



THE SPA
AT
MANDARIN ORIENTAL
COSTA NAVARINO

FITNESS & WELLNESS
SERVICES

Our Fitness and Wellness facilities offer modern strength training, and an outdoor movement studio all designed to support our guests with their cardiovascular, strength and flexibility training needs. Additionally, we have an outdoor class studio that offers a range of class modalities from yoga and guided meditation to small group functional fitness workouts.

ASSESSMENT

MOBILITY & BODY COMPOSITION ANALYSIS

30 MINS / € 100

Fitness assessments consist of different types of tests and exercises used to determine your overall health and physical fitness level. These tests typically assess your strength, endurance, and flexibility. Including body composition analysis accurately measuring your current body condition including:

- Body Composition Analysis – indicating your current health condition (total body water, soft lean Mass, free fat mass and weight)
- Muscle-Fat Analysis – provides skeletal muscle mass and body fat mass
- Obesity Diagnosis – measures body mass index (BMI), percentage of body fat and waist-to-hip ratio
- Muscle Analysis – measures muscle development of arms and legs, as well as soft lean mass analysis
- Body shape graph and body typing
- Nutritional evaluation
- Weight Control – identifies target weight, body fat control and lean muscle control

PNOE ASSESSMENT

A revolutionary breath analysis technology. Pnoé is a gateway to understanding your body's unique metabolic blueprint, delivering precise insights to achieve your goals.

Weight Loss & Management: Pnoé provides a comprehensive analysis of how your body processes energy, enabling you to achieve effective weight loss.

Performance & Rehabilitation: The advanced breath analysis identifies the optimal training intensities and rehabilitation strategies for your specific metabolic profile.

Longevity & Well-being: By examining your metabolic health and VO2 max, Pnoé helps pinpoint lifestyle adjustments that extend your lifespan and enhance your quality of life.

RESTING TEST & VIRTUAL CONSULTATION

30 MINS / € 290

Performed sitting or lying down, guest normal breath is measured to establish baseline results. Guest will receive an online analysis or their results and a Pnoé professional will arrange a virtual consultation to discuss.

ACTIVE TEST & VIRTUAL CONSULTATION

30 MINS / € 290

This test will take place either on a bike or treadmill. The intensity and duration will vary each time depending on the individual's fitness level and goals. Guest will receive an online analysis or their results and a Pnoé professional will arrange a virtual consultation to discuss.

RESTING OR ACTIVE TEST, VIRTUAL CONSULTATION & NUTRITION PLAN

30 MINS / € 590

Guests can decide between the active or resting test and after the results and consultation, a Pnoé professional will create a personalised Nutrition Plan.

RESTING AND ACTIVE TEST, VIRTUAL CONSULTATION & NUTRITION PLAN

45 MINS / € 690

Guests will perform an active and resting test for overall data. After the results and consultation, a Pnoé professional will create a personalised Nutrition Plan.

MOVEMENT

PERSONAL TRAINING

1 HOUR / € 120

We specialise in restoring fitness and wellbeing, our expert trainers deliver one-to-one sessions and classes, tailored to help you achieve your goals, with a wealth of knowledge on Fat Loss, Body Sculpting and Corrective Exercise.

SPORTS PERFORMANCE TRAINING

1 HOUR / € 120

Using Keiser Pneumatic Resistance Technology, designed to reduce shock loading and protect joints. Whatever the motion you want to train — swinging a club, kicking a ball or just daily activities, Kieser ensures the muscles remain active and engaged throughout the entire range of motion and velocities.

ONE TO ONE PILATES

1 HOUR / € 130

Designed to improve physical strength, flexibility and posture. Pilates focused on core muscles, arms and legs, enhancing body toning, control and building lean muscle mass.

ONE TO ONE YOGA

1 HOUR / € 130

For those new to yoga or looking to improve posture and breathing techniques this one to one session provides expert guidance. Choose your style from Vinyasa flow to Hatha body awareness.

OUTDOORS

ONE TO ONE OLIVE HILL TRAIL OR WALK

1 HOUR / € 130

Find motivation and guidance where it is running or powerwalking.

ONE TO ONE KETTLEBELL MASTERCLASS

45 MINS / € 95

Learn the perfect technique and enjoy the benefits of this comprehensive routine.

ONE TO ONE GUIDED MEDITATION

1 HOUR / € 130

Personalised meditation and breathe work sessions designed to support your wellbeing and enhance your inner calm. Choose from a focus on breathing techniques, inner observation and visualisation or mindfulness practices.

SMALL GROUP CLASSES

Guests can benefit from a series of impactful classes delivered by our highly qualified team located on our outdoor studio offering the perfect environment to enjoy the benefits physical movement. All classes are complementary to guests, please see the weekly timetable for timings.

PILATES CLASSES

FUNCTIONAL TRAINING

YOGA CLASSES

RECOVERY

COMPRESSION THERAPY

30 MINUTES / €90

Normatec compression therapy is at the forefront of the recovery movement and works with athletes and teams across Olympic and elite sports to improve recovery and performance. Normatec utilises a patented technology that massages the legs, arms, or hips with pneumatic compression to enhance circulation and reduce soreness.

INTELLIGENT MOVEMENT

1 HOUR 30 MINUTES / €275

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body. Intelligent Movement incorporates the Hypervolt Percussion.

GOLFER'S STRETCH

60/90MINUTES / € 220/275

Next-Generation Performance Enhancement. Boost your performance with this dynamic, physio-based therapy. A blend of myofascial techniques and active stretching helps maintain muscle tone and flexibility, while nourishing the skin from outdoor exposure. Perfect for golfers seeking peak physical condition

IN ROOM

PERSONAL TRAINING

1 HOUR / € 180

We specialise in restoring fitness and wellbeing, our expert trainers deliver one-to-one sessions to your room tailored to help you achieve your goals, with a wealth of knowledge on Fat Loss, Body Sculpting and Corrective Exercise.

Enhance your stay within room fitness equipment from Industry leader Technogym creating a convenient fitness experience in the comfort of your hotel room. Be guided to select the most beneficial equipment to suit your needs with a consultation with the wellbeing team. Everything you need for your In-Room Wellbeing Experience will be delivered to your room prior to arrival.

TECHNOGYM BIKE

€ 90 PER NIGHT OR € 340 PER WEEK

With its combination of design, functionality and immersive digital content, Technogym Bike offers you the best live-streaming and on-demand class experiences wherever you are. Enjoy live and on-demand indoor cycling workouts from your favourite trainers and fitness studios. Join the community, get your flywheel spinning and challenge riders from all over the world. (Hire available on selected room categories)

TECHNOGYM BENCH

€ 90 PER NIGHT OR € 245 PER WEEK

One Bench, over 200 exercises. Perform the widest variety of total body exercises with hexagon dumbbells, resistance bands, weighted knuckles, and training mat, all in a compact footprint. Utilise Technogym online training programs designed to inspire you and reach your objectives faster than ever. (Hire available on selected room categories)

HYPERICE RECOVERY PACK

€ 90 PER NIGHT OR €165 PER WEEK

Designed to assist recovery from physical exercise. This recovery set can include a Normatec system, Hypervolt, Venom Back, Hypersphere Mini, and all applicable charging units. This set also includes supplementary materials to ensure optimal use featuring recovery protocols.

TERMS & CONDITIONS

AGE REQUIREMENT

The minimum age requirement for access to the fitness centre is 18 unsupervised and 14 when accompanied by a parent or guardian. For more information on our children's fitness and spa services please contact the spa via mocna-spa@mohg.com

ADVANCED BOOKINGS

We highly recommend booking your fitness and wellness services in advance to ensure that your preferred time and service is available. Please provide The Spa Concierge with valid credit card information and contact details to secure the reservation. To book your appointment please call +30 272 3099 888 or email at mocna-spa@mohg.com

HEMOCARE

To continue your wellness regimen at home, fitness and wellness products are available in our spa boutique.

GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/giftcard>

OPENING HOURS

Fitness Centre

Monday – Sunday Open 24 hours

Fitness Centre Supervised

Monday – Sunday 7am - 9pm

Spa

Monday – Sunday 9am - 9pm

Indoor Pool

Monday – Sunday 9am - 8pm

Spa Treatments

Monday – Sunday 10am - 8pm

Heat & Water Experiences

Monday – Sunday 9am - 9pm

Please allow 24 hours' notice of cancellation to avoid charges. Cancellations within 24 hours will incur 100% charge. A credit card number is required at the time of booking.



MANDARIN ORIENTAL

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