

ALMYRA

This is a typical day at Almyra.

TIME	ACTIVITY
07:00 – 10:00	Breakfast.
10:00 – 11:00	Personal training session: A private one-to-one session packed with tips, technique and motivation to ensure you reach your full work out potential during future training sessions.
11:00 – 12:30	Time for relaxation or a la carte spa treatments: Almyra’s award winning spa has an indoor pool, outdoor infinity pool, yoga deck, sauna, steam rooms, Vichy showers, gym, hair salon and tennis court.
12:30 – 15:30	Lunch.
15:30 – 16:30	Energy reset massage: Using lymphatic drainage techniques, reflex points on the head and feet, and deeply nurturing energetic holds, this treatment encourages the body to reset, rebalance and replenish.
16:30 – 19:00	Another window for relaxation or a la carte spa treatments: You can spend your time enjoying the facilities at Almyraspa, working out in the gym, playing tennis, or simply just relaxing by the pool.
19:00 – 22:00	Dinner.