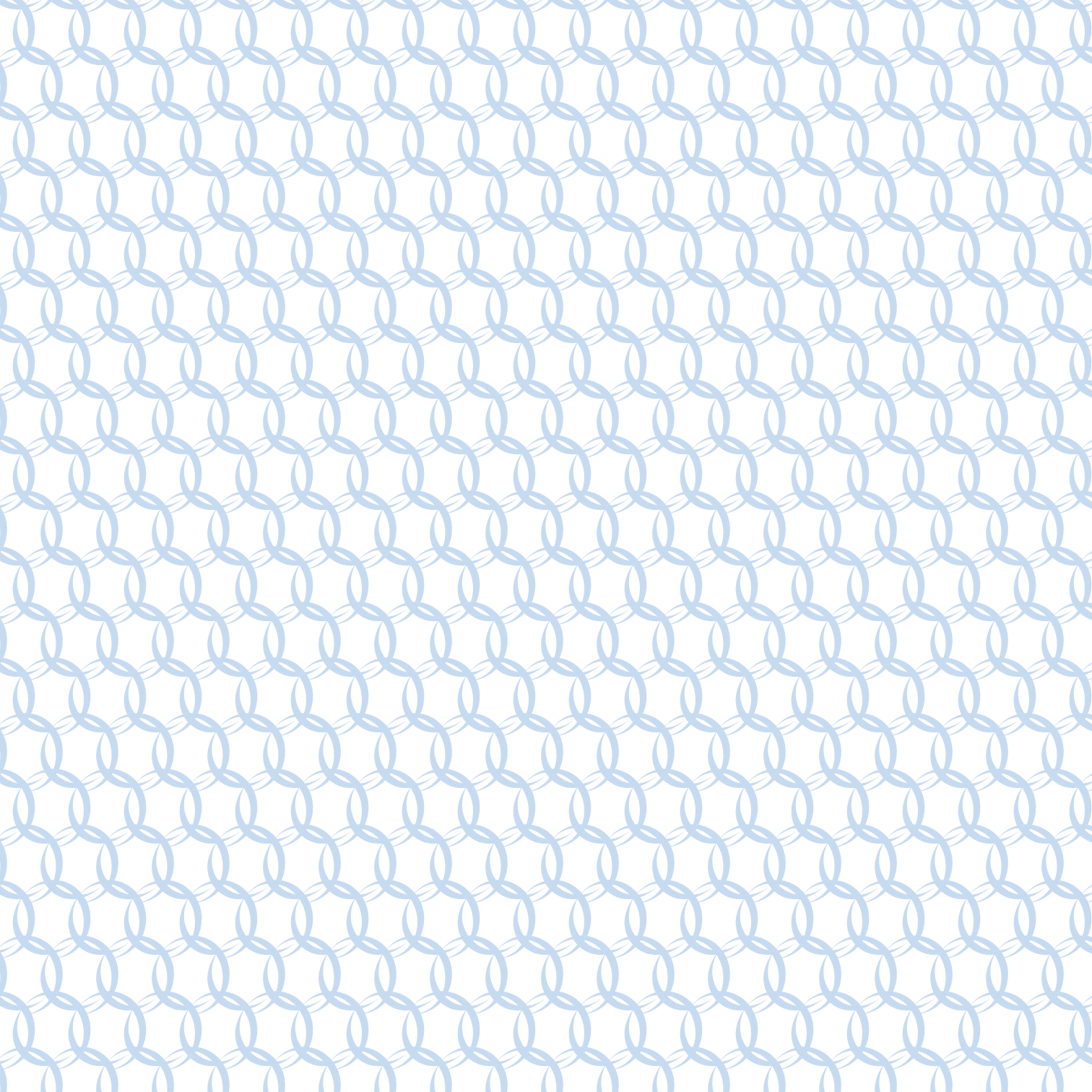


NOUS & SOMA

HEALTH CLUB



NOUS & SOMA

MAIN HALL

YOUR FITNESS SANCTUARY

Welcome to the heart of Nous & Soma Health Club, a refined, two-storey wellness haven open around the clock to accommodate your every fitness desire. Outfitted exclusively with the latest Technogym equipment, our elegantly designed space blends cutting-edge innovation with timeless sophistication.

Whether you choose to engage in an energizing workout at dawn or unwind with restorative movement, during the day our expert trainers are dedicated to providing personalized guidance tailored to your goals.



FITNESS & PERSONAL TRAINING

FUNCTIONAL TRAINING

One-on-one sessions tailored to your needs and abilities. Includes custom programs, expert coaching, motivation, and ongoing progress tracking.

PILATES REFORMER / EQUIPMENT

Low-impact, resistance-based training to strengthen your core, improve posture, and enhance flexibility.

YOGA

Mindful movement for body and mind. Choose from energizing, restorative, or balance-focused sessions.

SUITABLE FOR ALL LEVELS



MULTI-DAY JOURNEYS

For deeper results and consistency, select a personalized wellness package. Each plan includes **60-minute private sessions per day** in yoga, pilates or functional training.

3-DAY GENTLE RESET

Restore energy, release tension, and reconnect through guided movement.

5-DAY RHYTHM & REFINEMENT

Build structure and variety in your wellness routine.

7-DAY TRANSFORMATIONAL IMMERSION

A full week of personalized sessions for lasting results.

Our team will arrange schedules around your stay for a seamless fitness experience.



OUTDOOR TRAINING & HIKING

Reconnect with nature through expertly guided activities.

REVITALIZING SEASIDE JOG

50 minutes | 4 km | Beginner-friendly Level | Morning or Evening

Start your day with a refreshing guided jog along the scenic Kamari Beach promenade.

Finish with a signature protein smoothie to recharge.

ANCIENT THIRA VITALITY TRAIL

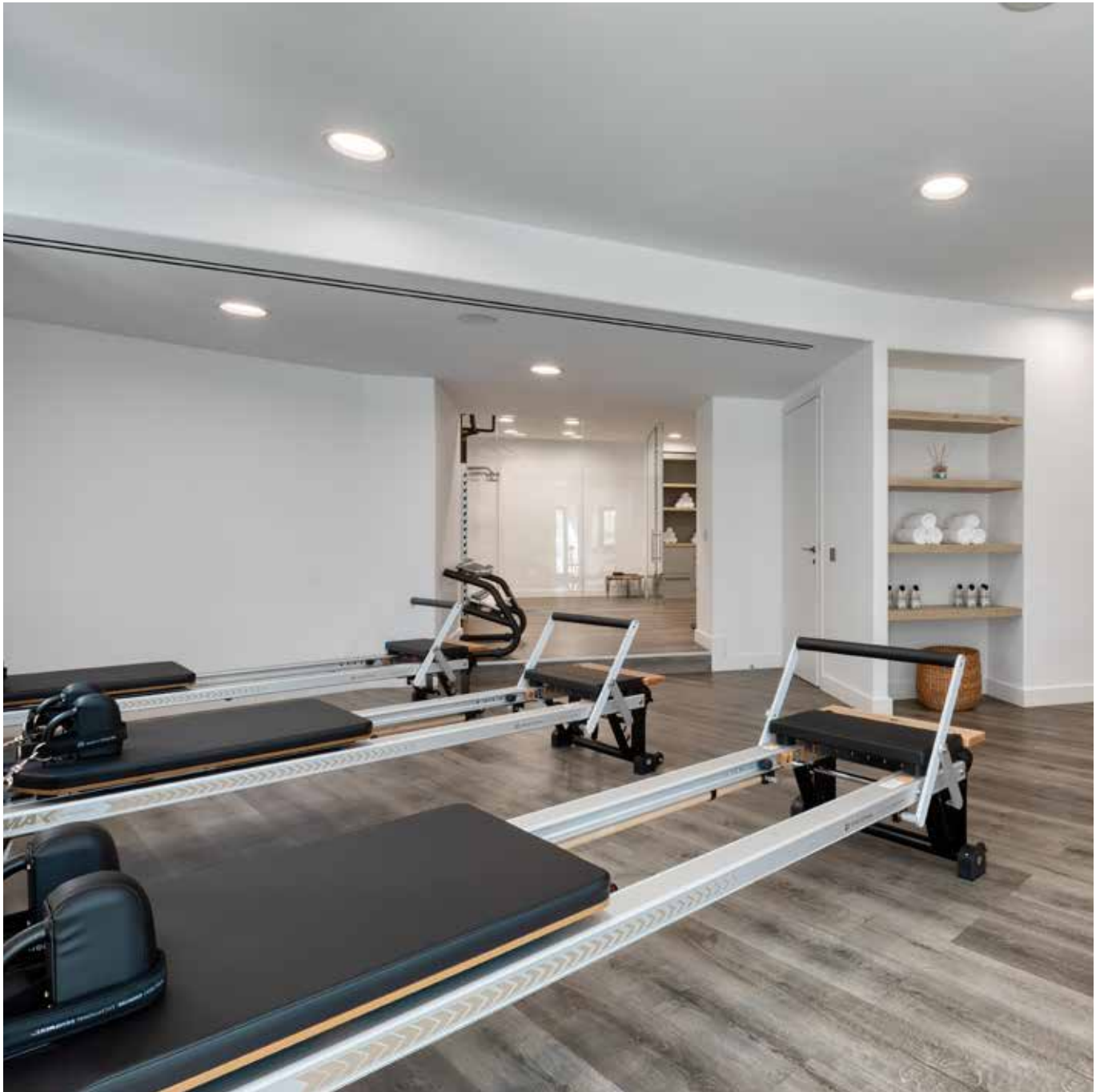
75 minutes | 5 km | Moderate Level | Morning or Evening

Hike from Kamari (Sandblu) through the tranquil chapel of Zoodochos Pigi to Ancient Thira view point. Enjoy stunning island vistas and a connection to Santorini's history.

CALDERA TRAIL EXPERIENCE

160 minutes | 8 km | Moderate Level | Morning or Evening

Walk the Santorinian Caldera from Imerovigli to Oia, marveling at Cycladic architecture and breathtaking sea views.



HOLISTIC WELLNESS JOURNEYS

A complete wellness immersion blending training, spa and nutrition for ultimate performance and body-mind rejuvenation.

DAY PACKAGE

Revitalizing Seaside Jog + ESPA Deep Tissue Massage

4-DAY PACKAGE

Functional training, Ancient Thira Vitality Trail,
Bespoke Foot and Leg Massage, Yoga

7-DAY PACKAGE

Espa Salt & Oil Scrub, Ancient Thira Vitality Trail, Pilates Reformer / Equipment ,
Revitalizing Seaside Jog, Caldera Trail Experience, Cryo Detox Recovery Treatment,
The Reparative Longevity Facial



ESSENTIAL INFORMATION

APPOINTMENTS

To ensure availability at Nous & Soma Health Club, we recommend booking your sessions at least **24 hours in advance**.

CANCELLATION POLICY

- ◆ Cancellations made **between 24 and 12** hours before the scheduled appointment time will incur a **50% charge** of the booked treatment.
- ◆ Cancellations made **less than 12 hours** before the scheduled appointment time, or in the case of a no-show, will incur a **100% charge of the booked treatment fee**.

SAFETY & WELLBEING

Your health and safety are our priority. Please use all facilities responsibly and with consideration for your own wellbeing and that of others. The Health Club cannot be held liable for injuries or medical emergencies that may occur during the use of our facilities.

HEALTH COMMITMENT DECLARATION

At Hilton, we want every user to enjoy the fitness facilities offered with the understanding that each user has responsibility for their own health.

OUR RESPONSIBILITIES TO YOU

We appreciate that our users are individuals who will choose to use our fitness facilities in a range of ways. We will respect and support your choices but ask that you exercise within your own capability. We will provide equipment that reaches relevant safety standards and will make reasonable efforts to repair or replace equipment as needed within a reasonable time frame.

We endeavour to have our Team Members trained to the minimum fitness industry standards in accordance with relevant applicable laws and regulations.

We endeavour to make reasonable adjustments if you inform us of a disability to ensure you are able to enjoy our facilities.

We will regularly review the content of our classes to make sure we are meeting appropriate fitness industry standards in accordance with relevant applicable laws and regulations.

YOUR RESPONSIBILITIES TO US

You will only use equipment if you can do so safely, following all instructions, warnings and safety features. You will ask for guidance on how to use equipment from a Team Member if unsure.

You will only carry out exercise that is within your capability.

You will follow any advice on any pre-existing or new medical conditions which may impact your ability to exercise safely you may have received from a medical professional.

If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

If you feel unwell whilst exercising, you will immediately stop exercising, inform one of our Team Members and call the emergency services if necessary.

You accept responsibility for your own health and acknowledge that exercise carries its own risks.

If you need assistance or have any questions, please contact the Hotel Reception.

HEALTH COMMITMENT DECLARATION WHEN GYM IS NOT SUPERVISED

At Hilton, we want every user to enjoy the fitness facilities offered with the understanding that each user has responsibility for their own health.

OUR RESPONSIBILITIES TO YOU

We appreciate that our users are individuals who will choose to use our fitness facilities in a range of ways. We will respect and support your choices but ask that you exercise within your own capability. We will provide equipment that reaches relevant safety standards and will make reasonable efforts to repair or replace equipment as needed within a reasonable time frame. We endeavour to make reasonable adjustments if you inform us of a disability to ensure you are able to enjoy our facilities.

YOUR RESPONSIBILITIES TO US

You will only use equipment if you can do so safely, following all instructions, warnings and safety features. You will only carry out exercises that are within your capability. If you have any medical concerns, pre-existing or new medical conditions which may impact your ability to exercise safely, you will seek and follow any advice you have received from a medical professional. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely. If you feel unwell whilst exercising, you will immediately stop exercising and seek medical advice or assistance and call the emergency services if necessary.

You accept responsibility for your own health and acknowledge that exercise carries its own risks.

If you need assistance or have any questions, please contact the Hotel Reception.



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