



SIX SENSES SPA  
ELOUNDA

## Yogic Detox

*Cleanse the body and mind through this ancient, yet 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 whole foods.  
Boost your immune system.*

Ideal for yoga aficionados and guests looking for less punishing 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
Yoga consultation	1	1
Personalized Yoga per room (1 hour)	2	3
Pranayama per room (45 mins)	1	2
Guided meditation per room (45 mins)	1	1
Thai Massage (1hour 30 minutes)	1	1
Face yoga	1	1
Detox Massage	1	1
Detox Scrub & Wrap		1
Holistic Massage (1 hour)		1
Reiki (1hour)		
Signature Facial ( 1 hour)		1
Deep tissue massage (1hour)	1	1
<b>Price per person</b>	<b>€965</b>	<b>€1660</b>
<b>Price per 2 people (sharing a room)</b>	<b>€1200</b>	<b>€2075</b>

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

### Six Senses Spa at Porto Elounda Golf & Spa Resort

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2024