



SIX SENSES SPA
ELOUNDA

Weight management plan

Want to shed a few pounds and boost your energy levels? Learn about the importance of balanced nutrition, exercise, and a healthy mind; find out what's best for you based on your current reality and receive the right guidance to sustain it all once you return home.

Is this program right for you?

This program is ideal for those looking to get their weight back on track and improve their well-being. A team of experts assist in finding an approach that works for you by helping you adopt a healthy lifestyle long into the future.

Benefits:

- Improves vitality
- Better sleep
- Greater confidence
- Improves health
- Decreases stress

Inclusions	7 nights	14 nights	21 nights
Full board wellness nutritional menu	√	√	√
Wellness screening	1	1	1
Private fitness activity	5	10	15
Private wellness activity : yoga/ meditation	2	4	6
Six Senses Detox treatments	4	8	9
Six Senses Detox massages	3	8	12
Private sauna and steam bath	2	4	6
Daily thalassotherapy pool and thermal suite	7	14	21
Program wrap up	1	1	1
Price per person	EUR 1790	EUR 3430	EUR 4980

*Prices are quoted in Euro (EUR) and include 24% tax.

Six Senses Spa at Porto Elounda Golf & Spa Resort

72053 Elounda, Crete, Greece

T: +30 284 106 8060 | E-mail: spa.manager@elounda-sa.com

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