



SIX SENSES SPA

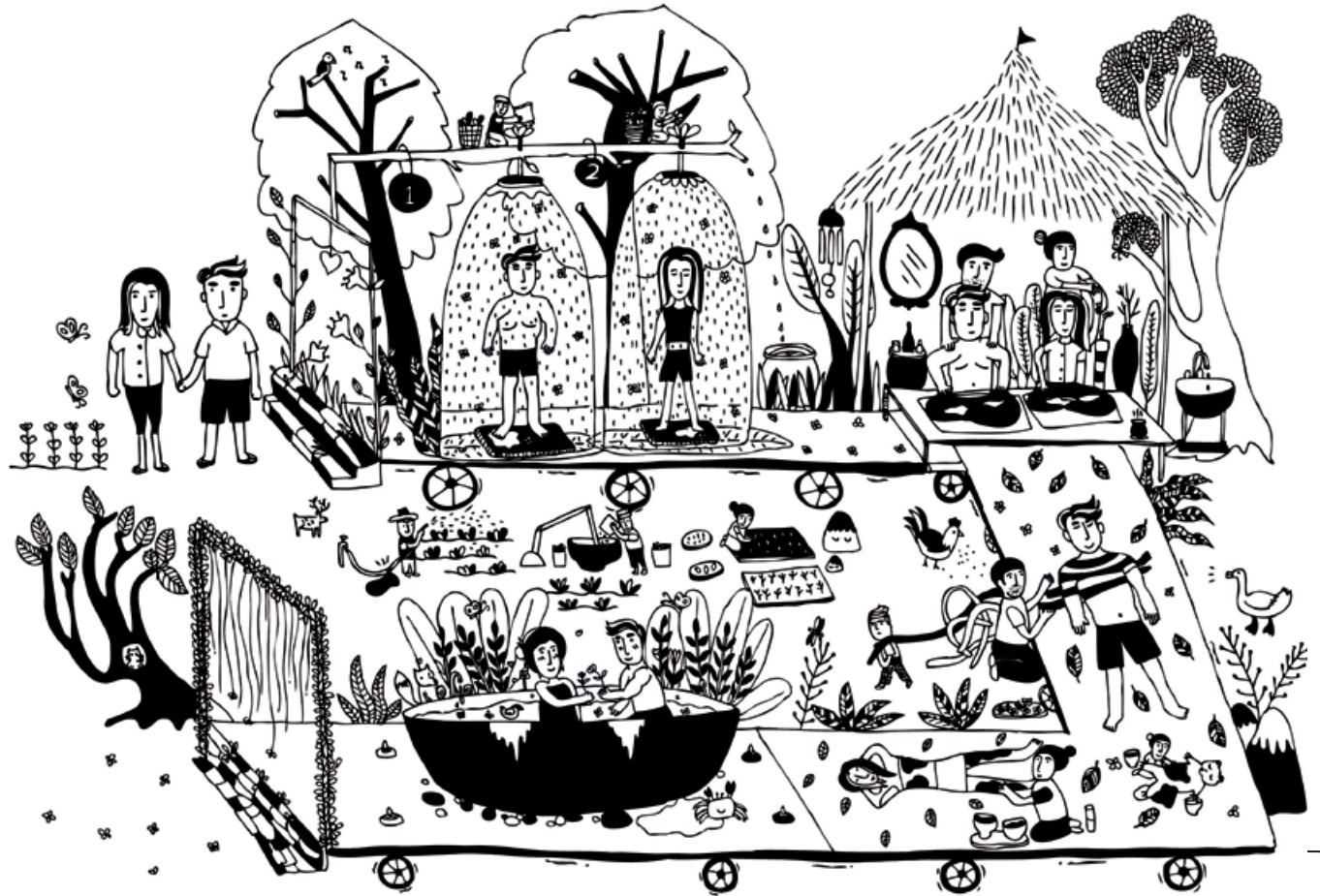
ELOUNDA

WELLNESS AND SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.





THALASSO POOL CIRCUIT, TWO HOURS

Enjoy before your treatment or book as an individual experience.

A beneficial experience for overall body and mind well-being, and recommended in conjunction with our thermal suite.

The many healing benefits of water and heat therapies have been practiced for centuries to reduce muscle tension, relieve pain and stress, boost the immune system, and encourage detoxification. Fast forward to today's Six Senses hydrotherapy experiences, which provide an alternative yet therapeutic way to ease muscle aches and boost overall well-being.

Indoor and outdoor thalassotherapy pool

Stretch out and relax back in the soothing warmth of 27 to 30 degrees C.

Hydrotherapy

Features include jets, cascades, bubble-beds and air-massage. 27 to 30 degrees C with indoor and outdoor pool sections.

Roman steam bath

Sit back and take a deeper breath. 40 to 42 degrees C.

Caldarium

Humidity, 80 to 100 percent and temperature 40 to 45 degrees C.

Saunarium

Humidity, 20 to 40 percent and temperature 50 to 65 degrees C.

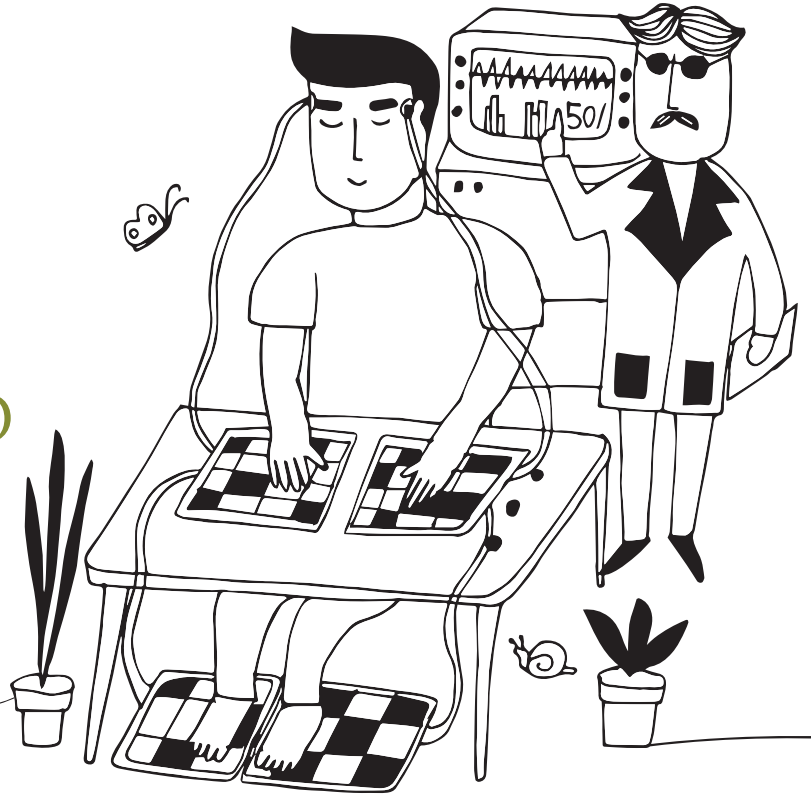
Finnish sauna

Traditional sauna with humidity, 5 to 20 percent and temperature, 80 to 100 degrees C.

Temperatures are approximate.



PERSONALIZED WELLNESS



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.

NUTRITION CONSULTATION, 45 MINUTES

Our expert nutritionist will provide advice on the nutrition that is right for you to amplify the benefits of your daily treatments and activities.

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

WEIGHT MANAGEMENT

Could you do with shedding a few pounds and boosting your energy levels? In this program, you'll learn the importance of balanced nutrition, exercise and a healthy mind; and how to sustain this routine once you return home.

Our Weight Management program is available for seven, fourteen or twenty-one nights with a full board inclusion.



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.

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.



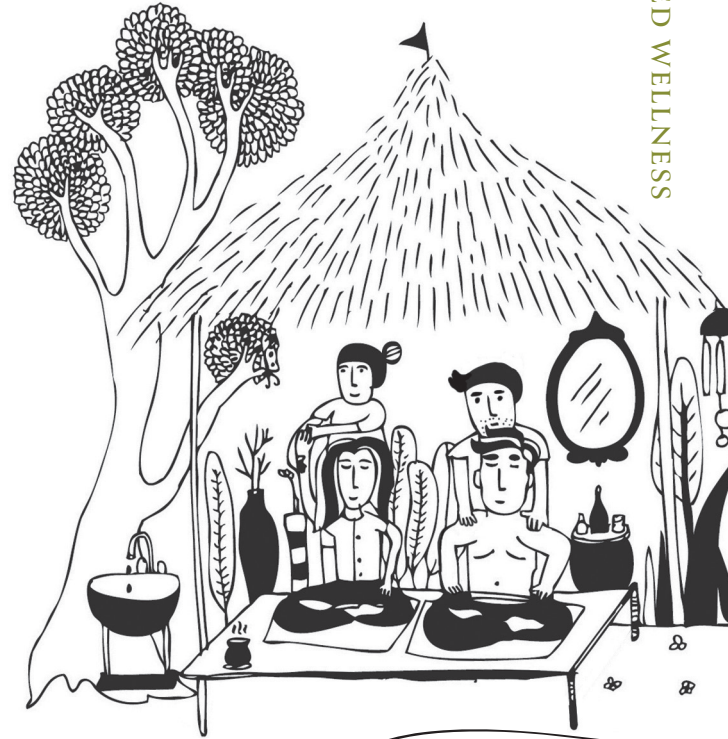
YOGIC DETOX

Cleanse the body and mind through an ancient yet effective practice. Increase energy levels, improve clarity of thought and enjoy quieter mind, while boosting the immune system. Ideal for yoga aficionados looking for a non-invasive, yet effective cleansing program.

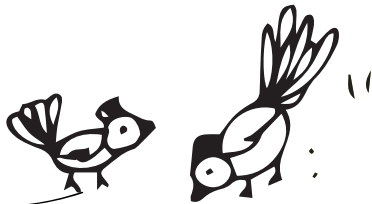
HEALING WITH AROMATHERAPY AYURVEDA

In Aromatherapy Ayurveda the traditional techniques & benefits of Ayurveda are combined with the added benefits of aromatherapy & marma techniques using the rare and unique flora pharmacy of the Indian essential oils providing a holistic sensory experience. The ultimate goal is to help you enhance your self-reliance, energy, vitality and mental health and lead to a better state of well-being.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being. Full board is optional.



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.



ALCHEMY



THE ALCHEMIST'S 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.

Age-Defying Gua Sha Facial, 90 minutes

Body Scrub, 60 minutes - stimulating/detoxifying/soothing

Cocoon, 90 minutes – detoxifying/nourishing

Medicinal Herbal Poultice Massage, 90 minutes

ALCHEMY HAMMAM EXPERIENCE, 60 MINUTES

Start your journey by setting a positive intention before our Spa Alchemist invites you to work with a variety of locally sourced, fragrant ingredients to create a personalized scrub and body mask. The experience includes a scrub in a warm hammam, bespoke full body massage, application of the body mask in the rasul, finishing with a deeply nourishing moisturizer.

THE ALCHEMY BAR WORKSHOP, 45 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





**AEGEAN BREEZE WITH SALT AND OLIVE OIL,
60 MINUTES**

Personalized full body herbal salt scrub and essential oil infused olive oil massage, for cleansed, nourished, and soothed skin, top to toe.

SENSE OF GREECE, 2 HOURS 30 MINUTES

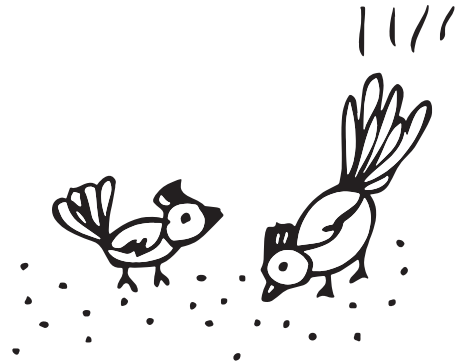
A Grecian inspired, deeply relaxing spa sensory journey with Cretan olive stone body exfoliation, a tension releasing warm seaweed wrap and The Mediterranean Antioxidant Facial, Zeus Power Massage and Marine Salt Bath complete this special treatment.

SENSE OF LOVE, 5 HOURS

The ultimate spa experience is one to be enjoyed together in the Private Spring Suite.

Body Scrub – Holistic Massage – Cocoon Wrap – Private dining experience with a Champagne Lunch – Thalassotherapy, private sauna, steam and jacuzzi – completed with a Signature Facial.

AROMATHERAPY AYURVEDA



Six Senses has partnered with Subtle Energies for Ayurveda Aromatherapy treatments. Backed by over 25 years of clinical research, Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurvedic principles.

BLISSFUL MARMA MASSAGE, 60/90 MINUTES

A deeply relaxing massage using long and firm flowing movements of varying pressure to eliminate stress-related tension, while Marma therapy and chakra balancing align vital energy centers. Enriching oils with powerful active benefits are applied to balance the heart chakra and enhance overall well-being.





ABHYANG FUSION, 60/90 MINUTES

Calming, detoxifying and rejuvenating, this full body treatment expertly merges Ayurveda, aromatherapy, marma massage, reflexology, remedial techniques, lymphatic drainage and chakra balancing. Using rich aromatic blends, it is recommended for detoxification, better sleep, strengthening of muscles and joints, reducing signs of cellulite or as a jet lag relief.

SHIRODHARA, 45 MINUTES

A stress-releasing treatment during which warm oil is poured over the third eye, forehead and temples to soothe and calm the nervous system. It assists with calming skin conditions and insomnia, while also enhancing emotional balance. The treatment starts with a facial marma massage to enhance the traditional experience.

SHIROBHYANG - INDIAN HEAD MASSAGE, 45 MINUTES

This traditional Indian head massage incorporates the benefits of Ayurveda Aromatherapy and uses an exquisite blend of therapeutic ingredients such as neem and coriander seed to induce a sense of grounding, while rejuvenating the scalp and releasing tension in the neck and shoulders. It begins with an aromatic hand soak and exfoliation, followed by the Shiroabhyang and concluding with a choice of facial or arm marma massage.

PADABHYANG - INDIAN LEG AND FOOT MASSAGE, 45 MINUTES

Bring harmony to the entire body with this energizing Ayurveda Aromatherapy foot and leg treatment. Recommended for relieving jet lag, improving circulation and de-stressing after traveling, this experience begins with a foot ritual and continues with a signature massage and a bronze kasa bowl technique to draw out excess heat and stimulate marma points of the feet and legs using unique oil blends. Hot compresses and the application of double cream or lotions complete this treatment.





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 60/90 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, 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, 60 minutes - a 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, 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

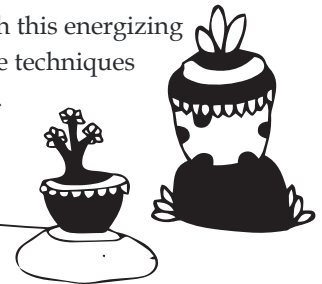
When used along with hot stones that induce deep relaxation, cold stones have a stimulating effect. This helps increase the body's metabolism, muscle tone and ability to flush out toxins. This soothing massage is complemented by the placement of healing crystals on the body to bring about balance and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

SHIATSU, 60 MINUTES

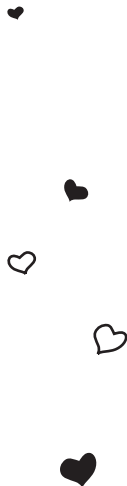
Restore natural balance and well-being with this invigorating full body massage, using the application of pressure along the meridians to release trapped energy.

THAI MASSAGE, 60/90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.



FACIALS



24K GOLD AGE-DEFYING FACIAL, 60 MINUTES

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*



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.

PERSONALIZED TREATMENT, 75 MINUTES

This bespoke facial starts with a consultation and hands-on skin analysis, 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.

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.

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.



Add to any facial or body treatment:

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.

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.

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.

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 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.*

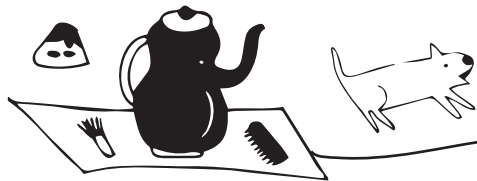
DETOXIFYING ALGAE TREATMENT, 60/90 MINUTES

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.*

ENHANCE YOUR SPA EXPERIENCE



UPGRADES, 30 MINUTES

Express Facial

Tension Soothing Scalp Massage

Acupressure Foot Massage

Back, Neck and Shoulders Massage

Body Scrub

Stress Release with Percussion Massage Gun

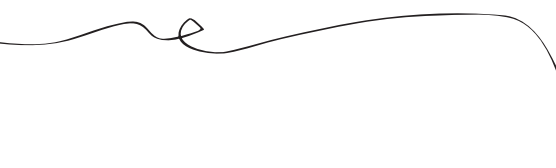
BATH MENU, 15 MINUTES

The Niagara hydrotherapy bath is designed for performing physio therapeutic underwater massage. The bath has all the necessary features for treating and preventing various problems of musculoskeletal and cardiovascular systems. The curative properties of fresh, mineral and seawater help to cope with stress, give the skin firmness and elasticity, normalize the function of the internal organs, and relieve muscle aches.

Marine Bath - ideal for those guests who wish to allow this combination of local seaweed & argile clay to detoxify & replenish their tissues with an array of vital minerals.

Glacial Bath - ideal for fitness enthusiasts. Assist your recovery with an icy scrub followed by a warm, soothing soak together with healing actives.

Cleopatra Bath - nourish and revitalize the skin with this Cleopatra inspired experience combining a blend of milk with aromatherapy oils and salts.



WELLNESS THERAPIES



ACUPUNCTURE, 60 MINUTES

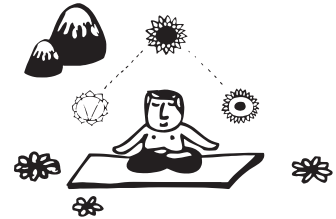
This treatment is personalized to each individual's needs. It balances and strengthens vital energies within the body to achieve an optimum state of well-being. It has been known to assist in treating a variety of concerns including back pain, sciatica, arthritis, allergies, infertility, irritable bowel syndrome, weight loss, chronic fatigue, migraines and insomnia.

PODIATRY, 60 MINUTES

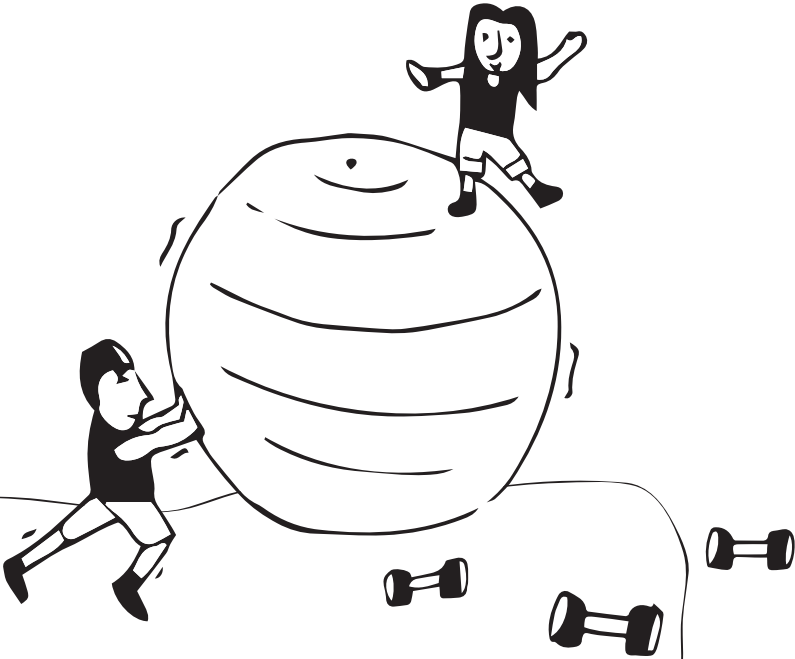
Are you experiencing any issues that may involve the foot and/or ankle – a sports injury, arthritis, joint pain or skin problems? Visit our resident podiatrist, a specialist who will examine your feet and be able to diagnose & effectively treat any abnormal conditions. It is our aim to keep you mobile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

SIX SENSES SPA ELOUNDA 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.



FITNESS



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.

PILATES, 60 MINUTES

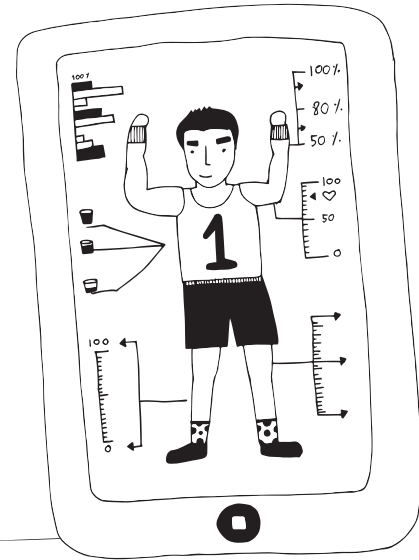
Specially designed equipment is used to strengthen and stretch the muscles, build core strength and increase flexibility.

PERSONAL TRAINING, 60 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility. A bespoke plan incorporating TRX, strength training or functional fitness, will be tailored to your needs.

SWIMMING LESSON, 60 MINUTES

Whether your children are beginners or just building their confidence in the water, our qualified teachers cater for all levels and will create a fun and safe environment to grow swimming skills.



BEAUTY



INTENSIVE HAIR LOSS PREVENTION SCALP TREATMENT, 60 MINUTES

This hair loss prevention treatment improves hair attachment to the scalp. It stimulates the roots and slows hair loss over time. Excellent for treating androgenetic alopecia. *Using Biologique Recherche.*

OXYGENATING-FORTIFYING TREATMENT, 30 MINUTES

A treatment that oxygenates the scalp and strengthens the hair. Recommended as an add-on to a spa treatment. *Using Biologique Recherche.*

MANICURE, 30/60 MINUTES

PEDICURE, 30/60 MINUTES

GEL APPLICATION, 15 MINUTES

WAXING

Full waxing service available on request.



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 9:00 am to 7:00 pm

Gymnasium 7:30 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries 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 in order 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

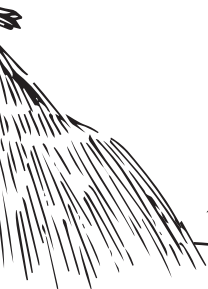
In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

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 store.

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.





SIX SENSES SPA

ELOUNDA

WELLNESS AND SPA MENU
PRICELIST



WELLNESS PROGRAMS

DURATION

PRICE/EUR

Thalasso Pool Circuit	120 mins	30
Wellness Screening	45 mins	100
Nutrition Consultation	45 mins	160

WEIGHT MANAGEMENT

7 DAYS

14 DAYS

21 DAYS

Wellness Screening	1	1	1
Private fitness activities	5	10	15
Private yoga or meditation	2	4	6
Six Senses Detox Treatments (60 mins)	4	8	9
Six Senses Detox Massage (60 mins)	3	8	12
Private sauna and steam bath	2	4	6
Daily use of thalassotherapy pool and thermal suite	7	14	21
Program wrap-up	1	1	1
Price	EUR 1,790	EUR 3,430	EUR 4,980

Prices are inclusive of VAT.

WELLNESS PROGRAMS

DETOX

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening	1	1	1
Private yoga, meditation or wellness activity	3	5	7
Six Senses Detox Massage (60 mins)	2	3	4
Detox Scrub and Wrap (60 mins)	1	2	3
Yogic Intestinal Cleanse	0	1	1
Private sauna and steam bath	1	2	3
Daily use of thalassotherapy pool and thermal suite	3	5	7
Program wrap-up	1	1	1
Price	EUR 700	EUR 1,100	EUR 1,420

FITNESS

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening	1	1	1
Private yoga	3	4	5
Wellness activities with choice a of hiking or canoeing	2	3	4
Detox treatment (60 mins)	1	1	2
Private sauna & steam bath	1	2	3
Daily use of thalassotherapy pool and thermal suite	3	5	7
Program wrap-up	1	1	1
Price	EUR 550	EUR 690	EUR 970

Prices are inclusive of VAT.





WELLNESS PROGRAMS

SLEEP	3 DAYS	5 DAYS	7 DAYS
Wellness Screening	1	1	1
Sleep tracking each night	3	5	7
Sleep tracking review	3	5	7
Six Senses Signature Massage (60 mins)	2	3	5
Private yoga, meditation or wellness activity	3	5	7
Head Massage (60 mins)	1	2	2
Welcome bag with sleep amenities	1	1	1
Daily use of thalassotherapy pool and thermal suite	3	5	7
Program wrap-up	1	1	1
Price	EUR 765	EUR 1,210	EUR 1,740

DISCOVER YOGA	3 DAYS	5 DAYS	7 DAYS
Yoga Consultation	1	1	1
Personalized yoga (60 mins)	1	2	3
Pranayama (45 min)	0	1	1
Guided Meditation (45 mins)	1	1	1
Chakra Balancing (30 mins)	0	0	1
Thai Massage (90 mins)	0	0	1
Signature Massage (60 mins)	1	2	2
Hot Stone Massage (90 mins)	0	0	1
Reiki (60 mins)	1	1	1
Price	EUR 350	EUR 480	EUR 1,030

Prices are inclusive of VAT.

WELLNESS PROGRAMS

YOGIC DETOX

5 DAYS

7 DAYS

Yoga Consultation	1	1
Personalized yoga (60 mins)	2	3
Pranayama (45 mins)	1	2
Guided Meditation (45 mins)	1	1
Thai Massage (90 mins)	1	1
Yogic Intestinal Cleanse	1	1
Detox Massage (60 mins)	1	1
Detox Scrub and Wrap (60 mins)	0	1
Oriental Massage (90 mins)	1	1
Signature Facial	0	1
Price	EUR 770	EUR 1,310

Prices are inclusive of VAT.





WELLNESS PROGRAMS

HEALING WITH AYURVEDA AROMATHERAPY

3 DAYS

5 DAYS

7 DAYS

Aromatherapy Ayurveda consultation (30 mins)	1	1	1
Pearl Infused Remineralizing Body Wrap (90 mins)	1	1	1
Rasayana Detox Body Wrap (90 mins)	0	1	1
Blissful Marma Massage (60 mins)	1	1	2
Abhyang Fusion massage (60 min)	0	1	2
Wild Kashmir Purifying Facial (60 mins)	1	1	1
24K Gold Age Defying Facial (60 mins)	0	1	1
Soothe & Enrich Advanced Antioxidant Facial (60 mins)	0	0	1
Indian Head and Foot Massage (45 mins)	0	1	1
Shirodhara (45 mins)	0	0	1
Personalized Yoga (60 mins)	1	1	1
Guided Meditation (30 mins)	1	1	1
Daily use of thalassotherapy pool and thermal suite	3	5	7
Price	EUR 465	EUR 925	EUR 1,290

Prices are inclusive of VAT.

TREATMENT

DURATION

PRICE/EUR

WELLNESS DAYS

Love Your Heart	Half day	260
Mind Your Brain	Half day	270
Boost Your Immunity	Half day	270

ALCHEMY

Age Defying Gua Sha Facial	90 mins	145
Body Scrub	60 mins	120
Cocoon	90 mins	120
Medicinal Herbal Poultice	90 mins	145
Alchemy Hammam Experience	90 mins	210
The Alchemy Bar Workshop	45 mins	120

LOCALLY INSPIRED

SIGNATURE TREATMENTS

Aegean Breeze with Salt and Olive Oil	60 mins	140
Sense of Greece	2 hours 30 mins	280
Sense of Love	5 hours	830

Prices are inclusive of VAT.





TREATMENT

DURATION/MINUTES

PRICE/EUR

AROMATHERAPY AYURVEDA

Blissful Marma Massage	60/90	145/180
Abhyang Fusion	60/90	165/185
Shirodhara	45	180
Shirobhyang	45	110
Padabhyang	45	110

MASSAGES

Deep Tissue	60/90	145/180
Movement Restoration	90	180
Detox	60/90	145/180
Holistic	60/90	145/180
Pregnancy Massage	60/90	145/180
Tension Soother	60	145
Head Massage	60	145
Relaxed Feet	60	145
Hot and Cold Stone Therapy	90	165
Shiatsu	60	145
Thai Massage	60/90	145/180

Prices are inclusive of VAT.

TREATMENT**DURATION/MINUTES****PRICE/EUR****FACIALS**

24K Gold Age Defying Facial	60	175
Soothe & Enrich Advanced Antioxidant Facial	60	175
Personalized Treatment	75	175
Second Skin	60	240
Triple Lift Facial	120	240
Skin Instant Lab	30	55
Remodeling Face	30	55
Cocktail of Regenerative Actives	30	75
Chin and Facial Contour Booster	30	75
Eye Contour Treatment	30	55

BODY TREATMENTS

Dreamcatcher	90	180
Body Toning Treatment	60/90	165/190
Detoxifying Algae Treatment	60/90	165/190
Upper Arms and Bust Treatment	60/90	165/190

UPGRADES

Express Facial	30	75
Tension Soothing Scalp Massage	30	75
Acupressure Foot Massage	30	75
Back, Neck and Shoulders Massage	30	75
Body Scrub	30	75
Stress Release with Percussion Massage Gun	30	75

Prices are inclusive of VAT.





TREATMENT	DURATION/MINUTES	PRICE/EUR
BATH MENU		
Marine Bath	30	55
Glacial Bath	30	55
Cleopatra Bath	30	55
WELLNESS THERAPIES		
Acupuncture	60	160
Podiatry	60	160
Six Senses Spa Elounda Guided Meditation	30	75
FITNESS		
Pilates	60	115
Personal Training	60	105
Yoga	60	115
Swimming Lesson	60	60
BEAUTY		
Intensive Hair Loss Prevention Scalp Treatment	60	75
Oxygenating - Fortifying Treatment	30	75
Manicure	30/60	40/80
Pedicure	30/60	40/90
Gel application	15	30

Prices are inclusive of VAT.

SIX SENSES SPA ELOUNDA AT ELOUNDA SA HOTELS AND RESORTS

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