

# Features

## Gym

Qualified Staff  
 Induction & Fitness Program  
 Full Range of Cardiovascular Equipment  
 Resistance Training Equipment  
 Free-Weight Area

Music & Video Systems

## Indoor Heated Pool

2 Jacuzzi  
 Sauna  
 Steam Room

# Classes

Qualified Instructors  
 Air Conditioned

Aerobics, Spinning,  
 Yoga, Pilates and more

One Class: €5.90  
 (€4.25 for Members)  
 Ten Classes: €42.75  
 (€35.00 for Members)

# Tanning

Express Tanning Booth € 4.75 for 1 session  
 €42.00 for 10 sessions

Members € 4.25 per session  
 €35.00 for 10 sessions

Because you deserve to  
**FEEL GOOD!**

# Feelgood Memberships

Choose the package that suits YOU best!

## Flexi Pass

Maximum flexibility for YOU...  
 €47.00 annual registration fee and €35.00 for each month utilised.  
 The Flexi Pass entitles you to monthly memberships without long term commitment.

Feelgood Memberships	Off Peak €	Spa €	Spa & Gym €
1 Day			11.75
1 week		35.00	42.75
2 weeks		54.00	66.50
1 Month	66.50	66.50	76.00
3 Months	106.00	106.50	128.00
6 Months	166.00	166.00	190.00
12 Months	213.00	213.00	261.00

## Off Peak Membership.

Avoid the rush hour, 'Feel Good' between 09.00 and 16.00, at a Cheaper Price.

**PERSONAL TRAINING:** Benefit from individual attention from our experienced in-house Personal Trainers.

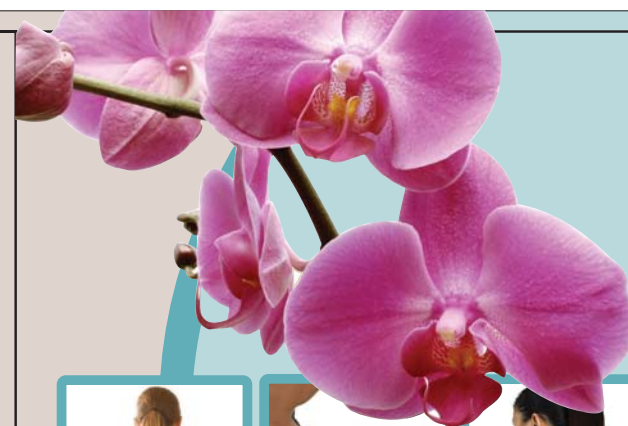
1 Session € 19.00  
 10 Sessions €142.00

## Joint Memberships - 20% OFF Each Member

Joint memberships can be with friends, relatives, work etc... (Not in collaboration with any other discount)

Renew your Membership before the expiry date and gain:

**30 days extra** on a 12 month Membership  
**15 days extra** on a 6 month Membership  
**7 days extra** on a 3 Month Membership



# Health, Relaxation & Beauty



## Opening Hours:

Monday, Wednesday & Friday: 07:00 – 22:00  
 Tuesday & Thursday: 09:00 – 22:00  
 Saturday- Sunday: 10:00 – 19:00

**On all occasions No Entrance is allowed 45mins before Closing Time**

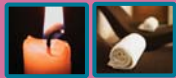
Tower Road, Sliema SLM01  
 Phone: +356 21 344004  
 E-mail: info@feelgood.com.mt

[www.feelgood.com.mt](http://www.feelgood.com.mt)

# Massage

		€
Swedish Massage	Half Body	23.75
	Full Body	35.75
Aromatherapy Massage	Full Body	42.75
	Half Body	28.50
Head and Neck Massage		19.00
Foot Reflexology		28.50
Anti-cellulite Program		35.50
Intensive Leg Massage		35.50
Leg Dead Sea Mask		35.50
Ultrasound		35.50
Lymph drainage		35.50
Stone Therapy		42.75
Physiotherapy		23.75
Pressotherapy		28.50
Slender Tone (6 Sessions)		42.75
G5 (1 session)		15.00
G5 (6 sessions)		70.00

**Anti-Stress Special!** 1 ½ hours 52.25  
 Full body detoxification, consisting of reflexology techniques, followed by moisturizing massage incl. energy points



## AUTHENTIC Chinese Massage Shi

Chinese Relaxing Massage	1 hour	35.00
	1/2 hour	24.00
Chinese foot massage	1 hour	35.00
Chinese Detox	1 hour	35.00
	1/2 hour	24.00
Chinese Tradional Medicall Massage	1 hour	48.00
	1/2 hour	32.00

# Holistic Therapies

Aryuvedic Massage		42.75
Tui Na	½ hour	28.50
	1 hour	42.75
Oriental Thai Massage	½ hour	28.50
	1 hour	42.75
	1 ½ hours	52.00
Oriental Head Massage		23.75
Acupressure		35.50
Reiki	½ hour	23.75
	1 hour	35.50
Microwave Resonance Therapy		35.50
<b>AMSAT</b> - Computerized Electro Diagnostic		71.00

# Beauty Therapy



## Facials

	€
<b>Classical Facial</b>	35.50
A deep cleanse of the skin according to skin type	
<b>Cold Marine Mask</b>	40.00
A hyposensitive facial designed for sensitive reactive skin	
<b>Algae Facial</b>	40.00
For oily/ very oily skin	
<b>Marine Hydration Facial</b>	47.50
For Dry/ Dehydrating skin	
<b>Wrinkle Control Facial</b>	47.50
For aged looking skin, it smooths out the wrinkles and fine lines	
<b>Firming, lifting mask Treatment:</b>	42.50
For Tired, Wrinkled Skin	
<b>Eye Treatment:</b>	28.50
Performed with hydrating patches on tired, puffy—looking eyes	

## Body Treatments

Algae Wrap	38.00
Frigi Thalgo Wrap	38.00
Toning Body Wrap	38.00
Sea Salt Brushing	38.00

## Balneo Baths

Thalasso Bath with superfine micronized algae	30.75
Aromaceane Slender	30.75
Aromaceane Relax	30.75
Precious Milk bath	30.75

## Other Treatments

Manicure	16.50
Pedicure	21.00
Hand Paraffin Treatment	23.75
Foot Paraffin Treatment	28.50
Eye brow / Eyelash tinting	5.90
Eye brow shaping	5.90

## Waxing

Upper lip / Eyebrows	5.90
Arms / underarms / Bikini Line	8.25
Half Leg	9.50
Full Leg	13.00
Back / Chest	16.50

# Day Packages

## Upper Body Facelift

Classical Facial
Aromaceane Relax Bath
Half Body massage
Manicure
<b>€ 83.00</b>

## Lower Body Shape Up

Thalasso Bath with superfine micronized Algae
Detoxifying Body Wrap
Leg Massage
Foot Paraffin Treatment
<b>€ 92.00</b>

## Full Body Makeover

Classical Facial
Sea Salt Brushing
Full Body Massage
Manicure
Pedicure
<b>€118.00</b>

## Chill Out

Aromaceane Relax Bath
Full Body Massage
Toning Body Wrap
<b>€ 83.00</b>

## Slimming Package

Aromaceane Slender Bath
Algae Body Wrap
<b>€ 52.00</b>

## Pampering Package

Precious Milk Bath
Frigi Thalgo Wrap
Aromatherapy full body massage
Classical Facial
<b>€ 114.00</b>

Complimentary usage of Gym & Spa with all packages

**We recommend that appointments are made 2 / 3 days in advance to avoid disappointment.**