



SIX SENSES SPA
ELOUNDA

Yogic Detox

*Cleanse the body and mind through this ancient and effective practice.
Increase your energy levels, improve clarity of thought and enjoy a quieter mind.
Rest and improve your digestive system through sensible eating of wholesome foods.
Boost your immune system.*

Ideal for yoga aficionados and guests looking for straightforward and relaxing detox programs, **Yogic Detox** combines aspects of *asanas* (hatha yogic postures), *pranayama* (breath regulation), meditation and a balanced diet along with *sat kriya* (movement and breath exercise) to offer a profound experience. These programs are complemented by a variety of detox and energy treatments.

The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

Inclusions	5 nights	7 nights	10 nights	14 nights
Yoga consultation	1	1	1	1
Personalized Yoga per room (1 hour)	2	3	4	6
Pranayama per room (45 mins)	1	2	2	3
Guided meditation per room (45 mins)	1	1	1	2
Thai Massage (1 hour & 30 minutes)	1	1	2	2
Yogic Intestinal Cleanse	1	1	1	2
Detox Massage	1	1	2	2
Detox Scrub & Wrap		1	1	2
Holistic Massage (1 hour)		1	2	2
Reiki (1 hour)			1	2
Signature Facial (1 hour)		1	1	2
Oriental Massage (1 hour)	1	1	2	2
Price per person	€490	€825	€1,260	€1,695
Price per 2 people (sharing a room)	€750	€1,335	€2,160	€2,805

Prices are quoted in Euros and include tax and service charge.
Prices exclude accommodation.

About the Yogi

Paula Gonzales holds a Degree in Physical Education and Sports Science from the INEF Physical Education National Institute University of La Coruña and is also a certified therapist with a variety of qualifications from AGAMA, Galician Massage Academy, International School of Training and TTC Spa School to name just a few. She worked as a yoga instructor at Carda SPA in Greece for five years and previously at Mark Warner Lakitira Hotel. She is passionate about yoga and helping guests achieve the right body and mind balance.

Six Senses Spa at Porto Elounda Golf & Spa Resort

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