Sleep

Do you find it hard to get to sleep or sleep through the night, or do you often wake up feeling groggy and unrefreshed? We have all the resources you need to combine advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, relaxing treatments and amenities, wellness therapies, nutrition advice and low intensity training.

Is this program right for you?

This program is ideal if you need to improve sleep patterns; restore energy levels; de-stress; establish a sustainable sleep routine; feel better equipped to face daily challenges; or pave the way to a healthier and happier life.

Benefits:

Gives you some handy intel on your current sleep patterns through a complimentary two-night sleep tracker and analysis

- Boosts your mood and energy levels
- Strengthens your immune system
- Slows down the aging process and helps maintain a youthful glint in your eye
- Improves memory and your ability to take in new information
- Speeds up and deepens learning
- Keeps you away from adding unwanted pounds (as lack of sleep reduces your ability to fight those late-night cravings)
- Prevents low-grade, systematic inflammation which is associated with aging and chronic disease

Inclusions	3 nights	5 nights	7 nights
Wellness screening	1	1	1
Sleep tracking throughout the day	3	5	7
Sleep tracking review	3	5	7
Six Senses Signature massages	2	3	5
Private activity: Yoga/ meditation /wellness	3	5	7
Head massage	1	2	2
Welcome bag with sleep amenities	1	1	1
Daily use of thalassotherapy pool and thermal suite	3	5	7
Program wrap up	1	1	1
Price per person	**EUR 765**	**EUR 1210**	**EUR 1740**

*Full board Wellness nutrition is available upon request.

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

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