



AKASHA

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SPA AND FITNESS

HOLISTIC WELLBEING

**THE COMPLETE MEMBERSHIP**

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## SPA & GYM AT AKASHA INCLUDE:

- 18m/60ft lap pool
- Sauna, Hammam steam room and Jacuzzi
- State-of-the-art LifeFitness gym
- Yoga studio and meditation room
- Weekly classes including yoga, Pilates, meditation, boxing and HIIT
- Personal trainers and wellness specialists
- Holistic spa treatments in our six treatment rooms including a double treatment suite
- Watsu, Vichy and private Hammam treatment rooms and signature experiences
- Complimentary selection of teas
- Variety of healthy and nutritional dishes are available to order in the lounge bar

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## Exclusive Member Discounts

**20%:** Spa treatments

**20%:** Gift vouchers

**15%:** Retail products

**15%:** Flexible room rate at Hotel Café Royal\*

**10%:** Food & beverage at all outlets of Hotel Café Royal

*\*Restrictions apply*

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## Available for purchase

Gym locker (£30 per month)

Personal training bundles

Laundry and dry cleaning services at Hotel Café Royal

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## AKASHA SIGNATURE MEMBERSHIP

For those who desire regular exercise and relaxation time, who want an environment of calm with an abundance of space.

**Monday to Sunday, unlimited access to the facilities**

### 6 months Signature Membership

- 30 minutes Gym Induction
- 60 minutes Personal Training Session
- 60 minutes Spa Treatment
- 4 Guests passes
- Classes complementary

### 12 months Signature Membership

- 30 minutes Gym Induction
- 60 minutes Personal Training Session
- 90 minutes Spa Treatment
- 6 Guests passes
- Classes complementary
- Member access to sister properties 12 times per year (advanced booking required)

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## WEEKDAY MEMBERSHIP

For those looking for unlimited access to Akasha facilities during weekdays only.

**Access: Monday to Friday, unlimited all areas**

### 6 months Weekday Membership

- 30 minutes Gym Induction
- 60 minutes Personal Training Session
- 60 minutes Spa Treatment
- 4 Guests passes
- Classes complementary

### 12 months Weekday Membership

- 30 minutes Gym Induction
- 60 minutes Personal Training Session
- 90 minutes Spa Treatment
- 6 Guests passes
- Classes complementary
- Member access to sister properties 12 times per year (advanced booking required)

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## CORPORATE MEMBERSHIP

Membership for a company or organisation offering access to all Akasha facilities.

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## JOINT MEMBERSHIP

An ideal membership for co-habiting members who wish to benefit from all Akasha facilities and services.

**Monday to Sunday, unlimited access to the facilities**

### 6 months Joint Membership

- Two 30 minutes Gym Induction
- Two 60 minutes Personal Training Session
- Two 90 minutes Spa Treatment
- 5 Guests passes
- Classes complementary

### 12 months Joint Membership

- Two 30 minutes Gym Induction
- Two 60 minutes Personal Training Session
- Two 90 minutes Spa Treatment
- 8 Guests passes
- Classes complementary
- Member access to sister properties 12 times per year (advanced booking required)

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To qualify for a corporate membership there must be a minimum of three people registered to the membership from the same company. Please contact the Akasha Membership Manager to discuss in detail.

Terms and Conditions

All published rates and fees are subject to change without prior notice.

Memberships are available for a minimum commitment of six months.

**Akasha Holistic Wellbeing**

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