



INTELLIGENT MOVEMENT PACKAGE

The Intelligent Movement Package has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

10 - MINUTE CONSULTATION

Enhance your program by utilizing body analysis and wellness expertise, tailoring it to address your unique needs effectively.

45 - MINUTE PERSONAL TRAINING

A dedicated personal trainer will provide you with a bespoke workout session meticulously crafted to help you achieve your desired objectives.

90 - MINUTE INTELLIGENT MOVEMENT

This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body. It utilizes the Hypervolt as part of the Intelligent Movement approach.

20- MINUTE LEG RECOVERY BY NORMATEC

Normatec line replicates and amplifies the body's natural circulation for a therapeutic and rejuvenating massage experience.