



MANDARIN ORIENTAL  
COSTA NAVARINO

## ELEVATE YOUR GOLF GAME: BESPOKE WELLNESS TREATMENTS

at The Spa at Mandarin Oriental, Costa Navarino



Step off the green and into a sanctuary of relaxation and recovery. Designed exclusively for golfers, our signature treatments focus on enhancing performance, rejuvenating the body, and restoring balance.

### **Golfer's Stretch | 60 mins/90 mins**

Next-Generation Performance Enhancement

Boost your performance with this dynamic, physio-based therapy. A blend of myofascial techniques and active stretching helps maintain muscle tone and flexibility, while nourishing the skin from outdoor exposure. Perfect for golfers seeking peak physical condition.

### **Golfer's Sanctuary | 60 mins/90 mins**

Rejuvenate and Rebalance

Rebalance and refresh with this holistic treatment. Combining lymphatic drainage, Tuina massage, reflexology, and meridian stretches, it releases tension, revitalizing both mind and body. Ideal for golfers needing deep relaxation and recovery.

For reservations:

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