Fit & fun

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Exercise is a powerful 'mind-body' medicine and this program promotes well-being through a variety of physical activities and treatments designed to re-energize the body. Ideal for those who wish to maintain their regular workout or kick-start a new fitness regime, our resident personal trainer will customize a training program incorporating TRX, kettlebells, outdoor exercise, beach circuits, beach runs, hill running and lots more. You will gain a better understanding of your body and attain sustainable results

Inclusions	**3 nights**	**5 nights**	**7 nights**
Consultation with personal trainer (30 mins)	1	2	2
Personalised Training (60 mins)	2	4	6
Deep Tissue Massage (60 mins)	1	1	1
Foot acupressure	1	1	1
Private Stretching Session (30 mins)	1	1	2
Air jet bath with essential oils	1	1	1
Priority reservation for all Group wellness programs			
Price per person (euro)-incl 24% VAT	**505**	**675**	**930**

Prices are quoted in Euros
Prices exclude accommodation.

For reservation please contact Six Senses Spa on:
Internal line: 6100 or E :spamanager@elounda-sa.com

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