



BAHIA WELLNESS RETREAT MEMBERSHIP

Enjoy a world of attractive privileges and benefits at the exclusive Bahia Wellness Retreat Members Club. We offer four different options so that you can choose the one that best suits your needs.

ESSENTIAL MEMBERSHIP

The "Essential" spa membership is ideal for those that want to disconnect and find a natural oasis of peace where they can get away from it all. We invite you to enjoy our thalassotherapy circuit on an occasional basis.

This Essential Membership includes:

- 30 entries to the Bahia Wellness Retreat Thalassotherapy Circuit per year.
- Duration of 12 months.
- Free parking.

MONTHLY MEMBERSHIP

Discover the wonderful therapeutic benefits of our outdoor Thalassotherapy circuit with mineral-rich sea water. Indulge in the peace and quiet of our Finnish sauna, hammam or powerful sensory showers and relax in the sun on one of the comfortable Balinese beds on our terrace.

The Monthly Spa Membership includes:

- Unlimited access to our thalassotherapy facilities.
- 20% discount on all Spa treatments..
- 10% discount on all items for sale.
- One weekly group fitness class.
- Free parking.

MEMBERSHIP ANUAL

The annual membership program is the ideal choice for Bahia Wellness Retreat lovers. Enjoy our facilities without any limits and immerse yourself in the peace of our private sanctuary. An immersion in our Vitality pool with water directly extracted from the Atlantic Ocean will help you to revitalize your body and mind.

Esta opción incluye:

- Unlimited access to our thalassotherapy facilities.
- 20% discount on all Spa treatments.
- 10% discount on all items for sale.
- One weekly group fitness class.
- The choice of any of the following services 2 times per year:
 - » 1 30-minute back massage.
 - » 1 hairdressing service (washing and styling).
 - » 1 express manicure.
- Free parking.

MEMBERSHIP FITNESS

Reactive and balance your body at our comprehensive sports facilities advised by our team of professionals who will help you achieve your goals and find your place to disconnect in the harmony that surrounds Bahia Wellness Retreat.

The Fitness Membership includes:

- Physical assessment.
- Unlimited access to the Kinesis by Technogym and Pilates group classes.
- One 60-minute personal training session per month.
- 20% discount on Personal Training classes.
- 50% discount on Physiotherapy services (when you buy a minimum of 5 sessions)
- Access to the Thalassotherapy Circuit once a week.
- Free parking.

BAHIA WELLNESS RETREAT

THE TAIS

www.thetaishotels.com/bahia-del-duque

