



SIX SENSES SPA

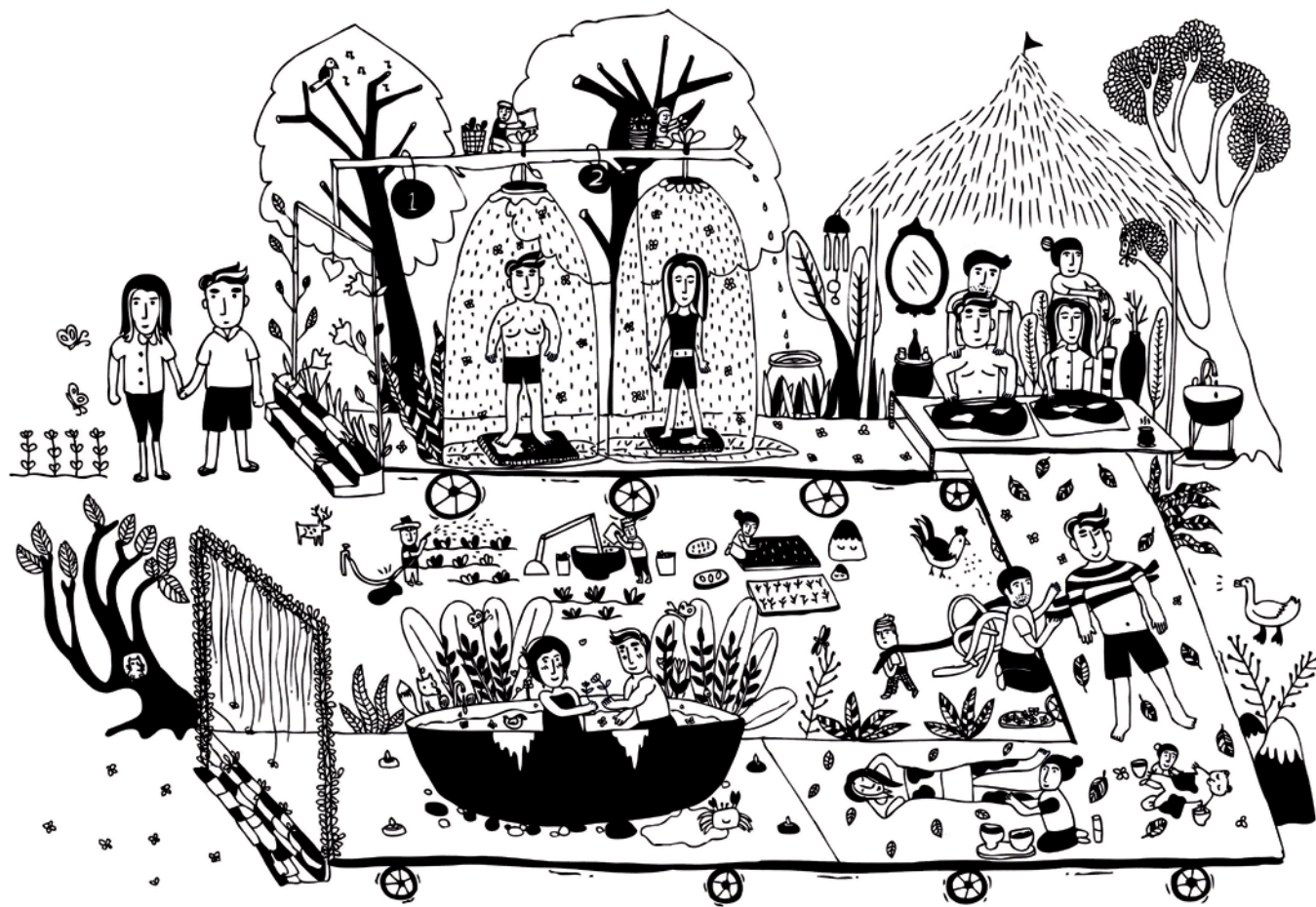
IBIZA

# 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 reduce muscle tension, relieve pain and stress, boost the immune system and encourage detoxification. 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.

### *Infrared sauna*

Support your body's natural cleansing and purifying systems with the 150 degrees dry heat of the sauna. Freshen up with a cool shower.

### *Steam room*

Pause, reflect and take a deeper breath with the natural essences of the 40 degrees steam. Finish with a cool shower.

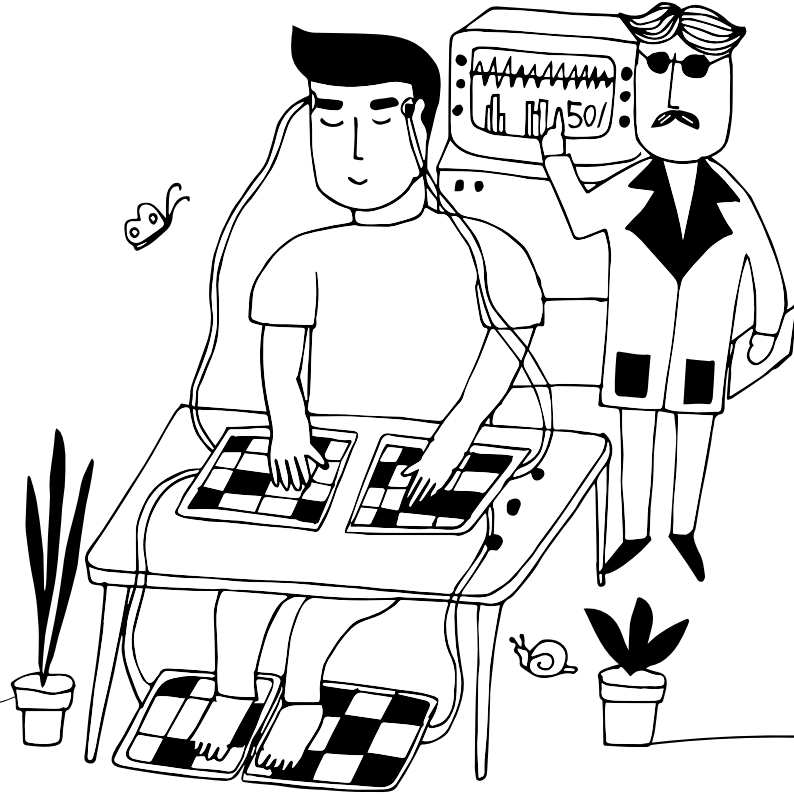
### *Caldarium hot bath*

Bubble away your stresses in 38 degrees warm water.

*Temperatures are approximate*



# PERSONALIZED WELLNESS



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

### EAT WITH SIX SENSES

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

### ROSE BAR

We do not accept the notion that aging is a destiny. Rose Bar is an age defying program that offers tailor-made potent longevity treatments and personal guidance so your body will be in a better shape, your mind in a better place and your soul in a calmer state. By combining advanced science, spirituality and ancient rituals we reverse your aging process and bring out the youngest possible you. So, you can stretch your prime years and max out your strength, energy and love of life. *See the Rose Bar menu for more details.*



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

#### WELLNESS SCREENING, 45 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

#### 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.



## DETOX

Do you want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities.

## FITNESS

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

*Programs of three, five, seven or more nights are available.*

## WELLNESS DAYS

### ***Love Your Heart***


Love is a force of nature. However much we may want to, we cannot command, demand, or take away love. But you can invite love in. This is a day of reflection, letting go of old baggage, setting a new purpose and learning how to connect with your heart and true purpose to find greater zest for life and meaning.

### ***Mind Your Brain***

This one-day program helps you care for and improve the state of your brain and how it works through ancient practices from yoga and meditation and modern biohacks including brain games, developmental drawings and binaural beats.

### ***Boost Your Immunity***

An immunity reboot if you're feeling sluggish, sniffly or fatigued from a stressful time or long-haul flight. Commit to a day of no news and just focus on yourself. Stress shuts down the immune system and therefore everything that promotes relaxation is helpful to strengthen immunity.





ALCHEMY



### THE ALCHEMIST'S BODY 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:

*Body Scrub, 60 minutes - stimulating/detoxifying/soothing*

*Cocoon, 90 minutes - detoxifying/nourishing*

*Medicinal Herbal Poultice Massage, 90 minutes*

### THE ALCHEMY BAR WORKSHOP, 60 MINUTES

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke product in this interactive workshop. Not to be missed!



# 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 paying special attention to tired dancing feet. 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 full body massage. Hopefully everyone will be smiling at the end of the treatment!

### IN-VILLA EXPERIENCE EXTRAORDINAIRE, 120 MINUTES

Experience bliss with this powerful ceremonial offering in the comfort of your private villa. Beginning with aura cleansing, allow the healing vibrations of sound, breathwork and visualization, to lead you into a deeply healing massage experience.

### HAMMAM WITH SEA SALT SCRUB, 30 MINUTES

Traditional techniques with kese, sea salts and olive oil are used to exfoliate and deeply cleanse the body, leaving you feeling invigorated.

### FRAGRANT HAMMAM JOURNEY, 60/90 MINUTES

Performed in our state of the art double hammam, you will choose between the mysterious fragrances of amber, oud or honey-orange, depending on the outcome you wish to achieve for your journey. Your body will be deeply cleansed, exfoliated and wrapped, before enjoying a sensual massage. A customized facial will complete this luxurious experience. *Using Morjana.*



# MASSAGES






**SIX SENSES SIGNATURE MESSAGES:**

**Deep Tissue, 60/90 minutes** - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, trigger points with gentle pressure and release techniques. Silicone cups, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

**Movement Restoration, 90 minutes** - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

**Detox, 60/90 minutes** - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

**Holistic, 60/90 minutes** - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

**Pregnancy Massage 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. 



*Tension Soother, 30/60 minutes* - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

*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.

**Ask us about Biohacks that can be added onto your massage. This could include:**

Normatech Boots

Hypervolt

Venom





# FACIALS



## NATURAL FREQUENCY FACIALS USING NÖTTNUIT

### 528 HZ FACE MASSAGE, 30 MINUTES

Discover a selection of our clean, multi-corrective hero formulas combined with a tuning fork and our unique facial massage. The music you'll hear, and the tuning fork used during the treatment embody the healing power of 528 Hz frequency, proven to assist with DNA repair. The vibrational tuning fork also calms the nervous system, increases lymphatic flow, stimulates circulation, and eases muscle tension.

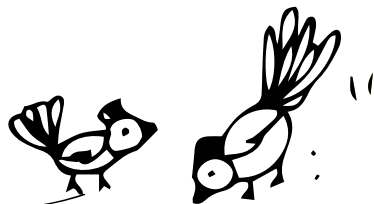
### 528 HZ FACIAL, 60 MINUTES

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.



## 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 Instant© by using a specific physiological, behavioral and tactile approach. Treatments are tailored to the needs of your Skin Instant© by one of our expert beauticians.*



## SKIN INSTANT© LAB, 20 minutes

The Skin Instant© Lab consists of five sensors (measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels) linked to a computer with an exclusive diagnostic analysis software program developed by Biologique Recherche. Based on our expert's dermo-cosmetic analysis and objective measurements, the Skin Instant© Lab, retrieves data from our knowledge bank to come up with a selection of products and treatments perfectly matched to your Skin Instant© needs.

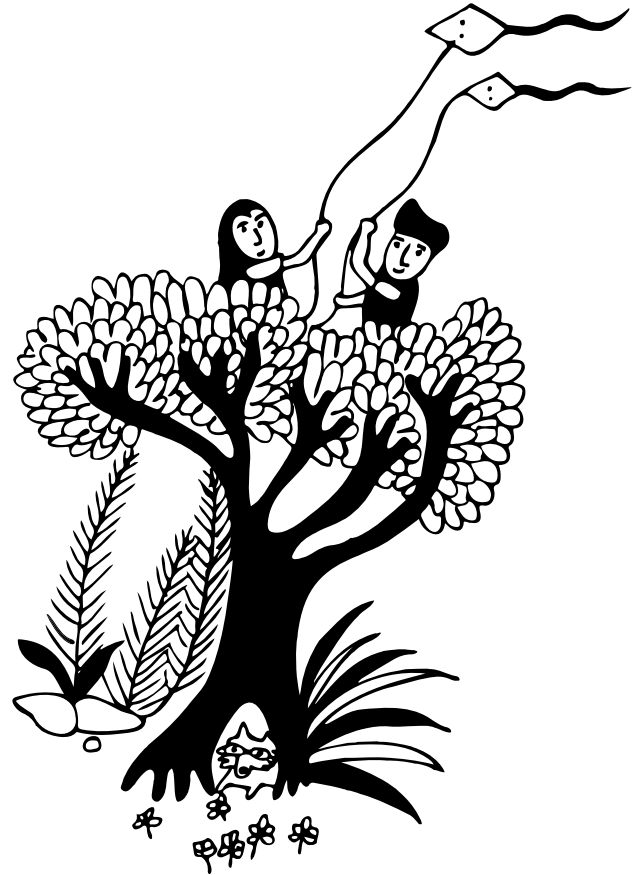
## VISIOLAB© - in combination with the Skin Instant© Lab, 30 minutes

As a complement to the Skin Instant© Lab, the Visiolab© takes a high-resolution picture of your face so that its features can be scientifically analyzed. A detailed image will further analyze any wrinkles, the evenness of your complexion, UV pigmentation and the state of your pores. Results are calculated in real time so your beautician can directly interpret your Skin Instant© and tailor a prescription of products and treatment that is precise to your individual requirements.

### PERSONALIZED TREATMENT, 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.

*Using Biologique Recherche.*



### 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. *Using Biologique Recherche.*

### 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. *Using Biologique Recherche.*

### 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. *Using Biologique Recherche.*

*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. *Using Biologique Recherche.*

### REMODELING FACE, 30 MINUTES

Achieve wider-looking eyes, more pronounced cheekbones, less visible lines and more defined facial contours. These are just some benefits of the Remodeling Face bio-electro stimulation that combines the power of four currents for immediate and long-lasting results. *Using Biologique Recherche.*



### COCKTAIL OF REGENERATIVE ACTIVES, 30 MINUTES

A high-frequency impulse current or micro puncture is used to deliver this super serum packed with 49 active ingredients to reduce and prevent the appearance of fine lines and wrinkles. It is ideal for mature and devitalized skin. *Using Biologique Recherche.*

### CHIN AND FACIAL CONTOUR BOOSTER, 30 MINUTES

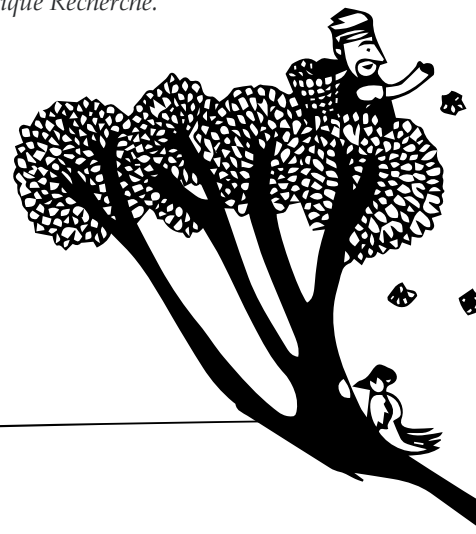
This stimulating and firming treatment for the chin and facial contour uses chin straps to help remodel the face and neck. Their powerful smoothing and toning effects deliver immediate and lasting lifting results. *Using Biologique Recherche.*

### CO-FACTEURS BIOLOGIQUE RECHERCHE

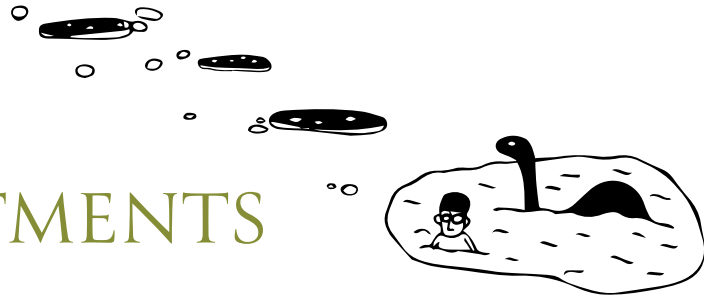
For even more visible results, enhance your treatment by applying a preformed mask with unique ingredients such as marine collagen or collagen caviar. *Using Biologique Recherche.*

### EYE CONTOUR TREATMENT

Recommended to reduce signs of fatigue and aging around the eye area. Immediately reduces puffiness, dark circles and fine lines. Eyes will appear brighter, fresh and lifted. *Using Biologique Recherche.*



# BODY TREATMENTS







### DREAMCATCHER, 90 MINUTES

Evoke a deep sense of relaxation with this therapeutic massage from head to toe. Releasing tension from back, neck and shoulders before finishing with an acupressure massage on the feet. A warm, relaxing in-villa bath will then be prepared to ensure you end your day in a peaceful slumber.

### BODY TONING TREATMENT, 60/90 MINUTES

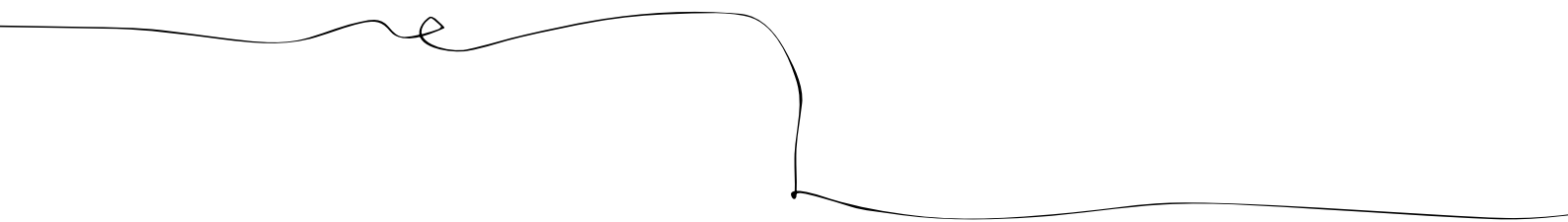
This firming and toning treatment includes an exfoliating session followed by a bio-reflex massage to improve the skin texture and contour the body. *Using Biologique Recherche.*

### DETOXIFYING ALGAE TREATMENT, 60/90 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.*

### UPPER ARMS & BUST TREATMENT, 60/90 MINUTES

This toning treatment delivers a firmer appearance of the arm and décolleté area. It is recommended for firming up the arms and neckline while reducing any sign of pigmentation or stretch marks. *Using Biologique Recherche.*





# MINDFULNESS PRACTICES



### CHAKRA MEDITATION, 45 MINUTES

For over thousands of years meditation has been used for healing, cleansing and balancing *chakras* (energy centers). This session enables you to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

### PRANAYAMA, 45 MINUTES

Also known as the extension of the *prana* (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

### SIX SENSES IBIZA GUIDED MEDITATION, 45 MINUTES

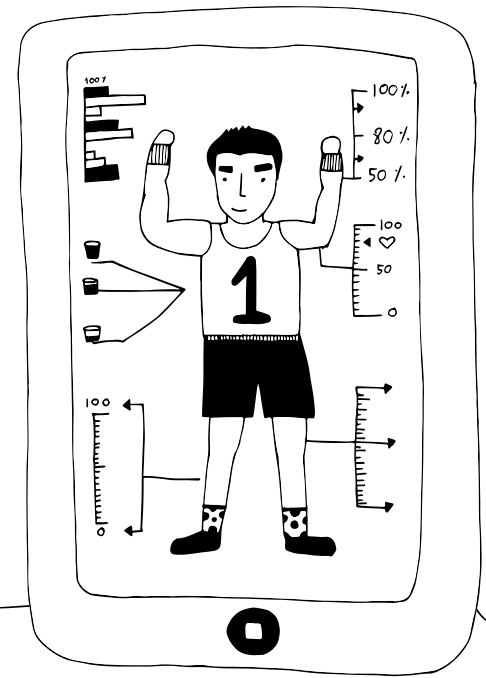
This session focuses on mindfulness and strengthening your ability to listen and gauge body language, while developing more compassion and empathy for each other.

### YOGA NIDRA, 45 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.



# FITNESS AND WELLNESS ACTIVITIES



### PILATES, 60 MINUTES

Specially designed equipment is used to strengthen and stretch the muscles, build core strength and increase flexibility.

### PERSONAL TRAINING, 60 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility.

*Your Personal Training could include:*

*Kettle Bells*

*Functional Fitness*

*Boxing Fitness in our outdoor authentic ring*

### YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

### AERIAL YOGA, 45 MINUTES

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

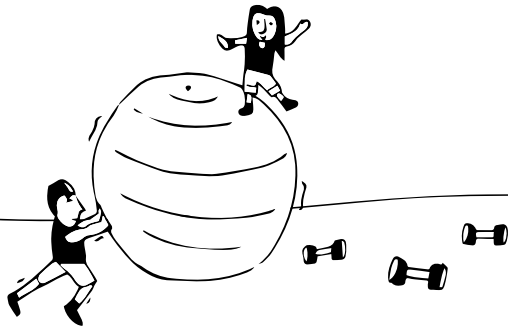
*Your Yoga experience at Six Senses could include:*

*Hatha*

*Vinyasa Flow*

*Ashtanga*

*Kundalini*



BEAUTY



MANICURE, 30/60/75 MINUTES

PEDICURE, 30/60/75 MINUTES

GEL APPLICATION, 15 MINUTES

EYEBROW TINT, 15 MINUTES

#### HAIR DESIGN

*Shampoo, Blow-Dry*

*Shampoo, Cut, Blow-Dry*

*Fringe Trim*

*Up style*

#### BARBER SERVICES

*Traditional Shave*

*Beard Trim/Shave*

*Haircut*

*Head Shave*

*Mustache/Goatee Outline*

#### WAXING

Full waxing service available;  
please visit the salon for more information.





# SPA TO SPAAHH

Make the most of your spa time





### SPA OPENING HOURS

Daily 10:00 am to 9:00 pm

### GYM

Open 24 hours

### SPA RESERVATIONS

For spa inquiries or reservations, please contact the spa reception directly or the front desk. 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 24 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.

### AFTER YOUR TREATMENT

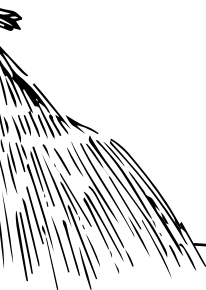
We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail boutique.

### 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

Spa vouchers are available to purchase from the spa reception.



## SIX SENSES SPA IBIZA

T +34 871 00 88 75 E [reservations-ibiza@sixsenses.com](mailto:reservations-ibiza@sixsenses.com)

Cami Sa Torre 71 07810 Portinatx, Ibiza Spain





SIX SENSES SPA

IBIZA

# WELLNESS AND SPA MENU PRICELIST





## WELLNESS PROGRAMS

### DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	2
Private Activity:	1	2	3
<i>Personal Training/Yoga/Pilates</i> (60 mins)			
Private Activity: <i>Meditation/Pranayama</i> (45 mins)	1	2	2
Personalized Detox Massage (90 mins)	1	2	3
Hammam (60 mins)	1	1	1
Yogic Intestinal Cleanse (90 mins)	1	1	2
CellGym	1	1	2
Program Wrap-up (45 mins)	1	1	1
<b>Price per person</b>	<b>EUR 612</b>	<b>EUR 848</b>	<b>EUR 1,309</b>
<b>Price per couple</b>	<b>EUR 933</b>	<b>EUR 1,255</b>	<b>EUR 1,948</b>

### SLEEP

Wellness Screening (45 mins)	1	1	1
Personalized Consultation	1	1	1
Yoga Nidra or Pranayama (45 mins)	1	2	3
Private Activity:	1	1	2
<i>Yoga/Personal Training/Pilates</i> (60 mins)			
Personalized Body Massage (90 mins)	0	1	2
Dreamcatcher Massage	1	1	1
Cryotherapy Session	1	1	2
Program Wrap-up (30 mins)	1	1	1
A WelcomeBbag with Sleep Amenities	1	1	1
Sleep Tracking Throughout the Stay	1	1	1
<b>Price per person</b>	<b>EUR 439</b>	<b>EUR 608</b>	<b>EUR 1,047</b>
<b>Price per couple</b>	<b>EUR 728</b>	<b>EUR 1,005</b>	<b>EUR 1,448</b>

*Prices are inclusive of taxes.*



## WELLNESS PROGRAMS

### DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yoga Consultation (30 mins)	1	1	1
Personalized Yoga (60 mins)	1	2	3
Pranayama (30 mins)	1	1	2
Ibiza Meditation (30 mins)	1	2	3
Hammam (60 mins)	0	1	1
Movement Restoration (60 mins)	1	1	2
NottNuit Facial	1	1	1
Program Wrap Up	1	1	1
<b>Price per person</b>	<b>EUR 395</b>	<b>EUR 920</b>	<b>EUR 1,295</b>
<b>Price per couple</b>	<b>EUR 465</b>	<b>EUR 728</b>	<b>EUR 1,193</b>

### FITNESS

Wellness Screening	1	1	1
Consultation with Personal Trainer (30 mins)	1	1	1
Personalized Training (60 mins)	1	2	4
Deep Tissue Massage/Movement Restoration (90 minutes)	1	1	2
Hot Stone Massage (60 mins)	0	1	1
Cellgym Session	1	1	2
Normatech Recovery Boots	1	1	2
Cryotherapy Session	1	2	3
Program, Wrap-Up	1	1	1
<b>Price per person</b>	<b>EUR 465</b>	<b>EUR 728</b>	<b>EUR 1,193</b>
<b>Price per couple</b>	<b>EUR 840</b>	<b>EUR 1,275</b>	<b>EUR 2,025</b>



*Prices are inclusive of taxes.*



## WELLNESS DAYS

Love Your Heart

## DURATION

One Day

## PRICE/EUR

350

Mind Your Brain

One Day

390

Boost Your Immunity

One Day

380

**Wellness Screening**

45

130

## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### ALCHEMY

The Alchemist's Body Treatment:

*Body Scrub*

60

120

*Cocoon*

90

165

*Medicinal Herbal Poultice Massage*

90

185

The Alchemy Bar Workshop

60

50

*Prices are inclusive of taxes.*



## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### LOCALLY INSPIRED SIGNATURE TREATMENTS

After Party Detox	90	200
Significant Other	90	220
In-villa Experience Extraordinaire	120	300
Hammam with Sea Salt Scrub	30	75
Fragrant Hammam Journey	60/90	140/190

### MASSAGES

#### Six Senses Signature Massages:

<i>Deep Tissue/Detox</i>	60/90	170/210
<i>Movement Restoration</i>	90	210
<i>Holistic</i>	60/90	140/180
<i>Pregnancy massage</i>	90	180
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	80/110

Hot & Cold Stone Therapy	90	210
--------------------------	----	-----

#### **BioHack add ons:**

Hypervolt	15	30
Any Face Mask	15	30
Bio-Hack for the Back	15	30

*Prices are inclusive of taxes.*

## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### FACIALS

Natural Frequency Facials Using Nóttnuit

528 Hz Face Massage

30

110

528 Hz Facial

60

160

Advanced Facials Using Biologique Recherche

Skin Instant© Lab

20

40

VISIOLAB© - in combination with the

30

60

Skin Instant© Lab

Personalized Treatment

90

180

Second Skin

60

260

Micro-Puncture

60

260

Triple Lift Facial

120

230

*Add to any facial or body treatment:*

Skin Analysis With Skin Instant Lab©

30

60

And Visiolab©

Remodeling Face

30

100

Cocktail of Regenerative Actives

30

90

Chin & Facial Contour Booster

30

90

Co-Facteurs Biologique Recherche

30

90

Eye Contour Treatment

60

Pressotherapy

30

CRYO Mask

50

Venom

30



*Prices are inclusive of taxes.*



## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### BODY TREATMENTS

Dreamcatcher	90	200
Body Toning Treatment	60/90	130/170
Detoxifying Algae Treatment	60/90	130/170
Upper Arms & Bust Treatment	60/90	110/150

### MINDFULNESS PRACTICES

Chakra Meditation	45	80
Pranayama	45	80
Six Senses Ibiza Guided Meditation	45	80
Yoga Nidra	45	80

### FITNESS ACTIVITIES

Pilates	60	120
Personal Training	60	120
Aerial Yoga	45	120
Yoga	60	120

*Prices are inclusive of taxes.*



## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### BEAUTY

Manicure	30/60/75	40/80/110
Pedicure	30/60/75	40/80/110
Gel Application	15	25
Eyebrow Tint	15	30

### HAIR

Wash & Blow-Dry		110
Wash, Cut, Blow-Dry		160
Fringe Trim		50
Upstyle		110

### BARBER SERVICES

Traditional Shave		60
Beard Trim/Shave		45
Haircut		90
Head Shave		45
Mustache/Goatee Outline		40
Waxing		

*Full waxing service are available. Please visit the salon for more information.*

*Prices are inclusive of taxes.*

**SIX SENSES SPA IBIZA**

T +34 871 00 88 75 E [reservations-ibiza@sixsenses.com](mailto:reservations-ibiza@sixsenses.com)

Cami Sa Torre 71 07810 Portinatx, Ibiza Spain