

# MINTHIS

## Spa

### MINTHIS SPA MEMBERSHIP

Our memberships are designed to offer you a holistic wellness experience at our private sanctuary. The benefits are suited to those who want to prioritise their health and wellbeing, giving them privileged access to the world-class facilities and the best therapists or advisors in fitness and nutrition.

#### MEMBERSHIP OPTIONS

Our aim is to offer you a membership experience which can help you achieve your wellness goals. Whether you choose to join as an individual or with a partner, the Minthis Spa will rejuvenate and revitalise your mind, body and soul.

	INDIVIDUAL	COUPLES
12 Months	€3,600	€6,120
6 Months	€2,400	€4,080
3 Months	€1500	€2,550

#### MID -WEEK MEMBERSHIP ( MONDAY - THURSDAY )

	INDIVIDUAL	COUPLES
12 Months	€2,100	€3,500
6 Months	€1,400	€2,400
3 Months	€900	€1,500

#### CORPORATE GROUP MEMBERSHIP

For a minimum of 5 corporate members, following discounts apply:

12 Months' membership - discount 20% | 6 Months' membership - discount 15% | 3 Months' membership - discount 10%

\*Terms and Conditions apply

#### MEMBERSHIP BENEFITS

Full access to:

- 25-meter indoor pool
- Hydrotherapy pool
- Thermal suites
- Gym
- Fitness studio
- Group fitness activities
- Changing rooms
- 3D body assessment and health evaluation
- 20% discount on Spa treatments (excluding packages and special offers)
- 10% discount on Spa products
- 10% discount on hair salon (excluding packages and special offers)
- 10% discount at Minthis restaurants

#### SPA TREATMENTS

Our innovative treatment methods and luxurious spa therapies leave you feeling relaxed, revitalised and balanced in body and mind. Enjoy some of the finest spa therapy treatments, with much-loved spa and beauty brands, including NAXOS, iS Clinical and Augustinus Bader. Treatments include massages, facials, manicures and pedicures.

#### SPA FACILITIES

##### HYDROTHERAPY POOL

Our Hydrotherapy pool features built-in water jets of varying pressures and positions that offer massages for the legs, calf, and feet.

##### INDOOR POOL

Surrounded by rolling hills and breath-taking views of the Troodos mountains the 25-meter lap pool is a place for an invigorating swim.

##### THERMAL SUITES

Enhance your spa journey and enjoy our unique Thermal suites featuring 8 experiences; hot and cold, wet and dry, including:

###### **Salt Room - Tepidarium**

For deep relaxation, halo salt therapy reduces inflammation and cleanses the airways.

###### **Steam Room - Caldarium**

Relax, unwind and release muscular tension with the detoxifying steam room.

###### **Finnish Sauna**

Eliminate toxins and release endorphins for an overall feeling of wellbeing.

###### **Aroma Sauna - Sanarium**

Enjoy a relaxing, detoxifying muscle release with aromas to awaken your body and soul.

###### **Ice Fountain**

For those who want to strengthen their immune system, increase circulation and firm their skin.

###### **Cold Plunge Pool - Frigidarium**

For the brave who want to close pores and strengthen their immune system after a sauna.

###### **Experience Shower**

Stimulate your senses and remove the toxins, with a multi sensory experience shower.

###### **Foot Bath**

Relax and alleviate the stress with a soothing foot bath.

#### GYM

An expansive, mirror-lined gym, equipped with the latest Life Fitness machines. Provides the perfect environment for building your strength, stamina and fitness.

#### GROUP FITNESS ACTIVITIES

Our team of Personal trainers run small-sized fitness classes daily in the group fitness studio. Group exercise is a wonderful way of maintaining your fitness goals as well as introducing new techniques into your workouts and having fun at the same time.

\*Classes are free to members; booking is required at the Spa Reception.

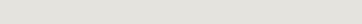
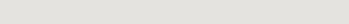
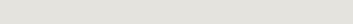
#### PERSONAL TRAINING

Members have access to a dedicated team of Personal Trainers, each an expert in different fitness disciplines. A regime can be swiftly implemented, carefully followed and closely monitored, so you achieve your goals and see the results.

#### PRIVATE SESSIONS \*

(\*Additional charges apply)

Personal Training 1 personal training session (one hour)	€75
Personal Training Packages 10 personal training sessions Includes 1 x 30 minute massage, 1x 3D Body scanner evaluations.	€750



Daily Opening Hours: 07.00 - 20.00hrs (opening hours subject to change)

Spa and Steam rooms close at 19.30hrs

Adults only

For more information on memberships or to organise a tour of the facilities, please contact us on

+357 26 842 299 or email [spa@minthisresort.com](mailto:spa@minthisresort.com)

[MINTHISRESORT.COM](http://MINTHISRESORT.COM)