



Hotel name: Paralos Lifestyle Beach

GIATA code: 693262

Destination: 108-110 Andrea Papandreou Street Ammoudara, Crete

Country category: 4 Stars

Construction year: 2018

Renovation year: 2022

Partial or full renovation: partial

Latitude: 35.335910

Longitude: 25.071562

Hotel surface size: 10000 sqm

Number of rooms: 148

Number of buildings: 11

Number of floors per building: 1-2

Contact Details:

Paralos Lifestyle Beach

108-110 Andrea Papandreou Street Ammoudara, Crete

Website: <https://www.lifestyleresort.gr/>

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LOCATION

Paralos Lifestyle Beach is a modern hotel boasting a prime seafront location right on the long Blue Flag-awarded beach of Amoudara. It is approximately 14 km from Heraklion’s international airport and 7km from Heraklion port.

Ammoudara is a lively, well inhabited area which offers a variety of shopping and entertainment options just a stone’s through from the hotel’s entrance.

Heraklion city center is to be reached 15 min by bus and the bus stop is in walking distance to the hotel.

INTRODUCTION

An adults-only haven of luxury, surrounded by stunning pools and the scenic Cretan Sea. Guests experience attentive services, elevated gastronomy, upscale wines and drinks and unmatched relaxation

amid elegant, nature-blending interiors. Paralos Lifestyle Beach promises an unforgettable fusion of indulgence, exceptional cuisine and a serene atmosphere, with every detail designed for a premium stay.

BASIC INFORMATION AT A GLANCE

- Adults only (from 16 years old)
- Perfect vacation for couples
- Directly on the beach (sandy beach, awarded with Blue Flag)
- 14 km from Heraklion airport
- 7 km from Heraklion port
- 15 minutes' drive from the center of Heraklion
- Lively area
- 148 rooms
- 7 room types
- luggage room
- 2 outdoor freshwater swimming pools
- 8 communal pools for wet rooms & swim up rooms
- 4 Double Wet Rooms
- 25 Swim-Up Double Rooms
- 12 Junior Suites Swim-Up
- Wifi included in all common areas and rooms
- 24 hours reception
- Half Board
- Extensive Buffet at Breakfast and Dinner
- Separate "Healthy Breakfast" buffet
- À la carte restaurant "Armonia" with sea view
- Ammos Beach Bar (extra charge)
- Sunbeds and Gazebos at the pool
- Sunbeds and Gazebos on the beach (min consumption)
- Romantic Dining Pavilion on the Beach (extra charge)
- Extensive fitness program with yoga on the beach
- Outdoor gym
- New indoor fitness area with Matrix equipment
- Massage/Beauty Services (extra charge)
- Free public parking in 200 meters
- Doctor on call (extra charge)

DESCRIPTION

Paralos Lifestyle Beach is an Adults-Only hotel (from 16 years old), which impresses with its blue and white, subtly boho design with high-quality furnishing. In addition to the 148 rooms spread over 11 buildings, the hotel has a 24-hour reception, lobby with bar, TV area and a main restaurant. Wi-Fi is included throughout the complex. In the well-kept outdoor areas, there are two freshwater swimming pools with a sun terrace and 8 smaller communal pools for the swim up and wet rooms. Relax on spacious Bali beds or the loungers by and in the pool. In addition to the main buffet restaurant, this

resort offers excellent cuisine at the a la carte restaurant "Armonia", where you can spend a culinary-quality evening. The "Ammos" beach bar with drinks and snacks (for a fee) is available to guests. Sun loungers, Bali beds and parasols are included at the pool. The ones on the beach, are included for a minimum consumption (of €4) in drinks and snack. Guests receive bath towels free of charge. Public parking spaces close to the hotel are free and are subject to availability.

ACCOMODATION

Double Room Single Use is approx. 16 m2; with city or pool view. Ideal for 1 person, it's equipped with 1 double bed

Plus Double Room Single Use is approx. 17 m2; with city or pool view. Ideal for 1 person, it's equipped with 1 double bed or twin beds

Standard Double Room is approx. 16 m2; with city or pool view. Ideal for 2 persons, it's equipped with 1 double bed

Plus Double Room is approx. 17 m2; with city or pool view. Ideal for 2 persons, it's equipped with 1 double bed or twin beds

Plus Double Room Swim Up is approx. 17 m2. Ideal for 2 persons, it's equipped with 1 double bed or twin beds. In addition, it provides direct access to a sharing pool & a sun deck with sunbeds, bathrobe, slippers, pillow menu

Wet Double Room is approx. 18 m2. Ideal for 2 persons, it's equipped with 1 double bed or twin beds. In addition, it provides direct access to a sharing shallow plunge pool (45 cm depth) with Bali beds, pillow menu, ironing facilities, Smart scale, bathrobes, slippers, evening turndown service & mini bar (extra charge)

Superior Double Room is approx. 25 m2; with pool or city view; it consists of an open-plan bedroom with a sitting area. Ideal for 3 persons, it's equipped with 1 double bed or twin beds & 1 sofa bed (only for 3rd person)

Junior Suite Front Sea View is approx. 25 m2; it consists of an open-plan bedroom with a sitting area. Ideal for 2 persons, it's equipped with 1 double bed or twin beds. In addition, it provides bathrobe, slippers, pillow menu, ironing facilities & Smart scale

Junior Suite Swim Up is approx. 25 m2; it consists of an open-plan bedroom with a sitting area. Ideal for 2 persons, it's equipped with 1 double bed or twin beds. In addition, it provides direct access to a sharing pool, a sun deck with sunbeds, bathrobe, slippers, pillow menu, ironing facilities & Smart scale

STANDARD ACCOMMODATION FACILITIES & SERVICES

All accommodation units provide as standard the following:

- individual air-conditioning/heating (free)
- Wi-Fi (free)
- direct-dial telephone

- safety deposit box (free)
- 43-inch LCD TV (with satellite channels)
- mini fridge
- coffee & tea facilities (daily refill)
- Nespresso machine (2 complimentary capsules restocked daily, extra charge for additional capsules)
- shower/WC
- hairdryer
- bathroom amenities
- pool/beach towels
- balcony/French balcony/terrace
- maid service (daily)
- towel change (daily)
- linen change (3 times per week)
- laundry service (extra charge)
- 1 bottle of water (upon arrival only)
- complimentary sparkling wine (only for honeymooners upon arrival)
- complimentary wine (only for birthdays & anniversaries)

GASTRONOMY

At Paralos Lifestyle Beach awaits you an unforgettable, elevated, yet authentic gastronomical experience. And all that right on the beach or by the numerous pristine pools.

Since 2021 the hotel collaborates with the famous Greek chef Giannis Baxevanis, who curates the menus carefully. The hotel only uses high quality, local Cretan and Greek products to offer the best of the healthy and delicious Cretan cuisine to its guests.

In the main restaurant, awaits you a luscious buffet with different show cooking stations and an excellent selection of delicious dishes both at breakfast and dinner. Guests can also choose to enjoy a nourishing, healthy breakfast buffet in the “Armonia” restaurant.

Once per full 7 days, dinner at the a la carte restaurant "Armonia" is included (reservation required).

Lunch a la carte is available at the Ammos beach bar, offering a wide variety of delicious Greek snacks and dishes and can also be ordered as room service.

Special diet meals (gluten-free & lactose-free) available on request before arrival. Dress Code for dinner is smart casual.

Half Board:

- Main Restaurant: Early continental breakfast buffet (07:00-08:00)
- Main Restaurant: Breakfast is full extensive buffet (08:00-10:30)
- Armonia Restaurant: Healthy breakfast buffet (08:00-11:00)
- Main Restaurant: Dinner is buffet with show cooking (18:30-21:30)

- Armonia Restaurant: One (1) complimentary a la carte dinner (18:30-21:30) per stay (reservation required at least 1 day in advance)
- Optional lunch basket on request 24 hours in advance with extra charge
- Room service (11:00-17:30, extra charge)
- Floating breakfast (extra charge, upon request)
- Special dietary options available on request and upon prior notice before arrival
- Vegetarian and vegan options available
- Smart casual dress code is required for dinner in all restaurants

BARS

- Lobby Bar
- Ammos Beach Bar (10:00-01:00, with a la carte menu from 11:00-17:30, extra charge)

ENTERTAINMENT

- Daytime activities (free of charge, 6 times per week: yoga, cross circuit, Pilates & boot camp sessions)
- Evening entertainment (live event: DJ sessions, live music band or Greek night)

WELNESS

- 15-minute massage of choice (free, per room & per stay)
- massage gazebo (charges apply, on request)
- beauty & facial treatment gazebo (charges apply, on request)
- beauty center (charges apply, appointment required)
- massage treatments (charges apply, appointment required)
- personal trainer (charges apply, on request)
- private yoga/cross circuit/Pilates sessions (charges apply, on request)

SPORTS

- outdoor fitness area with calisthenics equipment
- indoor fitness area with Matrix equipment
- fitness program (by a certified trainer, 6 days per week, subject to weather conditions)
- table tennis
- watersports (with extra charge at the beach by an offsite third party: pedaloes, canoes)

ADDITIONAL INFORMATION

- The operation of certain services & facilities is subject to weather conditions
- Pets are not allowed
- Check In: 14:00
- Check out 12:00, Late check-out subject to availability and upon request on site (for a fee)
- Hotel not suitable for low mobility guests

PAYMENT METHODS

- Visa
- MasterCard
- Cash

SUSTAINABILITY

Sustainability Awards of 2024:

- Green Key
- Blue Flag
- Travellife
- Cretan Taste
- ISO 14001