

The Hotel AWA SPA has an ample and luminous view of Lake Llanquihue.
Its varied infraestructuraincludes a gym, shop, heated pool, Whirlpool, saunas, and a massage room.

HOURS

Gym: 8:00 a 22:00 hrs.
Pool and Saunas: 9:00 a 22:00 hrs.
Spa treatments: 10:00 a 21:00 hrs

GYM

We have a 26 m2 exercise room with a beautiful view of Lake Llanquihue. It is equipped with an elliptical, a rowing machine, a TRX suspensión training system, assorted sizes of weights, elastics bands, a variety of implements for floor work, Pilates, or yoga, depending on your routine.
Reserve your time directly with the Spa (Extension 05) or at the hotel´s front desk between the hours of 8:00 am and 10 pm.

RECOMENDATIONS

Hotel AWA has an exclusive Access to the lake and a dock for different aquatic activities. Guests should bring appropriate footwear and personal swim gear.

.

AWA CIRCUIT

1. 

Enter with a towel and swim cap and take a shower to remove any lotions or sun screen.

2. 

We suggest diving into the pool and enjoying its 22 meter length a gorgeus view (24°C). The Whirlpool is heated to 36°C, and therefore, it is not advisable to spend more tan 20 minutes in it.

3. 

To balance body temperatura, we recommend taking an invigorating 5 minute shower.

4. 

We recommend going from there to either the steam (46°C) or dry sauna (80°C). With similar benefits, these rooms accelerate the metabolism and have a detoxifying effect on the body. For safety, do not remain in the sauna for no more tan 15 minutes at a time.

5. 

Take a break and an invigorating shower. Finally, we invite you to try our menú of massage, treatments and yoga services.

Please make your reservations at: **+56 65- 2292020. Extension, Spa 05. Reception, 01.**
Or by email at: **spa@hotelawa.cl**