



SIX SENSES SPA

IBIZA

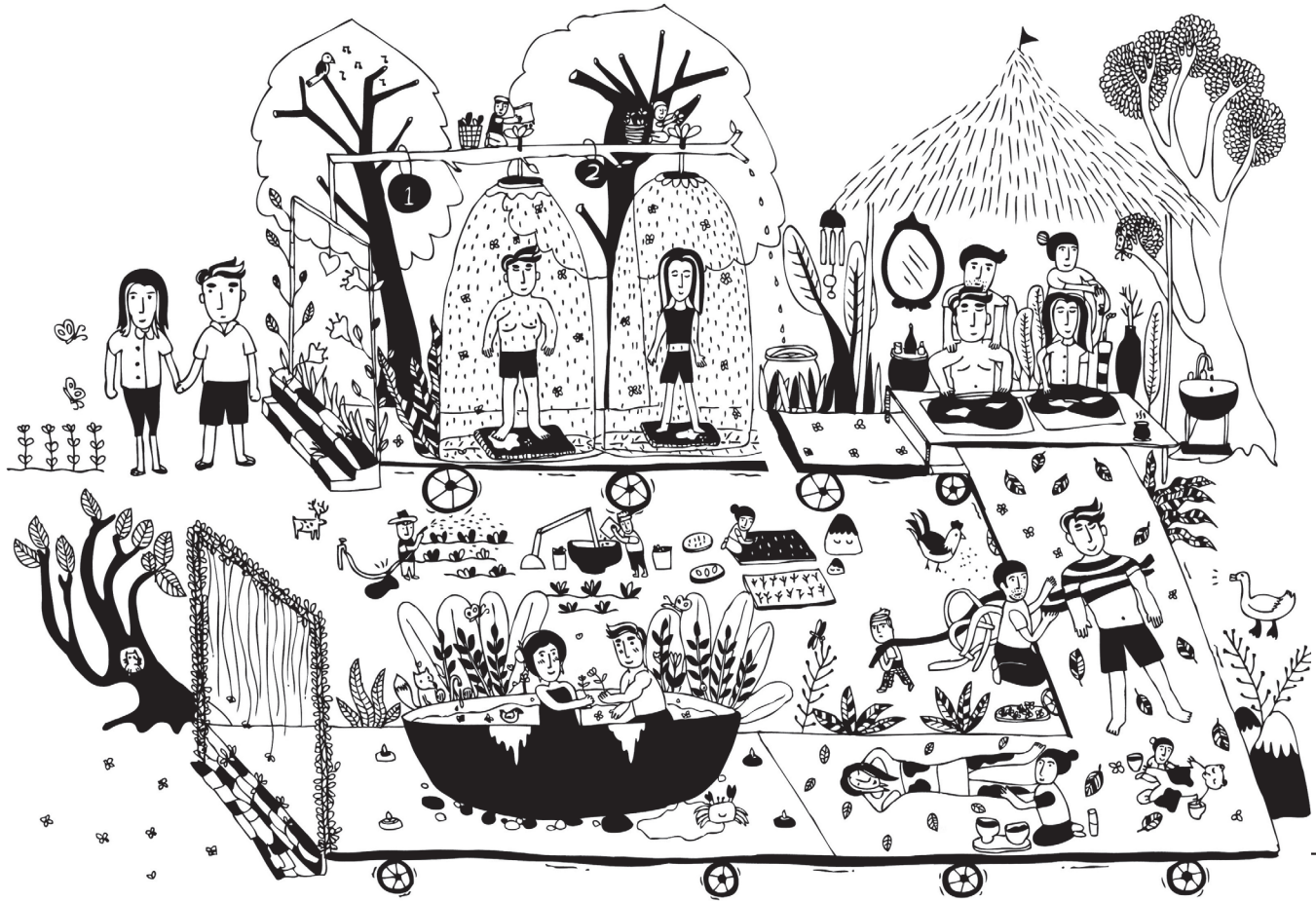
WELLNESS AND SPA MENU

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.

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.

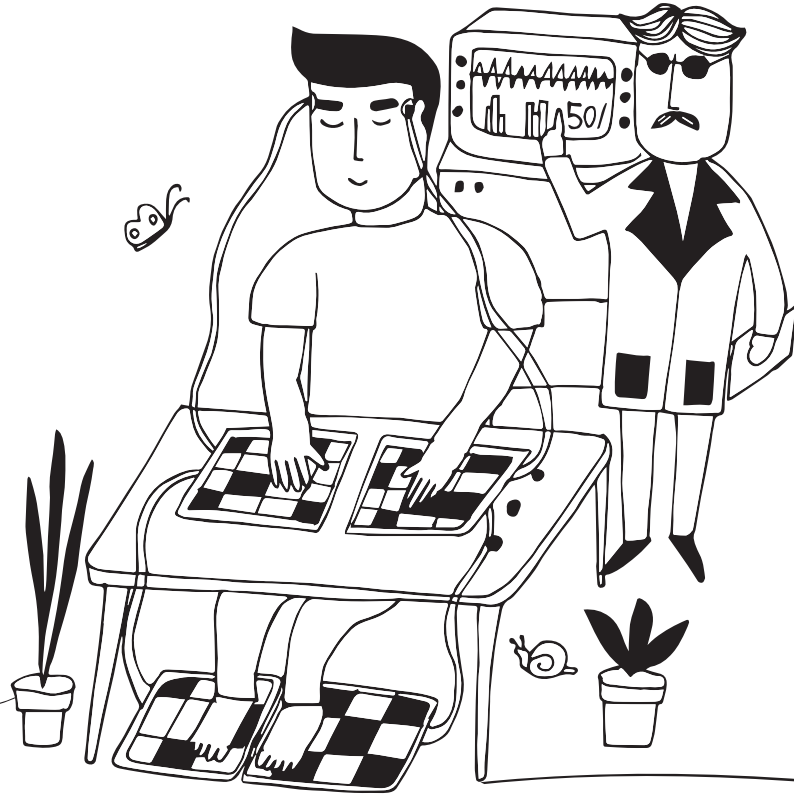
Relaxation room

Finish your journey in the relaxation room, enjoy a hydrating glass of structured 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. Move further along your path to wellness, with us cheering you on.

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

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

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.

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.

**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.*

EAT WITH SIX SENSES

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

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



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 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.



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

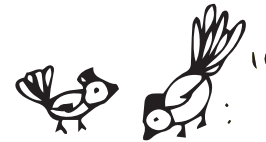
Expose the face or specific parts of the body to subzero temperatures (-30 degrees) to reduce tenderness, stimulate collagen and refresh and uplift the area. Areas include face mask, head relief, eye therapy or any other area with inflammation.

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.

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 compression 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.

**QUICK & EASY MUSCLE RELIEF
WITH HYPERVOLT, 15 MINUTES**

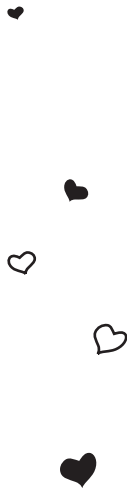
Increases circulation and reduces muscle soreness and stiffness. This percussion massage device is a fantastic way to increase blood flow, thereby increasing mobility, range of motion and flexibility, awesome for recovery.

**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.



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, 90 minutes

+ 30 minutes potions preparation workshop

Herbal Poultice Massage, 90 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.

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!

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.





MASSAGES





SIX SENSES SIGNATURE MESSAGES:

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 improve 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 individual. 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.

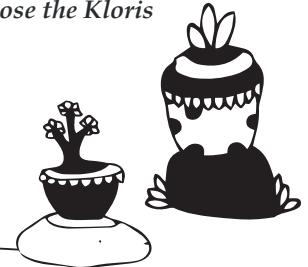
HOT & COLD STONE THERAPY, 90 MINUTES

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.

EXPRESS FACIAL, 30 MINUTES

"The face is the mirror of the soul." Discover radiant harmony with our Express Facial Ritual, where natural products and specialized massage techniques come together to rejuvenate your skin. Experience the transformative power of nurturing your face, reflecting the luminosity of your soul.

Using Alqimia.



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 by using a specific physiological, behavioral and tactile approach.

PERSONALIZED TREATMENT, 60/90 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. 60-minute option is without skin analysis.

SECOND SKIN, 60 MINUTES

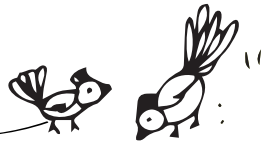
This exceptional anti-aging and regenerative facial visibly lifts and treats the signs of aging, while accelerating the healing process. The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of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



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.

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 include an exfoliating session followed by a bio-reflex massage to improve the 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.

**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





SIX SENSES IBIZA GUIDED MEDITATION,
45 MINUTES

CHAKRA MEDITATION, 45 MINUTES

PRANAYAMA, 45 MINUTES

YOGA NIDRA, 45 MINUTES

SOUND HEALING, 60 MINUTES

FACIAL YOGA, 30 MINUTES

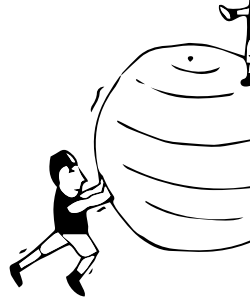
BODY BALANCE, 60 MINUTES

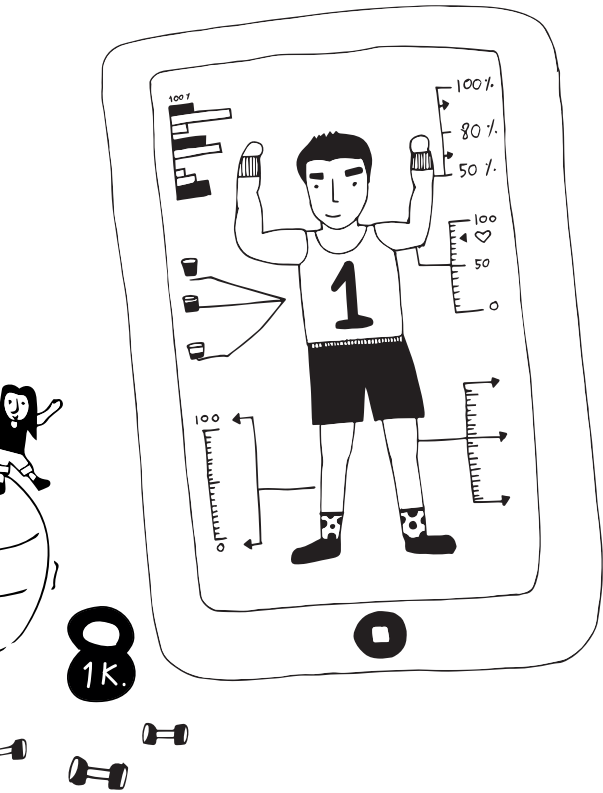
YOGIC INTESTINAL CLEANSE, 60 MINUTES

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.

supplement of EUR 50 applies for each additional person.

FITNESS,
ONE-TO-ONE SESSIONS,
WELLNESS ACTIVITIES





supplement of EUR 50 applies for each additional person.

FITNESS YOUR WAY

We offer an extensive range of in-person and on-demand training. If you are not sure how to reach your wellness or fitness goals, meet with a wellness expert who will guide you to the right activity.

PERSONAL TRAINING, 60 MINUTES

PILATES, 60 MINUTES

YOGA, 60 MINUTES

AERIAL YOGA, 60 MINUTES

BOXING, 60 MINUTES

ASSISTED STRETCHING, 45 MINUTES

Relaxing and personalized techniques to increase mobility and flexibility of a muscle or group of muscles. Increase range of motion and flexibility, improve circulation and posture and it is a good stress and pain relief. Hypervolt (10 minutes), followed by personalized assisted stretching.

BEAUTY



MANICURE, 30/60 MINUTES

PEDICURE, 45/75 MINUTES

Add onto any manicure or pedicure:
SEMIPERMANENT POLISH APPLICATION
OR REMOVAL, 30 MINUTES

HAIR

Wash & Blow-dry, from 45 minutes

Cut/Fringe Trim, from 30 minutes

Up Style, from 30 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 SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Spring and Summer 10:00 am to 9:00 pm
Autumn and Winter 10:00 am to 8:00 pm

** Treatments outside of these opening hours will incur a 20 percent surcharge.*

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 spa treatments, including children. Our services are tailored to meet a child's needs, and we offer private (one-on-one) treatments for children under 14 years, requiring the presence of a parent or guardian in the room during the service. You can either schedule a double massage to enjoy the treatment simultaneously or quietly observe the session. Please note that only 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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SIX SENSES SPA

IBIZA

WELLNESS AND SPA MENU
PRICELIST



WELLNESS PROGRAMS

PRICE/EUR

Wellness Screening (45 mins)

130

DETOX

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/Pranayama* (45 mins)

1

2

2

Detox Massage (60 mins)

1

1

1

Hamam (60 mins)

-

-

1

Yogic Intestinal Cleanse (60 mins)

1

1

1

Detoxifying Algae Treatment (90 mins)

-

-

1

After Party Detox (90 mins)

1

1

1

Normatec Compression Boots (30 mins)

1

2

3

Program wrap-up (45 mins)

1

1

1

Price per person

EUR 895

EUR 1,145

EUR 1,745

Price per couple

EUR 1,690

EUR 2,155

EUR 3,310

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.

WELLNESS PROGRAMS

FITNESS

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	2
Personal Training (60 mins)	2	4	5
Deep Tissue Massage/Movement Restoration (90 mins)	1	1	2
Hot Stone Massage (60 mins)	-	1	1
Normatec Compression Boots (30 mins)	1	2	3
Assisted Stretching (45 mins)	1	1	2
Localized Cryotherapy Session (8 mins)	1	2	3
Program wrap-up (30 mins)	1	1	1
Price per person	EUR 830	EUR 1,325	EUR 1,970
Price per couple	EUR 1,575	EUR 2,510	EUR 3,770

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





WELLNESS PROGRAMS

SLEEP

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	2
Private Activity: <i>Yoga/Pilates/Personal Training</i> (60 mins)	1	2	2
Private Activity: <i>Meditation/Pranayama</i> (45 mins)	1	2	3
Movement Restoration (90 mins)	-	1	1
Dreamcatcher (90 mins)	1	1	2
Nottnuit Facial (60 mins)	1	1	1
Localized Cryotherapy Session (8 mins)	1	2	3
Sound Healing (30 mins)	1	1	1
Sleep Tracker throughout The Stay	1	1	1
Program wrap-up (30 mins)	1	1	1
Price per person	EUR 835	EUR 1,295	EUR 1,725
Price per couple	EUR 1,590	EUR 2,455	EUR 3,290

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.

WELLNESS PROGRAMS

DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	1
Personalized Yoga (60 mins)	2	4	5
Pranayama (45 mins)	1	1	2
Ibiza Meditation (30 mins)	1	2	2
Body & Spirit Recovery (60 mins)	-	1	1
Assisted Stretching (45 mins)	1	1	1
Sound Healing (30 mins)	-	1	1
Hammam (60 mins)	-	1	1
Facial Yoga (30 mins)	1	1	1
Nottnuit Facial (60 mins)	1	1	1
Program wrap-up (30 mins)	1	1	1
Price per person	EUR 915	EUR 1,615	EUR 1,825
Price per couple	EUR 1,750	EUR 3,070	EUR 3,460

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





TREATMENTS

DURATION/MINUTES

PRICE/EUR

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	65
Quick & Easy Muscle Relief with Hypervolt	15	35
Ease Tension with Venom Technology	15	30
Biohacking Circuit	30	85

ALCHEMY

Soothing Cocoon	90	200
Herbal Poultice Massage	90	230
Personalized Anti-Aging Gua Sha Facial	90	190
The Alchemy Bar Workshop	45	55

LOCALLY INSPIRED

SIGNATURE TREATMENTS

After Party Detox	90	285
Significant Other	90	270
Body & Spirit Recovery	60	205

Prices include taxes and exclude service charge.

TREATMENTS

DURATION/MINUTES

PRICE/EUR

MASSAGES

Six Senses Signature Massages:

<i>Movement Restoration</i>	90	290
<i>Deep Tissue</i>	60/90	235/305
<i>Detox</i>	60/90	235/305
<i>Holistic</i>	60/90	205/255
<i>Pregnancy</i>	90	255
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	120/160
<i>Hot & Cold Stone Therapy</i>	90	255
<i>Dreamcatcher</i>	90	285

FACIALS

528 Hz Face Massage	30	120
528 Hz Facial	60	205
Personalized Treatment	60/90	265/305
Second Skin	60	370
Micro-Puncture	60	305
Triple Lift Facial	120	410

Add to any facial or body treatment:

Skin Analysis	30	75
Co-facteurs	30	105



Prices include taxes and exclude service charge.



TREATMENTS

DURATION/MINUTES

PRICE/EUR

BODY TREATMENTS

Body Toning Treatment	90	255
Detoxifying Algae Treatment	90	255
Hammam Purification Journey	60/90	195/245

MINDFULNESS PRACTICES, SOUND HEALING & YOGA

Six Senses Ibiza Guided Meditation	45	120
Chakra Meditation	45	120
Pranayama	45	120
Yoga Nidra	45	120
Yogic Intestinal Cleanse	60	120
Sound Healing	60	190
Body Balance	60	120
Facial Yoga	30	75

FITNESS, ONE TO ONE SESSION & WELLNESS ACTIVITIES

Personal Training	60	160
Pilates	60	160
Yoga	60	160
Aerial Yoga	60	175
Boxing	60	185
Assisted Stretching	45	175

Prices include taxes and exclude service charge.

TREATMENTS

DURATION/MINUTES

PRICE/EUR

BEAUTY

Manicure	30/60	75/130
Pedicure	45/75	90/160
Semipermanent polish application or removal	30	25

HAIR

Wash & Blow-Dry	From 45	From 115
Cut/Fringe Trim	From 15	From 95
Upstyle	From 30	From 160
Barber Services	From 15	From 95
Waxing	From 15	From 25
Make-up	From 45	From 160



Prices include taxes and exclude service charge.



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 the dimensions of wellness, you'll understand more about what is going on inside you and the world around you. Available for children aged 4 to 14 years.





JUNIOR BODY MASSAGE, 60 MINUTES/EUR 135

Relaxation is the way to go with this soothing full body massage using unscented oil.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/EUR 90

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/EUR 100

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/EUR 45

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

PARENT AND CHILD EXPERIENCES

Price includes parent and child.

MASSAGE AND NAILS, 75 MINUTES/EUR 330

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

TOP TO TOE MASSAGE, 75 MINUTES/EUR 355

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

SIX SENSES SPA IBIZA

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