



Detox

Eliminate toxins, improve digestion, boost the immune system and clear your mind. Our non-invasive yogic cleanse helps your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and mind-body practices.

Is this program right for you? This program is ideal if you want to rid yourself of built up toxins or shake off fatigue that has taken up a regular spot in your daily life. It's also worth considering if you find yourself lacking enthusiasm; you're suffering from symptoms such as bloating, constipation and dull skin; or you simply want to give your digestive system a break and clean out clogged up organs in a natural way.

Benefits:

- Improves energy levels
- Speeds up metabolism
- Promotes clearer and more radiant skin
- Resets the body and gives the immune system a much-deserved boost
- Helps shed a few pounds though this is a side effect of a light protein diet during the program
- Leads to a clearer mind and more clarity of thought.
- Paves the way to new healthy habits and routines.

Inclusions	3 nights	5 nights	7 nights
Wellness screening	1	1	1
Private activity: Yoga / meditation / wellness	3	5	7
Six Senses detox massages	2	3	4
Personal detox body scrub & wrap treatments	1	2	3
Yogic intestinal cleanse	1	1	1
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 per person	EUR 700	EUR 1100	EUR 1420

* Full board wellness nutrition available on request

*Prices are quoted in Euro (EUR) and include tax .Excluding accommodation.

Six Senses Spa at Porto Elounda Golf & Spa Resort

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