



THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
COSTA NAVARINO

FITNESS & WELLNESS  
SERVICES

# FITNESS & WELLNESS SERVICES



THE SPA  
AT  
MANDARIN ORIENTAL  
COSTA NAVARINO

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.



# FITNESS & WELLNESS SERVICES



THE SPA  
AT  
MANDARIN ORIENTAL  
COSTA NAVARINO



## MOBILITY & BODY COMPOSITION ANALYSIS

**30 minutes - 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

# FITNESS & WELLNESS SERVICES



## 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.



# FITNESS & WELLNESS SERVICES



## 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 of 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 of 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.



# FITNESS & WELLNESS SERVICES



## MOVEMENT

### PERSONAL TRAINING

1 hour - 130 €

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 - 130 €

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 - 140 €

A precise, dynamic workout using spring-based resistance to enhance core strength, posture, and full-body alignment. Expertly adapted for every level from beginner to advanced.

### ONE TO ONE YOGA

1 hour - 140 €

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.

# FITNESS & WELLNESS SERVICES



## OUTDOORS

### ONE TO ONE KETTLEBELL MASTERCLASS

45 Mins - 110 €

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

### ONE TO ONE GUIDED MEDITATION

1 hour - 140 €

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.



### ONE TO ONE NATURE IMMERSION

1 hour - 140 €

A guided walk along the beachfront, inviting a deep connection with the earth. Moving slowly and mindfully, you'll tune into the textures beneath your feet, the scent of the coastal air, and the rhythm of your breath, awakening the senses and grounding the body.

# FITNESS & WELLNESS SERVICES

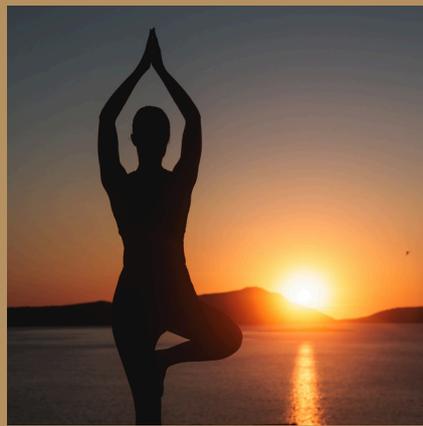


Guests can benefit from a series of impactful classes delivered by our highly qualified team located on our outdoor studio offering the perfect environment to enjoy the benefits physical movement. All classes are complementary to guests, please see the weekly timetable for timings.

## PILATES CLASSES



## YOGA CLASSES



## FUNCTIONAL TRAINING



# RECOVERY



## LED LIGHT THERAPY

30 minutes 100 €

Accelerate your recovery with this medically certified LED phototherapy. Using red or near-infrared light wavelengths, this device boosts circulation, reduces inflammation, and promotes healing through cellular regeneration.

## COMPRESSION THERAPY

30 minutes 100 €

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.



## MESSINIA SAUNA EXPERIENCE

1 hour 180 €

The journey begins with gentle breathwork, helping you settle into stillness as the warmth gradually builds. The air is infused with essential oils of wild herbs native to the region—such as bay leaf, rosemary, and mountain sage—evoking the surrounding olive groves and coastal hills. As the heat deepens, our sauna practitioners guide you through a sequence of aromatic infusions, natural exfoliation with herbal steam, and the traditional technique of leaf whisking, using olive or oak branches to stimulate circulation and awaken the senses. This experience is both energising and meditative—a moment where time slows, the body softens, and the mind clears, leaving you deeply refreshed and rebalanced.



### INTELLIGENT MOVEMENT

1 hours 30 minutes 310 €

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.

### AROMATIC STEAM AND COLD IMMERSION CEREMONY

1 hour 180 €

A herbal steam immersion, where the aromatic essence of wild mountain tea, bay leaf, and oregano invites deep breathing and inner stillness. As warmth envelops the body, tension dissolves and awareness gently expands. A revitalising olive oil and sea salt exfoliation follows, using ingredients once revered in ancient healing practices. This tactile, grounding experience clears the skin and reawakens the body's natural vitality. Next, a cool water immersion offers a moment of clarity and renewal— an awakening of the senses and a symbolic return to self. The contrast of temperatures stimulates circulation and invites a deeper connection to the present moment.



# IN ROOM



## HYPERICE RECOVERY PACK

100 € per night or 185 € 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.



## PERSONAL TRAINING

1 hour 200 €

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.

# IN ROOM



## TECHNOGYM BENCH

100 € per night or 265 € 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).

## TECHNOGYM BIKE

100 € per night or 360 € 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)



THE SPA  
— AT —  
MANDARIN ORIENTAL  
—  
COSTA NAVARINO

Terms & Conditions

OPENING HOURS

Fitness Centre Monday - Sunday. Open 24 hours

Fitness Centre Supervised Monday - Sunday. 07.00am - 21.00

Indoor Pool Monday - Sunday 09:00am - 20:00

Heat & Water Experiences Monday - Sunday 09:00am - 21:00

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](mailto: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 at or email at [mocna-spa@mohg.com](mailto:mocna-spa@mohg.com)

HOMECARE

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/gift-cards>