



FITNESS SESSIONS

price upon request

Boost energy and strength with private movement sessions tailored to your goals. Guided by a personal trainer and held in the Kalesma Spa fitness area, each workout is shaped around your pace, needs, and rhythm — whether for endurance, mobility, or mindful movement.



WELL-BEING FACILITIES

Featuring Your Body Temenos:

- Hammam, KLAFS sauna and cold plunge by Brass Monkey for a rejuvenating heat and water experience.
- Two private treatment rooms to host your private sessions, equipped with Gharieni Spa treatment beds, heated mattresses, and private showers.
- Fitness and movement area with state-of-the-art equipment by Technogym, for energizing workouts.
- Glow Bar
- Changing Area