



AKASHA

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SPA AND FITNESS

**HOLISTIC WELLBEING**

THE COMPLETE MEMBERSHIP

Akasha is leading a new concept and holistic approach to wellbeing. The name Akasha reflects a core vision to harmoniously unite the four basic elements of nature; earth, water, fire and air. Earth offers nourishment in our lounge bar, water flows through our spa, fire blazes across our gym and air breezes through our studios.

## A SENSE OF BELONGING

As a member of Akasha, you will have complete access to all its elements – earth, water, fire and air. A range of memberships are available to suit the needs of those who connect with the Akasha values and would like to embark on a journey of holistic wellbeing. Each membership includes tailored consultations and bespoke programmes designed specifically for your individual requirements.

### FACILITIES AT AKASHA INCLUDE:

- Over 1,000sqm/10,500sqft of spa area
- 18m/60ft lap pool
- 150sqm/1,615sqft state-of-the-art gym
- Specialised personal trainers
- Spinning and aerobic classes
- Yoga and meditation studio
- Holistic spa treatments
- Watsu and hammam signature experiences

## INDIVIDUAL GYM & SPA

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

### ACCESS: UNLIMITED ALL AREAS

- 12 guest passes
- Personalised fitness plan
- Regular fitness assessments
- Two personal training sessions
- Two complimentary 50 minute treatments
- Complimentary healthy snacks and drinks
- Invitations to events and launches
- 15% off Akasha Spa treatments
- Discounted rate of €20 for children (age 3 to 16) access to the swimming pool, daily 10 a.m. to 11.30 a.m. and 2 p.m. to 3.30 p.m.
- Ten international day passes valid for all Akasha Holistic Wellbeing facilities of The Set Hotels

### EVENTS & SPECIAL PROMOTIONS

- Invitations to members events offering a variety of health and wellness activities, seminars and networking events
- Exclusive members spa offers and promotions
- Variety of discounts and benefits in local retail businesses

### CONSERVATORIUM HOTEL

- Access to exclusive Host Service
- Valet Parking for an additional reduced fee
- Access to Business Corner

Please contact Akasha for more information and rates.

## JOINT GYM & SPA

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

If you and your partner are already members or if you would like to introduce your partner to Akasha there is now this new option available for two people residing at the same address.

### ACCESS: UNLIMITED ALL AREAS

- 12 guest passes
- Personalised fitness plan
- Regular fitness assessments
- Three personal training sessions
- Three complimentary 50 minute treatments
- Complimentary healthy snacks and drinks
- Invitations to events and launches
- 15% off Akasha Spa treatments
- Discounted rate of €20 for children (age 3 to 16) access to the swimming pool, daily 10 a.m. to 11.30 a.m. and 2 p.m. to 3.30 p.m.
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## SPA MEMBERSHIP

Ideal to take advantage only of our spa facilities including changing rooms, swimming pool, whirlpool, hammam and sauna.

### ACCESS: UNLIMITED TO AKASHA SPA FACILITIES

- Five guest passes
- One complimentary 50 minute treatment
- Complimentary healthy snacks and drinks
- Invitations to events and launches
- 15% off Akasha Spa treatments
- Discounted rate of €20 for children (age 3 to 16) access to the swimming pool, daily 10 a.m. to 11.30 a.m. and 2 p.m. to 3.30 p.m.
- Ten international day passes valid for all Akasha Holistic Wellbeing facilities of The Set Hotels

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## AKASHA MEMBER BENEFITS

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### CONSERVATORIUM HOTEL

#### RESTAURANTS AND BAR

10% discount from Monday until Thursday in the Brasserie and Lounge, Taiko Cuisine and Taiko Bar.

#### ROOMS

15% discount on the best available room rate including breakfast based on availability, not in combination with promotions or packages.

#### MEETING & EVENT VENUES

Complimentary glass of Cava for your dinner or reception (up to 50 guests).

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### AKASHA HOLISTIC WELLBEING

#### NATURA BISSÉ

15% discount on product sales.

#### ANNE SÉMONIN

15% discount on product sales.

#### OPI

15% discount on product sales.

#### THE TIDES

15% discount on product sales.

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### AKASHA PARTNER

#### ASICS

20% discount at Asics – Amsterdam Stadhouderskade.

For more information about the Akasha Member Benefits, please visit the website to view all details.  
The benefits are available upon display of our Akasha Membership card.

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#### **Akasha Holistic Wellbeing**

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