” Therapy

Benefits: refreshes, cleanses and tones the skin

90 min. | 78.00 €

“Bulgarian Rose” Therapy

Benefits: softens, smooths and regenerates the skin

90 min. | 78.00 €

“Hamam” / Turkish bath

Benefits: detoxifies the skin, improves blood circulation

45 min. | 55.00 €

Packages

“Fitness” package

* monthly fitness card + 5 spa visits

110 .00 €

“Sports” package

* monthly fitness card + 3 sports massages

180.00 €

“Relax” package

* daily spa card + 60 min classic massage

50 .00 €

“Harmony” package

* (60-minute full-body relaxation massage + hammam)

100 .00 €

“Ability” Spa package for two

* 2 x classic massage + 2 x daily spa cards

100 .00 €

“Ability Gentleman” Package

* Anti-Stress Massage 60 min + Daily Spa Card

60 .00 €

“Ability Lady” Package

* Chocolate Dream Therapy 90 min + Daily Spa Card

85 .00 €

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.