



SIX SENSES SPAS

## BOOST YOUR IMMUNITY WELLNESS DAY

This one-day spa takeover is a great immunity reboot if you are feeling sluggish, sniffly or fatigued from a stressful few months or long-haul flight. From breath work and yoga in the sun to nutritious food and microgreens, personal training, hot and cold experiences, treatments, and journaling, we have got everything your immune cells need to function at their best.

### Great for:

An immunity boost  
Sluggish energy  
Fighting off colds  
Fatigue

### INCLUSIONS

Boost your Immunity gift bag	1
Wellness consultation	1
Personal training session	1
Alchemy bar workshop	1
Six Senses signature scrub (60 minutes)	1
Six Senses Signature wrap	1
Six Senses Detox massage	1
<b>Price per person</b>	<b>270 EURO</b>

### Terms and Conditions

The above rates are in EURO and include VAT.  
The above rates are per person, per wellness day.

### SAMPLE ITINERARY

When waking up: Lemon water + sun light and commit to no news.

08:30 am Breathing exercises

10:00 am Breakfast

10:45 am Alchemy bar workshop

1:00 pm Eco-HIIT fitness (HIIT)

2:30 pm Lunch

Time for: Journaling – Striving for a positive mindset. Write your purpose and meaning.

4:00 pm Six Senses signature scrub and wrap

5:30 pm Six Senses signature massage

7:00 pm Dinner

Time for: Evening meditation, gratitude journal and early night

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