



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.

Sauna

Allow the dry deep heat to relax your muscles and cleanse your skin. 80 degrees C

Steam room

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

Caldarium hot bath

Bubble your stress away in 36 degrees C warm water.

Cascade shower

Refresh after each heat experience or at the end of the journey. 20 degrees C

Tropical rain shower

Take your senses on a journey through the tropics.

Relaxation room

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

Temperatures are approximate.

PERSONALIZED WELLNESS



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

WELLNESS SCREENING, 45 MINUTES

How are you, really? Find out what is going on inside your body with our in-depth wellness screening. The reading reveals 40 key biomarkers relating to your overall well-being. Our practitioner will talk you through the results and plan the next steps in line with your wellness goals. You only have knowledge to gain.

FITNESS

Whether you're looking to boost endurance, sculpt your body, enhance overall fitness, or target specific performance goals, this program is designed to elevate your potential. Through a personalized assessment, we craft a dynamic blend of high- and low-intensity training, seamlessly integrated with restorative treatments to optimize recovery, enhance mobility, and leave you feeling strong, balanced, and re-energized.

DETOX

Do you want to eliminate toxins, improve the digestive system and boost the immune system? Balance weight and boost your energy levels. We use the non-invasive techniques of yogic cleanse to help your body detox, combined with low intensity training, detoxifying therapies and personalized wellness activities. You'll learn the importance of balanced nutrition, exercise and how to sustain this routine once you return home.

YOGA & SPIRITUALITY

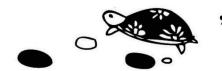
Immerse yourself in a transformative journey that harmonizes movement, breath, and energy. This exclusive program blends personalized yoga sessions, guided meditation, and breathwork with signature massages and energy-balancing treatments. Release stress, enhance flexibility, and cultivate inner strength while experiencing a profound sense of relaxation and renewal. Whether seeking deeper self-connection or physical vitality, this holistic experience will leave you feeling empowered, balanced, and rejuvenated.



SLEEP

Are you feeling drained, struggling with low energy, experiencing sleep issues, headaches, or finding it hard to cope with stress? It's time to reset. This transformative program blends expert sleep guidance with the restorative power of Yoga Nidra, meditation, and deeply relaxing wellness therapies. Designed to calm the nervous system, improve sleep quality, and restore vitality, this holistic journey will help you unwind, recharge, and navigate life with renewed clarity and resilience.

*Programs of three, five, seven or more nights are available. It depends on how much time you must invest in your well-being. If you are not sure which program is right for you, our team of wellness experts will be happy to design a personalized program based on your goals.







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.

LOCALIZED CRYOTHERAPY, 8 MINUTES

Expose the face or specific parts of the body to subzero temperatures (-30 degrees) to reduce tenderness, stimulate collagen and refresh and uplift the area. Areas include face mask, head relief, eye therapy or any other area with inflammation.

TIME FOR A RED-LIGHT MASK, 20 MINUTES

Therapeutic technique that uses red low-level wavelengths of light to treat skin issues, such as wrinkles, scars, and persistent wounds, among other conditions.

EASE TENSION WITH VENOM BACK WRAP, 15 MINUTES

Digitally controlled heat and vibration to soothe sore muscles and relax stiff joints. The most advanced heat and massage wearables available at the spa.

PULSED ELECTROMAGNETIC FIELD THERAPY, 30 MINUTES

The Infrared PEMF Mat combines two powerful healing technologies to create the ultimate recovery tool. Pulsed Electromagnetic Field (PEMF) therapy emits electromagnetic waves that mimic natural frequencies found in nature, stimulating and encouraging your body's natural recovery process.

FAST RECOVERY WITH COMPRESSION THERAPY, 30 MINUTES

This therapy takes compression to the next level.

These boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

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.

Choose from:

Soothing Cocoon, 60 minutes

+ 30 minutes potions preparation workshop

Herbal Poultice Massage, 60 minutes

+ 30 minutes potions preparation workshop

Personalized Anti-aging Gua Sha Facial (Choose from Balancing, Calming or Nourishing)

THE ALCHEMY BAR WORKSHOP, 45 MINUTES

Learn how to make clean potions and cures to carry on the good work back home.

Choose from:

Bespoke

You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop.

Heart of Ibiza

Make your own personalized body scrub & mask using the most powerful local ingredients including aloe vera and wild thyme to achieve beautiful, nourished skin.

Facial Glow Ritual

Guided by our expert Alchemist, to make your own facial scrub, mask & toner. The perfect ritual for your skin.

Loveable Fragrances

Come on a sensory journey with us to make your own and unique solid perfume.



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. This energizing treatment is completed with a soothing facial massage using cool Gua sha tools to reveal a fresh, radiant complexion.

SACRED RITUAL, 90 MINUTES

Embark on a bespoke journey of self-discovery and harmony. Tailored for all genders, this transformative experience aligns the dynamic energies of the masculine and feminine with the rhythm of your body's natural cycles, hormones and emotions. Each ritual is a unique fusion of ancient wisdom and modern techniques, designed to restore balance, elevate your spirit, and leave you feeling deeply connected to your inner self.

BODY & SPIRIT RECOVERY, 60 MINUTES

Aching muscles and inflamed joints can really impact your quality of life. By helping your system regain its balance, CBD may help support recovery. This ritual was created to melt away muscle aches, calm the nervous system, boost the immune system and immerse the body in deep relaxation. *Using Kloris CBD Body Oil.*

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 couple's full body massage. Hopefully everyone will be smiling at the end of the treatment!







MASSAGES



SIX SENSES SIGNATURE MASSAGES:

Movement Restoration, 90 minutes - Improve mobility and flexibility with a full body massage combining trigger point techniques and gentle stretching. Increase your range of motion and allow the body to release built-up tension. Enhanced with our CBD balm, a wonderful anti-inflammatory agent and antioxidant, this massage will leave you feeling relaxed and recharged on a whole different level. Using Kloris CBD Body Oil.

Deep Tissue, 60/90 minutes - Release stress, ease muscle tension and improves mobility. Trigger points, hot stones or warm compresses may be used to enhance this treatment.

Detox, 60/90 minutes - Focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

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

Holistic, 60/90 minutes - Combining flowing, soothing, rhythmical and medium pressure movements on specified areas of concern to bring about a balance.

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

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.

DREAMCATCHER, 90 MINUTES

Evoke a deep sense of relaxation with this therapeutic journey. Releasing tension from back, neck, shoulders and head, before finishing with an acupressure massage on the feet. The bath salts given at the end of your journey to be used on your own bath ritual promises a peaceful slumber.

*Enhance your massage with a locally inspired Citrus Body Scrub, 30 minutes or choose the Kloris CBD Body Oil.









FACIALS

NATURAL FACIALS

528 HZ FACIAL, 30/60 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.

Using Nottnuit.

LLUM DE LLEVANT, 30/60 MINUTES

"The face is the mirror of the soul." Discover radiant harmony with this luxurious facial ritual inspired by Ibiza's natural beauty. Using specialized massage techniques and sensory brush strokes, this transformative experience rejuvenates your skin, eases tension, and enhances your natural glow. Reflect your inner light with revitalized skin and a renewed spirit. *Using Alqvimia*.



Using Biologique Recherche

PERSONALIZED TREATMENT, 60/90 MINUTES

This personalized facial is tailored to your unique skin needs, combining targeted products with advanced techniques for optimal results. The 90-minute option includes all the benefits, plus specialized enhancements such as advanced remodeling technology, lifting and sculpting massage, or intensive booster treatments, applied as needed based on your skin's condition for optimal results.

SECOND SKIN, 60 MINUTES

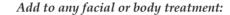
This exceptional anti-aging and regenerative facial visibly lifts and treats the signs of aging, while accelerating the healing process. The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of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

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.

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.



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.

CO-FACTEURS MASK, 15 MINUTES

For even more visible results, enhance your treatment by applying a preformed and personalized mask with unique ingredients during your treatment.







BODY TREATMENTS



BODY TONING TREATMENT, 90 MINUTES

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

DETOXIFYING ALGAE TREATMENT, 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.

YOGIC INTESTINAL CLEANSE, 60 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way. Combining five yoga postures with salted water. Booking is required one day prior to the desired start date.

HAMMAM PURIFICATION JOURNEY, 60/90 MINUTES

The ultimate body experience, that soothes your skin, revitalizes the body and calms your mind. You will love being covered in bubbles with this treatment performed in our private hammam. Choose between the mysterious fragrances of amber, oud or honey-orange and renew the skin with an exfoliation and deep cleanse of the body and face, leaving you feeling invigorated. Dive into an even more profound exfoliation, face & body care during a 90-minute journey. *Using Morjana*.



MINDFULNESS
PRACTICES,
SOUND HEALING & YOGA



MEDITATION, 45 MINUTES

PRANAYAMA, 45 MINUTES

YOGA NIDRA, 45 MINUTES

SOUND HEALING, 60 MINUTES

FACIAL YOGA, 30 MINUTES

BODY BALANCE, 60 MINUTES

BREATHWORK, 60 MINUTES

supplement of EUR 50 applies for each additional person.





FITNESS,
ONE-TO-ONE SESSIONS,
WELLNESS ACTIVITIES



PERSONAL TRAINING, 60 MINUTES

PILATES, 60 MINUTES

YOGA, 60 MINUTES

AERIAL YOGA, 60 MINUTES

BOXING, 60 MINUTES

ASSISTED STRETCHING, 45 MINUTES

BARRE SCULPT, 60 MINUTES



No.

PS.

BEAUTY



MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

FILE AND POLISH, 30 MINUTES

Add onto any manicure or pedicure: SEMIPERMANENT POLISH APPLICATION OR REMOVAL, 15 MINUTES

HAIR

Wash & Blow-dry, from 45 minutes

Cut/Fringe Trim, from 30 minutes

Up Style, from 30 minutes

Bespoke Hair Scalp Treatments, from 45 minutes

BARBER SERVICES (available on request)

WAXING (Full waxing service available; please visit the salon for more information)

MAKE UP (available on request)





SPA TO SPAAAHH

Make the most of your spa time

SPA OPENING HOURS

From 10:00 am to 9:00 pm.

* 20% surcharge will be added to all treatments done outside opening hours.

EXTERNAL GUESTS AND DAY SPA ADMISSIONS

Daily: 10:00 am to 6:00 pm upon request and availability.

GYM

Fitness Instruction is available from 7:00 am to 7:00 pm. Guests must be older than 16 years to use the gym.

SPA RESERVATIONS

For spa inquiries or reservations, please contact the spa reception directly. 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 12 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.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer private (one-on-one) treatments for children under 14 years, requiring the pressence of a parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment. Children over the age of 16 years can use our spa heat and water facilities.

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 & RETAIL

A large variety of smart and meaningful retail offers from skincare, lifestyle and wellness is available at our spa boutique. Spa vouchers are available to purchase from the Spa Reception.



SIX SENSES SPA IBIZA

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WELLNESS AND SPA MENU **PRICELIST**



PRICE/EUR

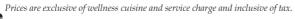
Wellness Screening (45 mins)			175
DETOX	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	2
Private Activity: Yoga/Pilates/Personal Training (60 mins)	2	3	4
Private Activity: Meditation (45 mins)	1	1	1
Private Activity: Pranayama (45 mins)	1	2	3
Detox Massage (60 mins)	1	2	3
Yogic Intestinal Cleanse (60 mins)	1	1	1
After Party Detox (90 mins)	1	1	1
Personalized Spa Biohacking (30 mins)	1	2	3
Program Wrap-Up (45 mins)	1	1	1
Something for a Detox Week Supplement	1	1	1
Private Consultation at Home	1	1	1
Price per person	EUR 1,510	EUR 2,050	EUR 2,730
Price per couple	EUR 2,652	EUR 3,598	EUR 4,824

If you would like to book a wellness program but are not a hotel guest, please contact our spa reception team so we can personalize the inclusions.

Prices are exclusive of wellness cuisine and service charge and inclusive of tax.

FITNESS	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	2
Private Activity: Personal Training (60 mins)	3	5	7
Private Activity: Outdoor Activity (60 mins)	1	1	1
Private Activity: Pranayama (45 mins)	1	1	1
Deep Tissue Massage/Movement Restoration (60 mins)	1	1	2
Hot Stone Massage (90 mins)	1	1	1
Personalized Spa Biohacking (30 mins)	1	2	3
Assisted Stretching (45 mins)	1	2	3
Something for the Tiredness Supplement	1	1	1
Program Wrap-Up (30 mins)	1	1	1
Private Consultation at Home	1	1	1
Price per person	EUR 1,742	EUR 2,262	EUR 3,142
Price per couple	EUR 3,076	EUR 3,960	EUR 5,564

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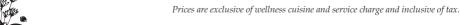
SLEEP	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	2
Private Activity: Yoga/Pilates/Personal Training (60 mins)	1	2	3
Private Activity: Meditation (45 mins)	1	2	3
Private Activity: Pranayama (45 mins)	1	1	1
Private Activity: Sound Healing (60 mins)	1	2	3
Private Activity: Yoga Nidra (45 mins)	1	1	1
Dreamcatcher (90 mins)	1	1	1
Holistic Massage (60 mins)	1	1	1
Personalized Spa Biohacking (30 mins)	1	2	3
Sleep Tracker throughout The Stay	1	1	1
Program Wrap-Up (30 mins)	1	1	1
Private Consultation at Home	1	1	1
Price per person	EUR 1,440	EUR 1,928	EUR 2,556
Price per couple	EUR 2,506	EUR 3,264	EUR 4,302

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Prices are exclusive of wellness cuisine and service charge and inclusive of tax.

YOGA & SPIRITUALITY	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	2
Private Activity: Yoga (60 mins)	3	5	7
Private Activity: Meditation (45 mins)	1	2	3
Private Activity: Sound Healing (60 mins)	1	1	2
Private Activity: Yoga Nidra (60 mins)	-	1	1
Private Activity: Facial Yoga (60 mins)	1	2	3
Body & Spirit Recovery (60 mins)	1	1	1
Spiritual Ceremony (90 mins)	1	1	1
Personalized Spa Biohacking (30 mins)	1	1	1
Program Wrap-Up (30 mins)	1	1	1
Private Consultation at Home	1	1	1
Price per person	EUR 1,572	EUR 2,176	EUR 2,976
Price per couple	EUR 2,574	EUR 3,480	EUR 4,750

If you would like to book a wellness program but are not a hotel guest, please contact our spa reception team so we can personalize the inclusions.







TREATMENTS

TREATMENTS	DOIGNI ION/ WIINO LES	I KICL/LUK
BIOHACKING		
Localized Cryotherapy	8	40
Pulsed Electromagnetic Field Therapy	30	65
Time For A Red-light Mask	20	40
Fast Recovery with Compression Therapy	30	70
Ease Tension with Venom Technology	15	30
Biohacking Circuit	30	90
ALCHEMY		
Soothing Cocoon	90	255
Herbal Poultice Massage	90	275
Personalized Anti-Aging Gua Sha Facial	90	235
The Alchemy Bar Workshop	45	75
LOCALLY INSPIRED SIGNATURE TREATMENTS		
After Party Detox	90	330
Significant Other	90	335
Body & Spirit Recovery	60	245
Sacred Ritual	90	340

DURATION/MINUTES PRICE/EUR

TREATMENTS	DURATION/MINUTES	PRICE/EUR
MASSAGES		
Six Senses Signature Massages:		
Movement Restoration	90	320
Deep Tissue	60/90	280/355
Detox	60/90	280/355
Holistic	60/90	250/325
Pregnancy	90	275
Tension Soother/Head Massage/Relaxed Feet	30/60	165/200
Hot & Cold Stone Therapy	90	320
Dreamcatcher	90	320
FACIALS		
528 Hz Face Massage	30	155
528 Hz Facial	60	265
Llum de Llevant by Alqvimia	30/60	155/270
Personalized Treatment	60/90	295/335
Second Skin	60	425
Micro-Puncture	60	395
Triple Lift Facial	120	485
Add to any facial or body treatment:		
Skin Analysis	30	85
Co-facteurs	30	115



Prices include taxes and exclude service charge.



Facial Yoga

TREATMENTS DURATION/MINUTES PRICE/EUR **BODY TREATMENTS Body Toning Treatment** 90 355 Detoxifying Algae Treatment 90 350 Hammam Purification Journey 60/90 245/320 Yogic Intestinal Cleanse 60 140 MINDFULNESS PRACTICES, SOUND HEALING & YOGA Meditation 45 140 Pranayama 45 140 Yoga Nidra 45 140 **Body Balance** 60 130 Sound Healing 60 210 Breathwork 60 190

FITNESS, ONE TO ONE SESSION & WELLNESS ACTIVITIES

Personal Training	60	195
Pilates	60	195
Yoga	60	195
Aerial Yoga	60	200
Barre Sculpt	60	160
Boxing	60	195
Assisted Stretching	45	195

30

Prices include taxes and exclude service charge.

85

TREATMENTS	DURATION/MINUTES	PRICE
BEAUTY		
File & Polish	30	75
Manicure	60	130
Pedicure	60	160
Semipermanent polish application or removal	15	15
HAIR		
Wash & Blow-Dry	From 45	From 120
Cut/Fringe Trim	From 15	From 100
Upstyle	From 30	From 165
Bespoke Scalp Treatment	From 45	From 125
Barber Services	From 15	From 100
Waxing	From 15	From 30
Make-up	From 45	From 165



Prices include taxes and exclude service charge.

SIX SENSES SPA IBIZA

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