



# AMANA RETREATS

# ABOUT US

Amana Retreats is a women-only sanctuary created to offer women a restorative, and empowering space for healing, rest, community, and transformation.

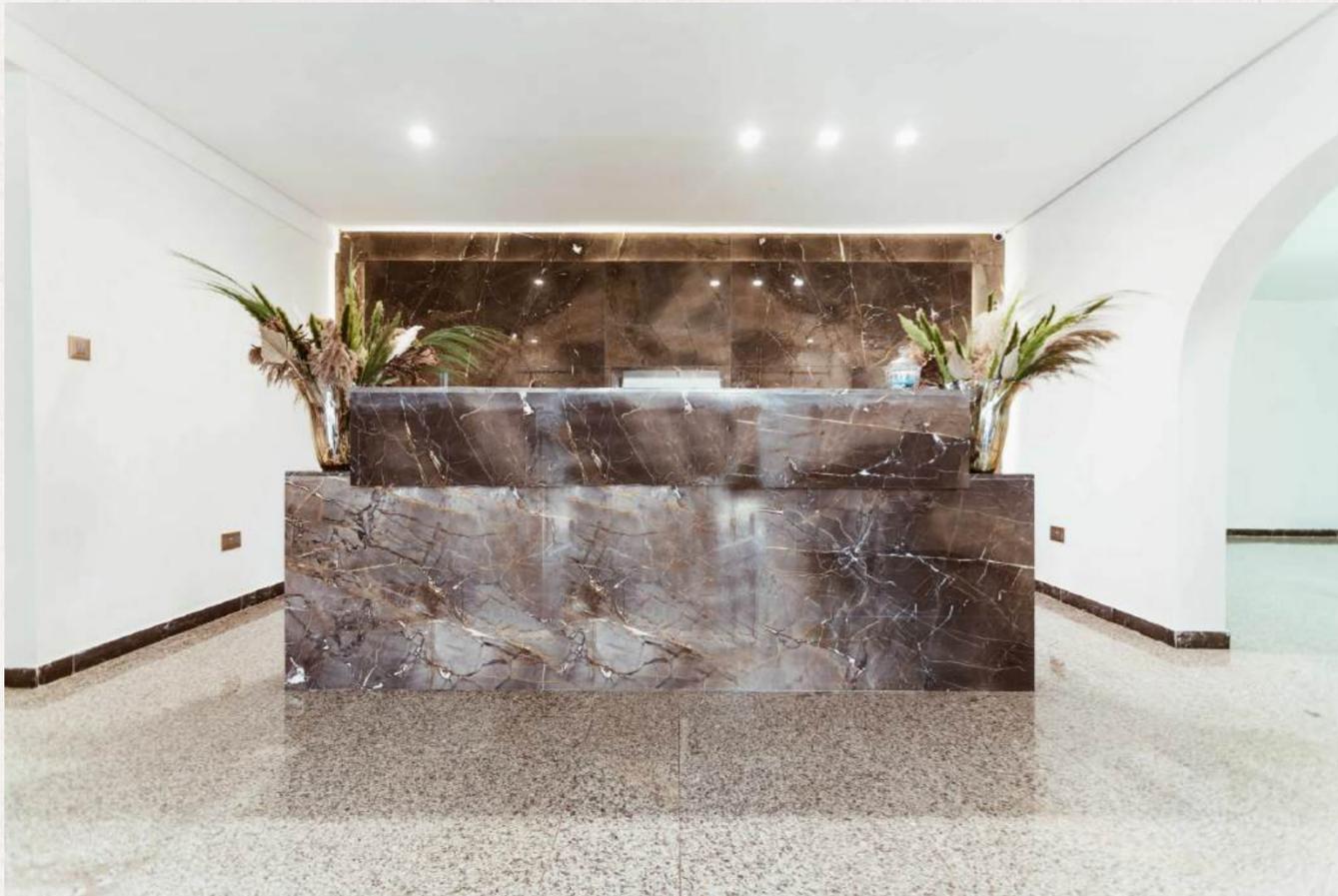
We seek to give women the space and home to indulge in activities that are exciting to their senses. Through our offerings, we want to inspire the Amana woman to reach in deeper into her self, unearthing, discovering and embracing each new layer as a journey.

So we invite you to experience yourself with a new, different perspective. To make these moments extraordinary, to find the joys in being there for yourself. To Meet yourself!



# OUR FOUR PILLARS

- Achieving a state of emotional, mental and physical balance whilst having fun.
- We believe in sharing experiences and creating an aligned/connected community.
- We believe that real beauty comes from the core and approach it from a holistic point, where fresh organic nutrition, natural spa therapies and mindfulness work in harmony to achieve a well-rounded physical and emotional inner beauty.
- To create a unique environment offering organic and sustainable solutions to support our members' ever so busy and modern lifestyles.





# WHO IS THE AMANA WOMAN?

The Amana Woman is high-achieving and assured. She knows she can have it all, and she chooses a life that feels as good as it looks. She appreciates the finer things, and she values being surrounded by women who understand her.

At Amana, women of all ages and backgrounds gather to slow down and connect. We come to talk, read, share good company, and create beautiful moments with friends and family.

# OUR FACILITIES

Day Rooms

Meeting Room

Lounge

Library

Gym

Fitness Studio (Zumba, Yoga & Pilates)

Sauna

Swimming Pool

Massage Room

Boat Access



# MEMBERSHIP FEE

Your Amana membership is N6,000,000 per year with an option to spread payments in a way that feels comfortable for you.

## Payment Options

Annual (one payment) - N6,000,000

Bi-annually (two payments) - N3,150,000 (due every 6 months)

Quarterly (four payments) - N1,650,000 (due every 3 months)



# ACCESS CREDITS

**Discovery Bundle - 6 Credits N480,000**

1 credit - 1 visit (one person, one day entry within the permitted hours)

Validity: 60 days from activation

**What's Included (Per Visit)**

Access during operating hours for the bundle window to:

- Lounge
- Library
- Garden Space
- Fully Equipped Gym (off-peak times)

**What's Not Included**

- Meeting room and day rooms (members only / corporate booking rates apply)
- Peak-time access (see access rules below)

**Optional Enhancements (Add-On)**

Pool + Sauna Add-On: N25,000 per visit (subject to capacity and permitted hours. 24hrs advance booking required)

**Upgrade Benefit**

If the guest upgrades to full membership within the 60-day validity period:

N240,000 (50%) credited toward the annual membership fee.

# ACCESS CREDITS CONT.

## ACCESS RULES

Off-peak only: Monday-Thursday, 11:00-16:00

Not valid: Fridays, weekends, public holidays, and special event days

Pre-registration required for every visit; access is subject to capacity

Non-transferable; no sharing of access credentials

Club onboarding and applicable waivers required (gym/pool/sauna safety rules apply)

# WHAT MEMBERSHIP INCLUDES

A premium membership designed for balance

- Full access to Amana's wellness and lifestyle facilities
- A women-only environment with privacy first standards
- Spaces to work, meet, train, unwind and connect
- Priority access to member only circles, retreats and special events
- Guest Privileges (2 guest passes per month)

# MEMBERSHIP POLICIES

To protect standards and the member experience:

- Membership is personal and non-transferable
- All members must complete onboarding and relevant waivers (gym/pool/sauna)
- Certain spaces require booking and are subject to availability
- House rules apply to ensure privacy, safety, and respectful conduct
- Amana reserves the right to suspend access where policies are breached



# CONTACT DETAILS

## Website

[www.myamanaretreats.com](http://www.myamanaretreats.com)

## Email Address

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## Phone Number

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