

## SPA & GYM SERVICES

### **SPA & GYM - DAILY ACCESS** (valid only for external guests)

Gym € 30  
SPA & Gym € 90

### **GYM MEMBERSHIP**

The gym is an exclusive fitness hub with state-of-the-art equipment. Whether starting a new or continuing your fitness regime, achieve your goals from a range of membership plans for individuals and small groups.

#### **Midweek Mornings Annual Membership**

Monday/Friday (public holidays excluded) - Gym, SPA, relaxation area and changing room with amenities included.

#### **Midweek Evenings Annual Membership**

Monday/Friday (public holidays excluded) - Gym, SPA, relaxation area and changing room with amenities included.

#### **Open Membership Annual**

Monday/Sunday (public holidays included) - Gym, SPA, relaxation area and changing room with amenities included and 10 entrances to gym and SPA for a friend.

#### **Gold Annual Membership**

Monday/Sunday (public holidays included) - Gym, SPA, relaxation area and changing room with amenities included, 75 massage of 50 minutes each throughout the duration of your membership and 10 entrances to gym and SPA for a friend.

### **HALOTHERAPY**

Halotherapy - care with salt (from the Greek halos, salt) - is a natural therapy that uses the healing properties of micronized sodium chloride, with remarkable benefits for the respiratory and immune system. The sessions are carried out inside the Salt Room, a space entirely covered in white salt with constant temperature and humidity, ideal to soothe, relax and detoxify.

Single session 35 minutes  
available also in 10 sessions package

## BEAUTY BY DOGANA DEL SALE

<b>Facial cleansing</b> ( <i>using Sodashi products</i> )	50 min.
<b>Cosmetic manicure with nail polish applic.</b>	30 min.
<b>Cosmetic pedicure with nail polish applic.</b>	40 min.
<b>Therapeutic pedicure</b>	60 min.
<b>Nail polish application</b>	20 min.

#### **Sodashi Gentle Touch Hand Therapy** 30 min.

A well-deserved treatment for your hard-working hands. This nurturing treatment starts with warm, aromatic compresses and it is followed with Sodashi Jojoba bead exfoliation.

A soothing massage will leave your hands feeling silky, smooth and soft. Sodashi's blend of alluring fragrances, such as lavender, geranium and lemon, makes this experience wonderful.

#### **Sodashi Soothing Mint Foot Therapy** 30 min.

Soothe and revitalize tired, sore feet with Sodashi's invigorating sea salt polish to refresh the skin and stimulate circulation. Sodashi's mint foot cream, with oils of arnica, lavender and peppermint, is massaged on top of your feet and lower legs to provide total relaxation.

### **WAXING**

Total body  
Partial (e.g. half leg)  
Small areas