



## Fit & fun

Exercise is a powerful mind-and-body medicine, and this programme 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 programmes			
<b>Price per person (euro)-incl. 23% VAT</b>	<b>278</b>	<b>368</b>	<b>608</b>

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](mailto:spamanager@elounda-sa.com)

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