

NOUS & SOMA

REJUVENATE YOUR MIND, BODY & SOUL THROUGH MOVEMENT



DISCOVER NOUS & SOMA,
A FITNESS DESTINATION WHERE
EXCELLENCE, INNOVATION,
AND PERSONALIZED
CARE COME TOGETHER.

Our training spaces feature advanced equipment by Technogym, the global leader in innovative, high-performance fitness technology, to elevate every workout.

Our thoughtfully curated facilities and expert trainers offer a holistic approach to health blending performance, recovery, and relaxation. Whether you're here to train hard, unwind, or simply move with intention, you'll find an environment designed to support and inspire your every step.

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PERSONAL TRAINING

Achieve your fitness goals faster with one-on-one guidance from our certified personal trainers. Tailored to your unique needs and abilities, personal training includes customized workout plans, expert coaching on proper form, motivation, and ongoing progress tracking.

REFORMER PILATES

Experience a full-body workout using the Pilates reformer machine to build strength, improve posture, and increase flexibility. This low-impact class uses resistance and controlled movement to target core muscles and enhance overall body alignment. Great for all fitness levels.

MAT PILATES

Strengthen your core, improve flexibility, and enhance posture with this low-impact, floor-based workout.

Perfect for all fitness levels, Mat Pilates focuses on controlled movements and mindful breathing to build a balanced, strong body.



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YOGA

Enhance flexibility, build strength, and calm the mind through a variety of yoga practices. Our classes focus on mindful movement, breath control, and body awareness, offering options for all experience levels. Whether you're looking to energize, relax, or restore balance, there's a class to meet your needs.

WELLNESS ACTIVITIES PACKAGES

CUSTOMIZE YOUR JOURNEY WITH A BLEND OF PERSONAL TRAINING, YOGA, AND PILATES (MAT OR REFORMER). EACH PACKAGE IS DESIGNED TO SUPPORT YOUR GOALS—WHETHER YOU'RE BUILDING STRENGTH, INCREASING FLEXIBILITY, OR FINDING MOMENTS OF CALM.

3-DAY EXPERIENCE

A perfect introduction to our wellness offerings. Choose any combination of sessions to kickstart your routine, reset your focus, or complement your stay with purposeful movement.

5-DAY EXPERIENCE

Intermediate to advanced. Build consistency and deepen your results with a mid-length program. Designed to offer balance and variety, this package helps you establish a rhythm that supports both body and mind.

7-DAY EXPERIENCE

Our most immersive option. Ideal for those seeking transformation, this full-week experience allows you to explore a complete wellness routine tailored to your needs—with daily support, variation, and impact.





OUTDOOR ACTIVITIES

REVITALIZING SEASIDE JOG

50'

RUN: Seaside Jog & Wellness Reset

ROUTE: Kamari Seaside Loop

DISTANCE: ~4 km Duration: ~50 minutes

DIFFICULTY: Easy, beginner-friendly

START TIME: Sunrise or sunset

OVERVIEW:

Start your day with movement and sea air. This guided light jog begins at Sandblu with a gentle warm-up, then follows the scenic seaside promenade of Kamari Beach. A group pace ensures fun and motivation, while the post-run cooldown is rewarded with a revitalizing smoothie at our wellness bar.

HIGHLIGHTS:

- Beachfront path with sunrise or sunset views
- Ideal for all levels
- Fresh air & group energy

Post-run reward: Sandblu protein smoothie

RECOMMENDED GEAR: Running shoes, light activewear

INCLUDES: Smoothie, towel service, group stretch

Warm up/Activation & cool down included
Boost smoothie (orange, cinnamon, oat seeds, strawberry, banana, honey)

OUTDOOR ACTIVITIES

ANCIENT THIRA VITALITY TRAIL

75'

ROUTE: Kamari – Zoodochos Pigi – Ancient Thira – Kamari (Mesa Vouno Loop)

DISTANCE: ~4 km Duration: ~75 minutes

DIFFICULTY: Moderate

START TIME: Morning or late afternoon recommended

OVERVIEW:

Begin your adventure with a scenic drive to the upper slopes of Mesa Vouno.

From there, a gentle ascent leads you to the peaceful chapel of Zoodochos Pigi, a spiritual oasis nestled among wild herbs and ancient rock. The journey continues toward Ancient Thira, where centuries of Greek, Roman, and Byzantine history come to life amidst dramatic mountain views. The hike concludes with a picturesque descent to Kamari village, offering panoramic views of the shimmering Aegean coastline.

HIGHLIGHTS:

- Panoramic views from Mesa Vouno
- Sacred site of Zoodochos Pigi

RECOMMENDED GEAR: Hiking shoes, hat, SPF, IL water bottle

INCLUDES: Smoothie bar stop at Sandblu on return

OUTDOOR ACTIVITIES

ANCIENT THIRA – PYRGOS (PROFITIS ILIAS)

150'

ROUTE: Kamari – Zoodochos Pigi – Ancient Thira – Profitis Ilias Monastery

DISTANCE: ~7 km Duration: ~150 minutes

DIFFICULTY: Moderately challenging

ELEVATION GAIN: Approx. 450 meters

START TIME: Morning departure or late afternoon recommended

OVERVIEW:

This ambitious and rewarding hike leads you from the village of Kamari up to the highest peak on the island. You'll pass the quiet charm of Zoodochos Pigi, marvel at the ruins of Ancient Thira, and ultimately reach the Monastery of Profitis Ilias, perched at 567 meters above sea level.

At the summit, absorb 360° views of the caldera, inland villages, and Aegean Sea before descending or continuing to Pyrgos Village for a cultural interlude.

HIGHLIGHTS:

- Most panoramic viewpoint in Santorini
- Optional visit to Pyrgos village post-hike
- Deep spiritual and historical connection

RECOMMENDED GEAR: Hiking boots with grip, sun protection, layers for altitude

INCLUDES: Return to resort or drop-off in Pyrgos for further exploration.

Transfer included for the way back to the hotel.

If the guests wish to stay to Pyrgos we can arrange a paid transfer for their return at the time of their convenience.

OUTDOOR ACTIVITIES

CALDERA TRAIL EXPERIENCE

160'

ROUTE: Oia – Imerovigli

DISTANCE: ~8 km Duration: ~160 minutes

DIFFICULTY: Easy to moderate

START TIME: Flexible — ideal at sunrise or golden hour

OVERVIEW:

Walk the edge of one of the most iconic volcanic calderas in the world. Starting in picture-perfect Oia, this trail meanders along whitewashed cliffside villages, with dazzling views over the deep blue Aegean. Along the way, you'll pass Finikia and quaint chapels before arriving in Imerovigli, known as the "Balcony to the Aegean."

OPTIONAL ADD-ON: breakfast at Blu, one of our recommended local gems.

HIGHLIGHTS:

- Iconic white-and-blue architecture
- The dramatic cliffs of the caldera rim
- Photo stops in Oia and Imerovigli
- Sunset views

RECOMMENDED GEAR: Comfortable walking shoes, hat, camera, sunglasses

INCLUDES:

- Resort transfer
- Transfer to Oia & Follow the trail to Imerovigli
- Breakfast at Blu (if available, price to be adjusted accordingly)
- One fitness expert will be guiding the guests during their selected activity.
- On another note, we could offer as part of the package a healthy snack box (seasonal fruit, fresh juice, oat cereal bar and water) for the options 2 and 3.

WELLNESS RETREAT EXPERIENCES

REBALANCE YOUR BODY AND MIND WITH OUR SPECIALLY CURATED WELLNESS ESCAPE PACKAGE, DESIGNED TO SUPPORT YOUR JOURNEY TO RELAXATION AND VITALITY.

ENJOY A REVITALIZING COMBINATION OF:

GUIDED NATURE HIKES

Reconnect with nature and energize your day with scenic morning walks.

DAILY FITNESS SESSIONS

Join our expert trainers for dynamic gym classes tailored to all levels.

SPA TREATMENTS

Relax with a set selection of spa treatments, thoughtfully chosen by our wellness team to complement your daily program and maximize results.

WELLNESS RETREAT EXPERIENCES

SINGLE DAY PACKAGE

Revitalizing Seaside Jog 50’ and/or 60’ ESPA Warming Deep Muscle Massage

FOUR DAYS PACKAGE

Personal training 60’
Ancient Thira – Pyrgos (Profitis Ilias) 120’
Foot & Leg Massage 45’
Yoga Session at Aloni 60’ (upon availability/always booked in advance with our external instructor)

SEVEN DAYS PACKAGE

Salt & Oil Body Scrub 45’ - Prepares the skin for sun exposure
Ancient Thira Vitality Trail 75’
Reformer Pilates
Revitalizing Seaside Jog 50’
Caldera Trail Experience 120’
Cryo Jet Lag Restore Treatment 60’ – A recovery that targets lower body & legs, ideal for tired legs
Reparative Facial 60’ (great after sun facial, ideal for the last day of vacation)

IN-ROOM SESSIONS

(Yoga, Mat Pilates & Personal Training)
Enjoy your wellness journey in complete privacy.
In-room sessions are available for an additional 50% service fee.

NOURISHMENT

NOURISHMENT INCLUDED FOR OUR WELLNESS PACKAGES AS AN ADD-ON OPTION

As part of your wellness experience, we offer a variety of healthy lunch options daily — thoughtfully prepared to complement your program. Choose this add-on option for balanced, nutrient-rich meals, including plant-based and protein-forward dishes, designed to fuel your body and enhance your results.

Let your wellness journey begin — with movement, mindfulness, and mindful eating.

SINGLE DAY PACKAGE

Activity: Seaside Jog and/or Deep Muscle Massage
Goal: Light recovery, anti-inflammatory support, lean protein
Lunch Option: Grilled Lemon Herb Chicken Bowl
Quinoa, spinach, roasted carrots, avocado, chickpeas
Lemon tahini dressing
Side of fresh fruit (pineapple or kiwi) for enzyme support
Vegetarian Alternative: Grilled tofu instead of chicken

NOURISHMENT

FOUR DAYS PACKAGE

DAY 1: PERSONAL TRAINING

Lunch Option: Salmon & Sweet Potato Nourish Bowl

Roasted sweet potato, baby spinach, edamame, pickled cabbage
Seared salmon or grilled cauliflower
Miso-ginger dressing

DAY 2: ANCIENT THIRA – PYRGOS HIKE

Lunch Option: Mediterranean Lentil Salad

Brown lentils, cherry tomatoes, cucumbers, olives, feta, fresh mint
Oat bread pita on the side
Orange segments for vitamin C

DAY 3: FOOT & LEG MASSAGE

Lunch Option: Protein-Rich Fava Wrap

Whole wheat wrap with fava, grilled zucchini, arugula, quinoa, hard-boiled egg (optional)
Side of fermented mix salad

DAY 4: YOGA AT ALONI OR ZEN GARDEN

Lunch Option: Light Coconut Curry Bowl

Basmati rice, tofu or grilled shrimp, steamed broccoli, carrots
Light coconut curry sauce
Chia pudding for dessert

NOURISHMENT

SEVEN DAYS PACKAGE

DAY 1: SALT & OIL BODY SCRUB

Lunch Option: Hydration Bowl

Watermelon, cucumber, mint, baby spinach,
bulgur, pumpkin seeds
Lemon-olive oil dressing
Side of Greek yogurt with berries

DAY 2: VITALITY TRAIL

Lunch Option: Falafel Power Bowl

Baked falafel, basmati rice, beet fava,
avocado, mix greens
Tahini-lime drizzle

DAY 3: REFORMER PILATES

Lunch Option: Protein-Packed Buddha Bowl

Grilled chicken or tofu, quinoa, steamed asparagus,
cherry tomatoes, greens
Ginger vinaigrette

DAY 4: SEASIDE JOG

Lunch Option: Rice Noodles with Pesto & Grilled Chicken

Basil walnut pesto, cherry tomatoes
Side of roasted chickpeas

DAY 5: CALDERA TRAIL EXPERIENCE

Lunch Option: Hearty Vegan Stew

Lentils, carrots, spinach, celery, tomatoes
Served with whole grain bread
Ginger Green smoothie (cucumber, lemon, green
apple, spinach, celery and pineapple)

DAY 6: CRYO JET LAG RESTORE

Lunch Option: Anti-Inflammatory Salmon Salad

Mixed greens, grilled salmon, orange slices,
avocado, sesame
Gravlax sauce

DAY 7: REPARATIVE FACIAL

Lunch Option: Skin-Nourishing Glow Bowl

Buckwheat, roasted carrots, baby spinach, pumpkin
seeds, avocado, turmeric tahini
Tutti Frutti smoothie (yogurt, banana, mango and
pineapple) for skin-friendly probiotics

TERMS & CONDITIONS

APPOINTMENTS

We highly recommend booking your personal class 24 hour in advance to ensure that your preferred time and service are available.

CANCELLATION POLICY

A 24 hours' cancellation notice will arise a 50% charge of the personal class booked. Cancellations made less than 24 hours' notice, will be subject to a fee equal to the rate of the private class booked.

SAFETY

The hotel cannot be held liable for any injury, loss, or medical emergency that may occur while using the fitness center facilities. We kindly ask that you exercise responsibly and with due consideration for your own health and safety, as well as that of others.



Ancient Thira | Santorini, 84700 Greece | +302286441000 | spa@sandblu.com

sandblu.com