

AMARA

Longevity Club memberships

*Movement, recovery, and renewal — brought
together in one place.*

MEMBERSHIP

More than access — belonging

An intimate circle, where looking after yourself stops being something you schedule and becomes something you live. At AMARA, membership is more than access — it's belonging. Movement, recovery, and renewal in one place, built into a rhythm you can actually keep.

Whether you're here for a week or here to stay, there's a membership built around how you actually want to use AMARA.



THE FOUR MEMBERSHIPS FOLLOW

Amara Club

€195 / month

Your everyday reset.

For the days you need somewhere excellent to train and unwind. Gym, heated pool, sauna, hammam, and cold plunge – whenever you need them, with no long-term commitment.



INCLUDED

Unlimited access – gym, heated pool, sauna, hammam, and cold plunge

Complimentary coffee, tea, and fresh juices

2 Full-Body Red Light Therapy sessions per month

Priority booking for treatments

1 guest pass per month

Invitations to members-only workshops and member evenings

A birthday ritual each year, chosen with you

Preferred member rates on Pilates classes and all treatments

A welcome gift on joining

A 3-month minimum applies, continuing month to month thereafter.

Amara Move

€350 / month

Unlimited Reformer Pilates, and everything you need around it.

Built for members who come to AMARA for the studio — and want the rest of the club to match. Unlimited Reformer Pilates, full facility access, and a proper introduction to AMARA's recovery floor.



INCLUDED

Unlimited Reformer Pilates classes

Unlimited access — gym, heated pool, sauna, hammam, and cold plunge

Complimentary coffee, tea, and fresh juices

Priority booking for Pilates classes

1 private Pilates coaching session every 3 months

2 Full-Body Red Light Therapy sessions per month

2 Compression Therapy sessions per month

2 guest passes per month

A post-class recovery ritual — herbal infusion and aromatherapy towel

Quarterly members-only Pilates social

A birthday ritual each year, chosen with you

Preferred member rates on HBOT, massage, facials, and additional PEMF or Compression sessions

A welcome gift on joining

A 3-month minimum applies, continuing month to month thereafter.

Amara Recovery

€650 / month

Everything you already book, brought into one membership.

For members who already treat recovery as routine. If you're booking HBOT, Red Light, massage, or facials month after month, this gathers all of it into one membership – for less than paying as you go.



INCLUDED

Full access – gym, heated pool, sauna, hammam, and cold plunge

Complimentary coffee, tea, and fresh juices

4 Hyperbaric Oxygen Therapy (HBOT) sessions per month

4 Full-Body Red Light Therapy sessions per month

4 Reformer Pilates classes per month

1 massage or Signature Facial per month – Biologique Recherche or Nescens

Unlimited PEMF Therapy

Unlimited Compression Therapy

4 guest passes per month

Reserved HBOT access – priority scheduling in your preferred weekly slot

Priority booking across all treatments

Members-only WhatsApp concierge during opening hours

A birthday ritual each year, chosen with you

Preferred member rates on Pilates classes and any additional treatments

A welcome gift on joining

A 3-month minimum applies, continuing month to month thereafter.

OUR FLAGSHIP

Amara Longevity

€9,600 / year

€899 per month if paid monthly

Not more treatments. A plan.

Our flagship membership. AMARA Longevity begins with an assessment, builds a roadmap around it, and reviews your progress with you every quarter — so the year has a beginning, a middle, and a result you can actually see. Where Recovery gives you the treatments, Longevity gives you the plan behind them.

INCLUDED

Full access — gym, heated pool, sauna, hammam, cold plunge, and the thermal suite

Complimentary coffee, tea, and fresh juices

10 classes per month — reformer or any other format

The Reverse Aging Protocol — 60 HBOT and Red Light Therapy sessions per year, used flexibly as your roadmap calls for them, plus unlimited PEMF and Compression Therapy

The Radiance Protocol — 2 massages or Signature Facials per month

TruAge and TruHealth Assessment — complimentary at enrollment, establishing your biological age and health baseline

Your Personal Longevity Roadmap, built from that assessment

Quarterly progress reviews with the AMARA team

TruAge and TruHealth retest — at the close of your protocol, at half the standard price, so you can see exactly what has changed

Unlimited guest passes

Reserved HBOT access, ahead of Recovery members

Quarterly Longevity Talks and member education evenings

A full-day birthday experience

A welcome gift on joining

Annual membership, paid in full or in agreed instalments.

Comparing memberships

INCLUDED	Club	Move	Recovery	Longevity
Price	€195 / mo	€350 / mo	€650 / mo	€9,600 / yr
Gym, pool, sauna, hammam, cold plunge	Unlimited	Unlimited	Unlimited	Unlimited, plus thermal suite
Reformer Pilates	Member rates	Unlimited	4 / month	10 classes / month, any format
Full-Body Red Light Therapy	2 / month	2 / month	4 / month	60 / year with HBOT, used flexibly
Hyperbaric Oxygen Therapy	—	Member rates	4 / month, reserved slot	Reserved, ahead of Recovery
PEMF & Compression	—	2 Compression / month	Unlimited	Unlimited
Massage or Signature Facial	Member rates	Member rates	1 / month	2 / month
Guest passes	1 / month	2 / month	4 / month	Unlimited
Priority booking	Treatments	Pilates classes	All treatments	All treatments, first
Assessment & roadmap	—	—	—	TruAge baseline, roadmap, quarterly reviews, retest
Minimum term	3 months	3 months	3 months	One year

Every membership includes complimentary coffee, tea, and fresh juices, a welcome gift on joining, and a birthday ritual each year.

WHERE TO BEGIN

Not sure which membership is right for you?

Ask any member of our team – we'll help you find the one that fits
how you actually want to use AMARA.

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