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SIX SENSES SPA

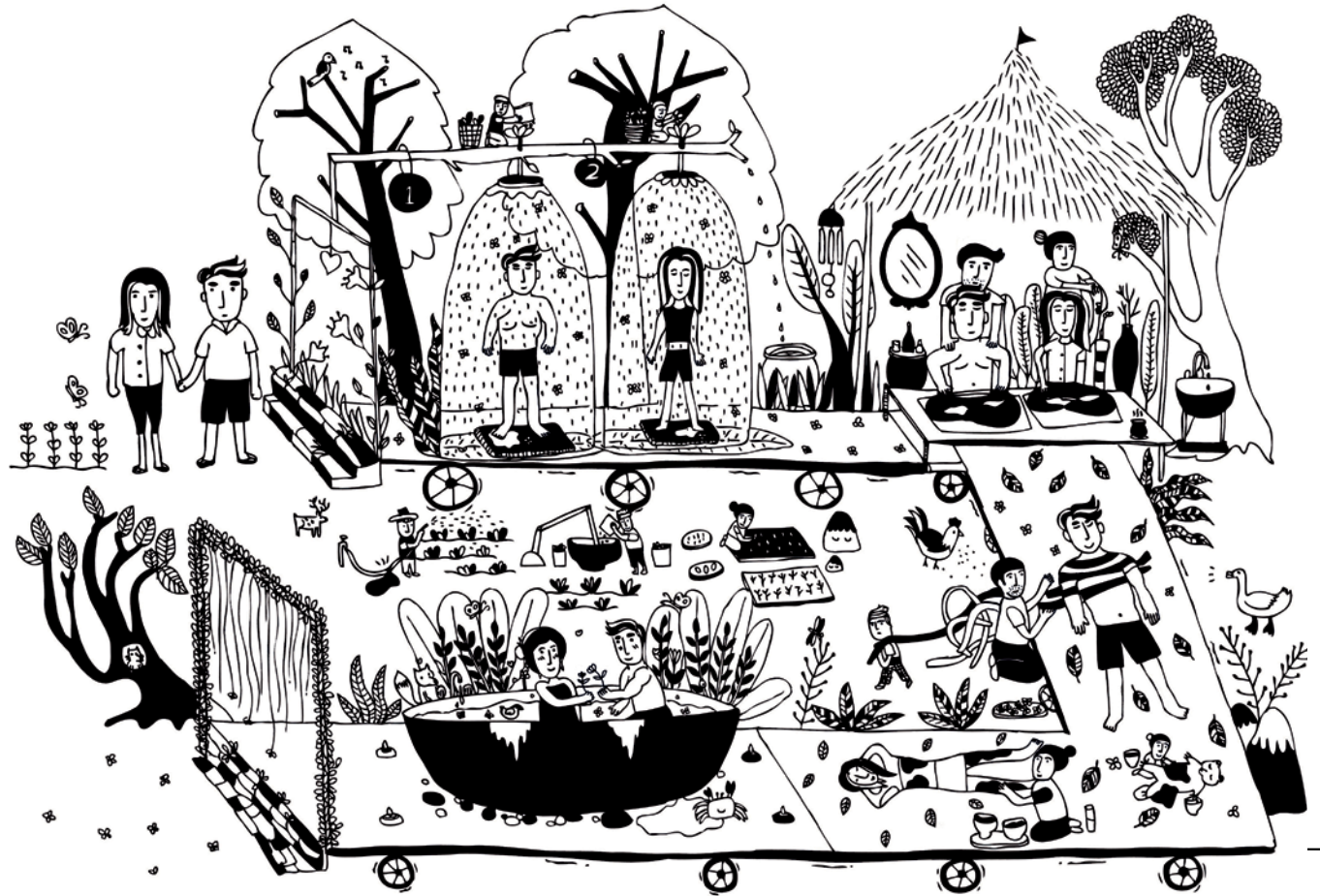
IBIZA

WELLNESS AND SPA MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience, and becomes a joyful way of life.





ENJOY AS PART OF YOUR STAY OR BEFORE YOUR TREATMENT

The many healing benefits of water and heat therapies have been practiced for centuries to warm the body up before cooling it down. This practice reduces muscle tension, relieves pain and stress, boosts the immune system and encourages detoxification. In Roman times the bath house was also a place to meet and connect with people. Fast forward to today's Six Senses spa experiences, which provide an alternative, yet therapeutic, way to ease muscle aches and boost overall well-being. What's more, the muscles will be relaxed and the mind calmer, creating optimum conditions for achieving the best results and truly enjoying your treatments.

SUNSET WET AREA JOURNEY, 90 MINUTES

Meet a small group in the wet area for a journey of connection and learning. We start in the steam room with an expert-led talk on philosophy or wellness. Wake the body up with a cool shower and finish with music in the relaxation room.

Infrared sauna

Start your journey to gently warming up your body here. Infrared sauna has a number of health benefits including pain relief and cleansing. 60 degrees

Steam room

Pause, reflect and take a deeper breath inhaling the natural essences. 45 degrees

Caldarium hot bath

Bubble your stresses away in the 36 degrees warm water.

Bucket showers

Refresh after each heat experience or at the end of the journey. 15 degrees

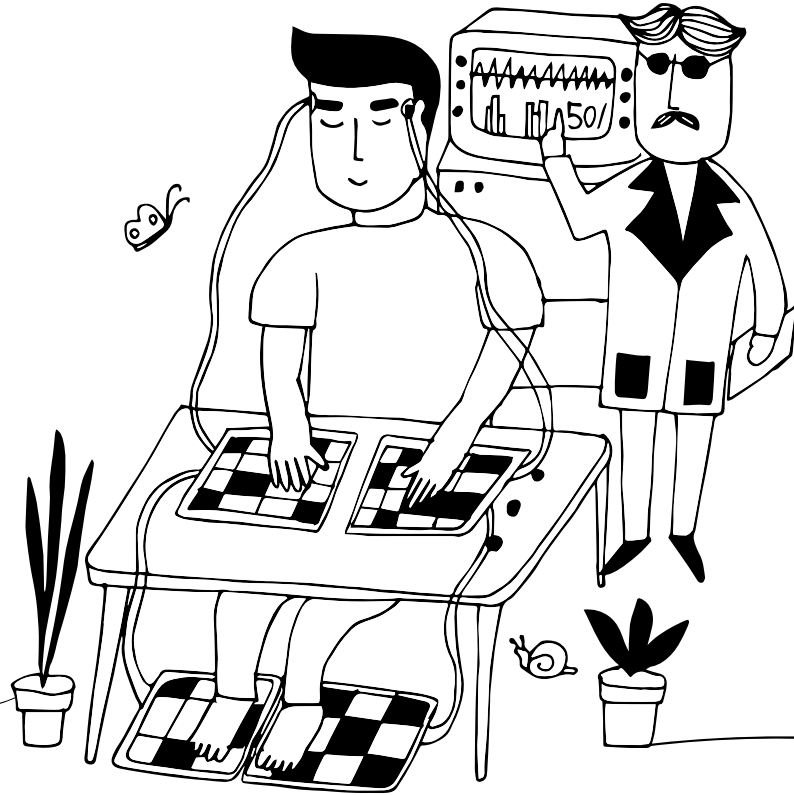
Relaxation room

Finish your journey in the relaxation room, enjoy a hydrating glass of structured water and feel the benefits to the mind and body from the thermal experiences.

Temperatures are approximate



PERSONALIZED WELLNESS



If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

EAT WITH SIX SENSES

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We provide advice on nutrition that is right for you to amplify the benefits of your daily treatments and activities.

ROSEBAR

Aging does not have to be a destiny and growing older does not need to be a journey of depletion but renewal. RoseBar offers tailor-made longevity treatments and personal guidance so your body will be in a better shape and your mind in a calmer place, allowing your soul to sparkle. By combining advanced science, spirituality and longevity treatments which you can integrate into your everyday life, we can pause your aging process and bring out the youngest possible you. This is a holistic way to stretch your prime years and maximize your strength, energy and love of life. *See the RoseBar menu for more details.*



If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

WELLNESS SCREENING, 45 MINUTES

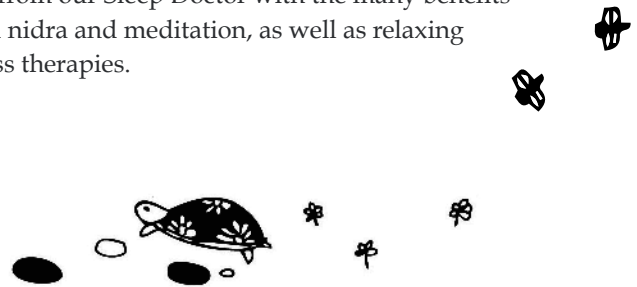
A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercises with signature massages and energy treatments.

SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.



DETOX

Do you want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities.

FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training with soothing treatments.

Programs of three, five, seven or more nights are available.

WELLNESS DAYS

Love Your Heart

Love is a force of nature. However much we may want to, we cannot command, demand, or take away love. But you can invite love in. This is a day of reflection, letting go of old baggage, setting a new purpose and learning how to connect with your heart and true purpose to find greater zest for life and meaning.

Mind Your Brain

This one-day program helps you care for and improve the state of your brain and how it works through ancient practices from yoga and meditation and modern biohacks including brain games, developmental drawings and binaural beats.

Boost Your Immunity

An immunity reboot if you're feeling sluggish, sniffly or fatigued from a stressful time or long-haul flight. Commit to a day of no news and just focus on yourself. Stress shuts down the immune system and therefore everything that promotes relaxation is helpful to strengthen immunity.



BIOHACKING

Unleash your limitless potential for living a healthy, balanced life full of energy.

Biohacking takes shortcuts to better wellness by hacking the body's natural recovery systems.

Cryotherapy

Expose the body to sub zero temperatures to stimulate physical and mental health benefits like reducing inflammation, increasing metabolic rate, muscle recovery and stimulating collagen production.

Cellgym Intermittent Hypoxia Training

Enhance your energy production using a specialized breathing mask, to consume a combination of normal oxygen air and oxygen-reduced air. It is a revolutionary wellness option for longevity and athletic performance.

PEMF Seat

Pulsed electromagnetic field therapy can improve athletic performances, reduce pain and inflammation, stimulate cell metabolism and help you recover faster from an injury.

Normatec boots

This compression therapy takes compression to the next level. These leg boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

Hypervolt

Increases circulation and reduces muscle soreness. This percussion massage device is a fantastic way to increase blood flow, thereby increasing mobility, range of motion and flexibility, awesome for recovery.

Vyper

An advanced vibrating fitness roller. To assist in warming up and recovering faster. Features three speeds of vibration, with a dual zone smooth and grooved exterior.

Venom

Digitally controlled heat and vibration to soothe sore back muscles and relax stiff joints.



ALCHEMY



THE ALCHEMIST'S BODY TREATMENT

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse yourself in the varied textures, extraordinary aromas and create your unique natural products that will be used in your treatment afterwards.

Choose from:

Body Scrub, 60 minutes - stimulating/detoxifying/soothing

Cocoon, 90 minutes - detoxifying/nourishing

Medicinal Herbal Poultice Massage, 90 minutes

THE ALCHEMY BAR WORKSHOP, 60 MINUTES

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop. Not to be missed!



LOCALLY INSPIRED
SIGNATURE TREATMENTS



AFTER PARTY DETOX, 90 MINUTES

A recipe for recovery! Awaken your senses with a tangy citrus body scrub followed by a stimulating, full body massage paying special attention to tired dancing feet. This energizing treatment is completed with a soothing facial massage using cool gua sha tools to reveal a fresh, radiant complexion.

SIGNIFICANT OTHER, 90 MINUTES

How well do you know your loved one? Create the ultimate experience for a special person in your life. Share their preferences for an unforgettable full body massage. Hopefully everyone will be smiling at the end of the treatment!

IN-ROOM MASSAGE CEREMONY, 120 MINUTES

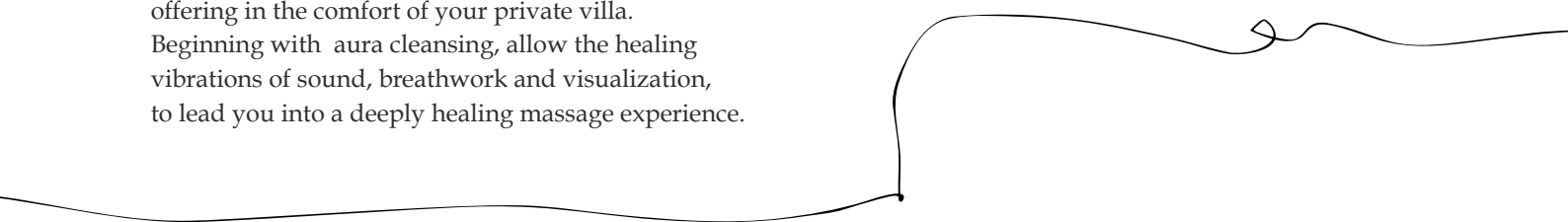
Experience bliss with this powerful ceremonial offering in the comfort of your private villa. Beginning with aura cleansing, allow the healing vibrations of sound, breathwork and visualization, to lead you into a deeply healing massage experience.

HAMMAM WITH SEA SALT SCRUB, 30 MINUTES

Traditional techniques with kese, sea salts and olive oil are used to exfoliate and deeply cleanse the body, leaving you feeling invigorated.

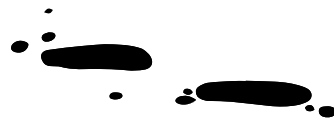
FRAGRANT HAMMAM JOURNEY, 60/90 MINUTES

Performed in our state of the art double hammam, you will choose between the mysterious fragrances of amber, oud or honey-orange, depending on the outcome you wish to achieve for your journey. Your body will be deeply cleansed, exfoliated and wrapped, before enjoying a sensual massage. A customized facial will complete this luxurious experience. *Using Morjana.*





MASSAGES





SIX SENSES SIGNATURE MESSAGES:

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, trigger points with gentle pressure and release techniques. Silicone cups, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Detox, 60/90 minutes - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Pregnancy Massage 90 minutes - a full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.



Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Massage, 30/60 minutes - deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

HOT & COLD STONE THERAPY, 90 MINUTES

When used along with hot stones that induce deep relaxation, cold stones have a stimulating effect. This helps increase the body's metabolism, muscle tone and ability to flush out toxins. This soothing massage is complemented by the placement of healing crystals on the body to bring about balance and harmony.



FACIALS



NATURAL FREQUENCY FACIALS USING NÖTTNUIT

528 HZ FACE MASSAGE, 30 MINUTES

Discover a selection of our clean, multi-corrective hero formulas combined with a tuning fork and our unique facial massage. The music you'll hear, and the tuning fork used during the treatment embody the healing power of 528 Hz frequency, proven to assist with DNA repair. The vibrational tuning fork also calms the nervous system, increases lymphatic flow, stimulates circulation, and eases muscle tension.

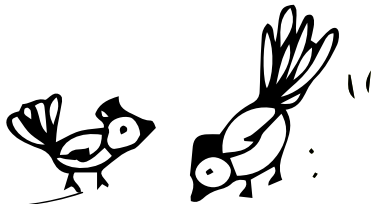
528 HZ FACIAL, 60 MINUTES

Experience a deep, skin renewing, holistic facial treatment with our clean multi-corrective hero formulas and techniques such as tuning fork, face cupping and our unique face massage. The music you'll hear, and the tuning fork used in our facial, embody the healing power of 528 Hz frequency, proven to assist DNA repair. The vibrational tuning fork works in synergy with face cupping to soothe the nervous system. Together, they also increase lymphatic flow and product absorption, stimulate circulation, ease muscle tension, and tighten and tone your skin.



ADVANCED FACIALS USING BIOLOGIQUE RECHERCHE

An in-depth skin diagnosis is a key part of the Biologique Recherche protocol, so we can personalize your beauty treatment according to your Skin Instant© by using a specific physiological, behavioral and tactile approach. Treatments are tailored to the needs of your Skin Instant© by one of our expert beauticians.



SKIN INSTANT© LAB, 20 minutes

The Skin Instant© Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked to a computer with an exclusive diagnostic analysis software program developed by Biologique Recherche. Based on our expert's dermo-cosmetic analysis and objective measurements, the Skin Instant© Lab, retrieves data from our knowledge bank to come up with a selection of products and treatments perfectly matched to your Skin Instant© needs.

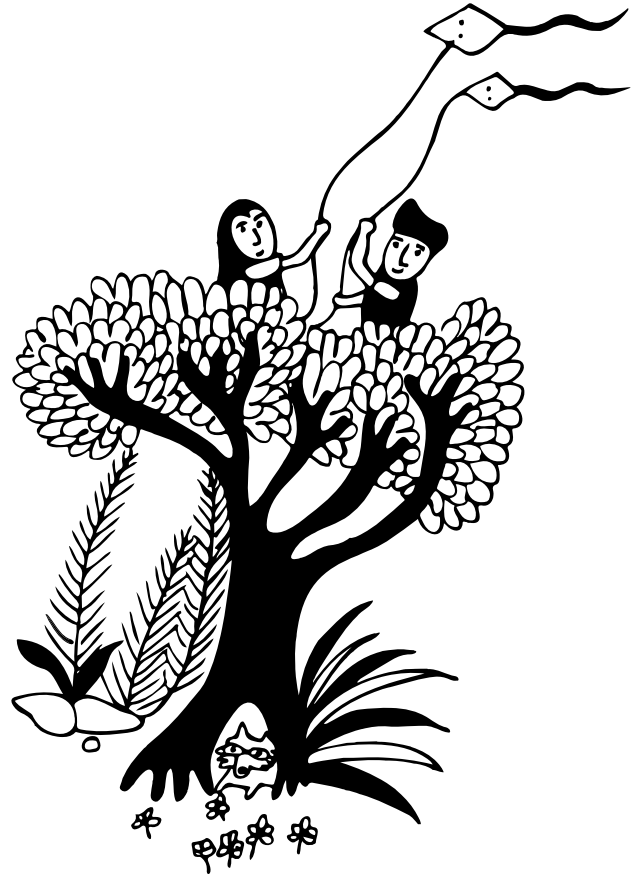
VISIOLAB© - in combination with the Skin Instant© Lab, 30 minutes

As a complement to the Skin Instant© Lab, the Visiolab© takes a high-resolution picture of your face so that its features can be scientifically analyzed. A detailed image will further analyze any wrinkles, the evenness of your complexion, UV pigmentation and the state of your pores. Results are calculated in real time so your beautician can directly interpret your Skin Instant© and tailor a prescription of products and treatment that is precise to your individual requirements.

PERSONALIZED TREATMENT, 90 MINUTES

This bespoke facial starts with a thorough skin analysis using both Skin Instant© Lab and VisioLab©. These tools scientifically photograph the face in high resolution and then analyze its components. The facial is then tailored to suit your skin type and address skincare concerns, using a combination of products and techniques to deliver desired results.

Using Biologique Recherche.



SECOND SKIN, 60 MINUTES

This exceptional anti-aging and regenerative facial visibly lifts and treats the signs of aging, while accelerating the healing process. The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour. *Using Biologique Recherche.*

MICRO-PUNCTURE, 60 MINUTES

This is an intensive treatment that activates collagen production through intra-epidermal micro stimulation and helps fight the signs of premature aging. It uses the cocktail of regenerative actives, which is packed with 49 active ingredients. *Using Biologique Recherche.*

TRIPLE LIFT FACIAL, 120 MINUTES

Redefine and plump the contours of the face with this personalized resculpting treatment. It combines two exfoliations, reconditioning and face lifting boosters with the use of the Remodeling Face machine. *Using Biologique Recherche.*

Add to any facial or body treatment:

SKIN ANALYSIS WITH SKIN INSTANT LAB® AND VISIOLAB®, 30 MINUTES

These tools scientifically photograph the face in high resolution and then analyze its components. Based on these measurements and the results of dermo-cosmetic analysis, the Skin Instant Lab recommends a selection of Biologique Recherche products and treatments that are right for you. *Using Biologique Recherche.*

REMODELING FACE, 30 MINUTES

Achieve wider-looking eyes, more pronounced cheekbones, less visible lines and more defined facial contours. These are just some benefits of the Remodeling Face bio-electro stimulation that combines the power of four currents for immediate and long-lasting results. *Using Biologique Recherche.*



COCKTAIL OF REGENERATIVE ACTIVES, 30 MINUTES

A high-frequency impulse current or micro puncture is used to deliver this super serum packed with 49 active ingredients to reduce and prevent the appearance of fine lines and wrinkles. It is ideal for mature and devitalized skin. *Using Biologique Recherche.*

CHIN AND FACIAL CONTOUR BOOSTER, 30 MINUTES

This stimulating and firming treatment for the chin and facial contour uses chin straps to help remodel the face and neck. Their powerful smoothing and toning effects deliver immediate and lasting lifting results. *Using Biologique Recherche.*

CO-FACTEURS BIOLOGIQUE RECHERCHE

For even more visible results, enhance your treatment by applying a preformed mask with unique ingredients such as marine collagen or collagen caviar. *Using Biologique Recherche.*

EYE CONTOUR TREATMENT

Recommended to reduce signs of fatigue and aging around the eye area. Immediately reduces puffiness, dark circles and fine lines. Eyes will appear brighter, fresh and lifted. *Using Biologique Recherche.*



BODY TREATMENTS



DREAMCATCHER, 90 MINUTES

Evoke a deep sense of relaxation with this therapeutic massage from head to toe. Releasing tension from back, neck and shoulders before finishing with an acupressure massage on the feet. A warm, relaxing in-villa bath will then be prepared to ensure you end your day in a peaceful slumber.

BODY TONING TREATMENT, 60/90 MINUTES

This firming and toning treatment includes an exfoliating session followed by a bio-reflex massage to improve the skin texture and contour the body.

Using Biologique Recherche.

DETOXIFYING ALGAE TREATMENT, 60/90 MINUTES

A slimming and oxygenating body treatment that detoxifies and revives. It features an energizing massage and wrap, the thermal effect releases marine active ingredients that remineralize and purify the body, leaving a wonderful sense of well-being and comfort. *Using Biologique Recherche.*

UPPER ARMS & BUST TREATMENT, 60/90 MINUTES

This toning treatment delivers a firmer appearance of the arm and décolleté area. It is recommended for firming up the arms and neckline while reducing any sign of pigmentation or stretch marks.

Using Biologique Recherche.

PODIATRY, 60 MINUTES

Are you experiencing any issues that involve the foot and or ankle – a sports injury, arthritis/joint pain or skin problems? Visit our resident podiatrist, a specialist who will examine your feet and be able to diagnose and effectively treat any abnormal conditions. It is our aim to keep you mobile and active, relieve pain and effectively treat any conditions that may be holding you back.



MINDFULNESS PRACTICES



CHAKRA MEDITATION, 45 MINUTES

For over thousands of years meditation has been used for healing, cleansing and balancing *chakras* (energy centers). This session enables you to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

PRANAYAMA, 45 MINUTES

Also known as the extension of the *prana* (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

DISCOVER YOUR SPIRIT ANIMAL, 45 MINUTES

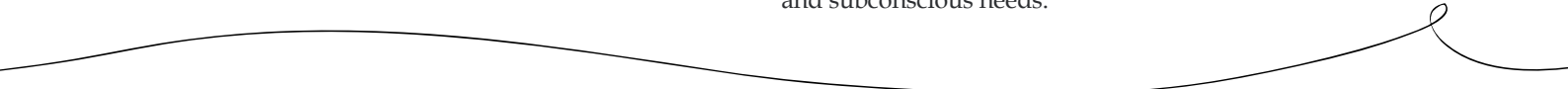
This powerful meditation is designed to help you connect with your personal spirit animal, the guide with whom you share a particularly close connection. As you work with your guide, you will become more and more attuned to their energy and they will walk closely beside you on your life path.

SIX SENSES IBIZA GUIDED MEDITATION, 45 MINUTES

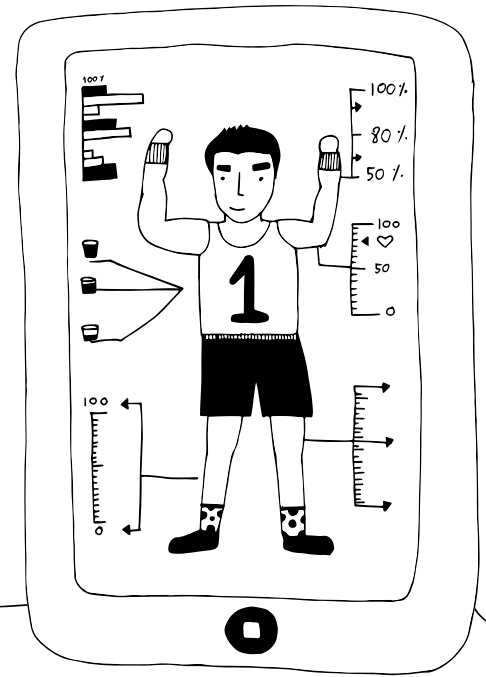
This session focuses on mindfulness and strengthening your ability to listen and gauge body language, while developing more compassion and empathy for each other.

YOGA NIDRA, 45 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.



FITNESS AND WELLNESS ACTIVITIES



PILATES, 60 MINUTES

Specially designed workout to strengthen and stretch the muscles, build core strength and increase flexibility.

PERSONAL TRAINING, 60 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility.

Your Personal Training could include:

High Intensity Functional Fitness

Kettle Bells

Boxing Fitness in our outdoor authentic boxing ring

YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

AERIAL YOGA, 45 MINUTES

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

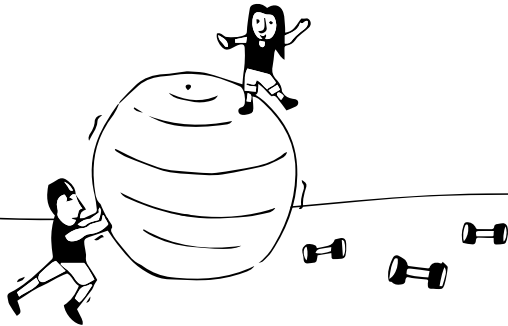
Your Yoga experience at Six Senses could include:

Hatha

Vinyasa Flow

Ashtanga

Kundalini



BEAUTY



MANICURE, 30/60/75 MINUTES

PEDICURE, 30/60/75 MINUTES

GEL APPLICATION, 15 MINUTES

EYEBROW TINT, 15 MINUTES

HAIR DESIGN

Shampoo, Blow-Dry

Shampoo, Cut, Blow-Dry

Fringe Trim

Up style

BARBER SERVICES

Traditional Shave

Beard Trim/Shave

Haircut

Head Shave

Mustache/Goatee Outline

WAXING

Full waxing service available;
please visit the salon for more information.



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 10:00 am to 9:00 pm

GYM

Open 24 hours

SPA RESERVATIONS

For spa inquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 15 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.



CANCELLATIONS

Please allow 24 hours' notice on spa treatments and packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

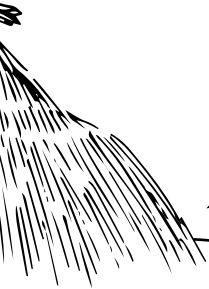
We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail boutique.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

GIFTS

Spa vouchers are available to purchase from the spa reception.





JUNIOR SPA MENU

Pamper yourself with our selection of spa treatments, specially created for kids as part of our initiative, Grow With Six Senses. Incorporating all of the dimensions of wellness, you'll understand more about what is going on inside you and the world around you. Available for children aged 8 to 14 years.





JUNIOR BODY MASSAGE, 30/60 MINUTES

Relaxation is the way to go with this soothing full body massage using unscented oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES

The various reflex areas on your feet form “maps” that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body’s balance to its optimum state.

PRETTY HANDS OR FEET, 30 MINUTES

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun colors.

PARENT AND CHILD EXPERIENCES

MASSAGE AND NAILS, 75 MINUTES

Spend some relaxing time together and indulge in a relaxing full body massage followed by nail painting.

TOP TO TOE MASSAGE, 75 MINUTES

Unwind after an active day with a full body soothing massage followed by a scalp massage.

HAMMAM, 45 MINUTES

Enjoy the experience of a hammam together. You’ll love being covered in bubbles during this cleanse and gentle exfoliation.



SIX SENSES SPA

IBIZA

WELLNESS AND SPA MENU
PRICELIST



WELLNESS PROGRAMS

Wellness Screening 45 minutes EUR 130

DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	2
Private Activity: <i>Personal Training/Yoga/Pilates</i> (60 mins)	1	2	3
Private Activity: <i>Meditation/Pranayama</i> (45 mins)	1	2	2
Personalized Detox Massage (90 mins)	1	2	3
Hammam (60 mins)	1	1	1
Yogic Intestinal Cleanse (90 mins)	1	1	2
CellGym	1	1	2
Program Wrap-up (45 mins)	1	1	1
Price per person	EUR 660	EUR 938	EUR 1,433
Price per couple	EUR 980	EUR 1,335	EUR 2,065

SLEEP

Wellness Screening (45 mins)	1	1	1
Personalized Consultation	1	1	1
Yoga Nidra or Pranayama (45 mins)	1	2	3
Private Activity: <i>Yoga/Personal Training/Pilates</i> (60 mins)	1	1	2
Personalized Body Massage (90 mins)	0	1	2
Dreamcatcher Massage	1	1	1
Cryotherapy Session	1	1	2
Program Wrap-up (30 mins)	1	1	1
A Welcome Bag with Sleep Amenities	1	1	1
Sleep Tracking Throughout the Stay	1	1	1
Price per person	EUR 491	EUR 686	EUR 1,009
Price per couple	EUR 783	EUR 1,093	EUR 1,538

Prices are inclusive of taxes.

WELLNESS PROGRAMS

DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yoga Consultation (30 mins)	1	1	1
Personalized Yoga (60 mins)	1	2	3
Pranayama (30 mins)	1	1	2
Ibiza Meditation (30 mins)	1	2	3
Hammam (60 mins)	0	1	1
Movement Restoration (60 mins)	1	1	2
NottNuit Facial	0	1	1
Program Wrap-up	1	1	1
Price per person	EUR 383	EUR 743	EUR 1,095
Price per couple	EUR 465	EUR 1,005	EUR 1,450

FITNESS

Wellness Screening	1	1	1
Consultation with Personal Trainer (30 mins)	1	1	1
Personalized Training (60 mins)	1	2	4
Deep Tissue Massage/Movement Restoration (90 minutes)	1	1	2
Hot Stone Massage (60 mins)	0	1	1
Cellgym Session	1	1	2
Normatech Recovery Boots	1	1	2
Cryotherapy Session	1	2	3
Program Wrap-up	1	1	1
Price per person	EUR 503	EUR 795	EUR 1,290
Price per couple	EUR 885	EUR 1,350	EUR 2,100

Prices are inclusive of taxes.





WELLNESS DAYS

Love Your Heart

DURATION

One Day

PRICE/EUR

338 Per person
575 Per couple

Mind Your Brain

One Day

529 Per person
848 Per couple

Boost Your Immunity

One Day

368 Per person
655 Per couple

BIOHACKING

Localized Cryotherapy:

8

60

Face Mask, Head Relief, Eye Therapy

Cellgym Intermittent Hypoxy Training

30

100

PEMF Seat

15

60

Normatec boots

20

60

Hypervolt

15

30

Vyper vibrating foam roller

15

30

Venom back and core energizer

15

30

Prices are inclusive of taxes.



TREATMENTS

DURATION/MINUTES

PRICE/EUR

ALCHEMY

The Alchemist's Body Treatment:

Body Scrub 60 120

Cocoon 90 165

Medicinal Herbal Poultice Massage 90 185

The Alchemy Bar Workshop 60 50

LOCALLY INSPIRED

SIGNATURE TREATMENTS

After Party Detox 90 200

Significant Other 90 220

In-room Massage Ceremony 120 300

Hammam with Sea Salt Scrub 30 75

Fragrant Hammam Journey 60/90 140/190

MASSAGES

Six Senses Signature Massages:

Deep Tissue/Detox 60/90 170/210

Movement Restoration 90 210

Holistic 60/90 140/180

Pregnancy massage 90 180

Tension Soother/Head Massage/Relaxed Feet 30/60 80/110

Hot & Cold Stone Therapy 90 210

Prices are inclusive of taxes.

TREATMENTS

DURATION/MINUTES

PRICE/EUR

FACIALS

Natural Frequency Facials Using Nóttnuit

528 Hz Face Massage

30

110

528 Hz Facial

60

160

Advanced Facials Using Biologique Recherche

Skin Instant© Lab

20

40

VISIO LAB© - in combination with the

Skin Instant© Lab

30

60

Personalized Treatment

90

180

Second Skin

60

260

Micro-Puncture

60

260

Triple Lift Facial

120

230

Add to any facial or body treatment:

Skin Analysis With Skin Instant Lab©

30

60

And Visiolab©

Remodeling Face

30

100

Cocktail of Regenerative Actives

30

90

Chin & Facial Contour Booster

30

90

Co-Facteurs Biologique Recherche

30

90

Eye Contour Treatment

60

Prices are inclusive of taxes.





TREATMENTS

DURATION/MINUTES

PRICE/EUR

BODY TREATMENTS

Dreamcatcher	90	200
Body Toning Treatment	60/90	130/170
Detoxifying Algae Treatment	60/90	130/170
Upper Arms & Bust Treatment	60/90	110/150
Podiatry	60	150

MINDFULNESS PRACTICES

Chakra Meditation	45	80
Pranayama	45	80
Discover Your Spirit Animal	45	80
Six Senses Ibiza Guided Meditation	45	80
Yoga Nidra	45	80

FITNESS ACTIVITIES

Pilates	60	120
Personal Training	60	120
Aerial Yoga	45	120
Yoga	60	120

Prices are inclusive of taxes.



TREATMENTS

DURATION/MINUTES

PRICE/EUR

BEAUTY

Manicure	30/60/75	40/80/110
Pedicure	30/60/75	40/80/110
Gel Application	15	25
Eyebrow Tint	15	30

HAIR

Wash & Blow-Dry		110
Wash, Cut, Blow-Dry		160
Fringe Trim		50
Upstyle		110

BARBER SERVICES

Traditional Shave		60
Beard Trim/Shave		45
Haircut		90
Head Shave		45
Mustache/Goatee Outline		40
Waxing		

Full waxing service are available. Please visit the salon for more information.

Prices are inclusive of taxes.

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