

WELLNESS



Pilates

Experience the benefits of Pilates Reformer using state-of-the-art equipment from renowned Spanish brand ARREGON®. Designed to strengthen the core, improve posture and flexibility, and support overall wellbeing, each session takes place within the calm surroundings of our Wellness Centre.

- Individual sessions or for two or three people in studio
- Monday, Thursday and Friday on demand
- Pilates Studio
- 55-minute sessions
- From €70/person



Recharge & Breathe by E.V.E

Led by certified Breathwork Instructor and Personal Growth Facilitator E.V.E, this intimate session uses conscious breathing techniques to calm the nervous system, restore balance and create a deeper sense of clarity and wellbeing.

- 26 June - 3 July
- 5:30 pm – 6:30 pm
- Wellness Centre
- €50/person
- Maximum 10 participants



A Taste of Mediterranean Cooking

A hands-on culinary workshop led by our Wellness Centre nutritionist, exploring the foundations of Mediterranean nutrition through fresh, seasonal recipes designed to nourish body and mind.

- 29 July at 5:30 pm
- Wellness Kitchen
- €40/person



Twilight Wellness Evening

As evening falls, unwind beside the Thermal Pavilion with a guided outdoor meditation experience followed by access to the Wellness Centre water area, designed to restore balance in a tranquil natural setting.

- 31 July at 7:30 pm
- Wellness Centre
- Includes guided meditation & water area access
- €60/person
- Maximum 10 participants