

SCULPT BY GINKGO SPA

EMS TRAINING

GINKGOSPA



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SCULPT by Ginkgo Spa introduces EMS training to Santa Marina Mykonos – a revolutionary full-body workout delivering visible, measurable results in just 20 minutes. Wearing a specialized suit, you perform a guided workout while gentle electrical impulses activate over 90% of your muscles simultaneously – far beyond what traditional exercise can achieve.

FEEL THE DIFFERENCE IN 20 MINUTES

These low-frequency impulses mimic the body's natural signals, creating deep, effective muscle contractions that build strength, improve tone, and accelerate recovery. The result: a complete, high-performance session in the time it takes to have breakfast.

SCULPT is low-impact and joint-friendly, making it ideal for fitness, body sculpting, and rehabilitation. Each session is guided by a certified trainer and tailored to your goals.

Available in 20-minute sessions at the Ginkgo Spa gym, your villa, or your yacht.

RESERVATIONS & INFORMATION

Spa Reception
spamykonos@santa-marina.gr
Advance booking is recommended.
Cancellations must be made at least 12 hours in advance to avoid full charge.

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