

Minimum Requirements Formula 2026

Resort Name	Flow Spectrum Resort Sahl Hasheesh
Added Values	Premium All-Inclusive Concept: -Service starts upon arrival at the resort until pick-up from the resort - Local premium alcoholic drinks (+18) and minibar. - Lobby bar (24 Hrs.), From 10:00 to 00:00 (mid night) all drinks are available including alcoholic beverages (served for +18 guests). - Soft drinks and Hot drinks are available 24h. -Snack Restaurant from 12:00 to 17:00. -Unlimited 4 A la Carte Restaurants Reservations (Prior reservation). - Sprinkles ice cream bar from 12:00 to 22:00, waffle and pancake from 15:00 to 17:00. -2 beach access options, Free access to sister hotel beach, shuttle bus service scheduled and organized every 30 minutes to & from the beach.
Beverages	-You can enjoy our premium All-Inclusive privileges upon arrival -24 hours operation -Local Premium alcoholic drinks from 10:00 am to 00:00 am are available, from 00:00 am till 10:00 am against charge (served for +18 guests). -Non-alcoholic drinks, fresh or packet juices, hot and cold drinks, are available 24h.

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Early breakfast 01:00 – 05:00 Breakfast 07:00 – 10:30 Late breakfast 10:00 – 11:00	Blend Restaurant International Open Buffet Luna restaurant open buffet
Lunch 13:00 - 15:00	Blend Restaurant International Open Buffet
Dinner 18:30 – 21:30	Blend Restaurant (International Open Buffet) Dinner at à la carte/themed restaurants is upon prior reservation and as per availability - 4 uniquely themed à-la-carte restaurants. Many options are available for guests with specific dietary restrictions. Vida Restaurant (À la Carte Latin Cuisine) Luna Restaurant (À la Carte Italian Cuisine) Silk Restaurant (À la Carte Asian Cuisine) Spice Restaurant (À la Carte International Cuisine).
Snacks 12:00 – 17:00 12:30 – 17:00 12:30 – 16:30	Beach snacks restaurant. Pool snacks restaurant (Luna). Aqua Snacks Bar
Lunch Bags	Breakfast and Lunch Boxes available upon request from the tour leader for excursions, minimum 24 hours in advance
Bars 24 Hours 10:00 – 17:00 10:00 – 17:00 10:00 -16:30 08:00 - 00:00 18:00 - 00:00	Lobby Bar Beach Bar Pool Bar Aqua pool bar Coffee Brew Bar Sports Bar

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Tea & Coffee Facilities	Tea & coffee making facilities with complimentary daily refill with 2 Lipton Tea, 4 Nescafe, 2 Green Tea 4 Sugar Portion, 4 Sugar Brown, 2 Sugar Diet, (Local Tea Brand)
Spa & Wellness 9:00 – 19:00	16+ / Upon prior reservation and availability (against charge). Opening Hours 9:00 – 19:00
GYM	Opening Hours from 07:00 am till 21:00 pm (Free of Charge)
Sports & Activities	• Beach Volleyball • Aerobics, Yoga • Air Hockey • Table Tennis • PlayStation • Water Activities • Diving Center (chargeable) • Aqua Park From 10:00 to 13:00 & 14:30 to 16:30.
Entertainment	• Daily Live music • Weekly Fruit festival and nationality gathering nights • Daily evening entertainment show • Weekly Pool party • Weekly Oriental OR Aqua party • Weekly Family & kids' parade • Weekly sports party
Wi-Fi service	Wi-Fi Connection throughout the resort, (free of charge)
Kid's Club 10:00 – 12:30 15:00 – 17:00	Kids Concept, daily for children (Age: 3-12). Languages: English, German, & Russia, Arabic Activities: • Kids Swimming Pool • Kids Playground

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	• Painting and Cooking • Daily Educational, Entertaining Sports & Activities • Mini-Disco • Baby Sitting (Against Charge)
Hotel Service	• 24/7 Front desk • Concierge service • Multilingual staff • Guest Experience Center • Limousine service (Chargeable) • 24/7 Clinic, doctor available 24/7 for emergency (chargeable) • Laundry & dry-cleaning service (chargeable) • 24/7 Room service • ATM machine (with exchange possibility) • Gift & souvenir shops (chargeable) • Sunglasses cleaning around the Pools & Beach
Comments	• Swimming suits are not allowed in the restaurants and Lobby Area. • Upon c/in a towel card will be handed to the guest to exchange with towels and the guest handed the card back during c/out. In case it lost the guest will pay 15 USD. • Smoking is allowed only in the terraces and open-air areas • In case of guest allergy, please inform the reception for assistance upon check in. • Topless isn't allowed in the public areas • To enjoy your day without interruptions, you are kindly requested to put the red flag on your umbrella, the red flags are available at the Towel Center.