



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
Yogic Intestinal Cleanse	1	1
Detox Massage	1	1
Detox Scrub & Wrap		1
Holistic Massage (1 hour)		1
Reiki (1hour)		
Signature Facial (1 hour)		1
Oriental Massage (1hour)	1	1
Price per person	€965	€1660
Price per 2 people (sharing a room)	€1200	€2,075

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

Six Senses Spa at Porto Elounda Golf & Spa Resort

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