



SIX SENSES SPA

ELOUNDA

## Rise and shine

*A simple way to optimize your levels of vitamin D*

Stand up for your health and enjoy a relaxing break by the sea, feel the warmth of the sun on your face and immerse yourself in holistic spa treatments that restore and rejuvenate. Safe and appropriate sun exposure is simply one of the best ways to optimize your levels of vitamin D. Its health benefits are wide-ranging, from bone health to stronger immune system. It also helps in fighting chronic disease and depression.

Outdoor walk and breathing exercise (60 mins)

Water aerobics in the outdoor pool (60 mins)

Water strength training in the outdoor pool (60 mins)

Signature massage in the outdoor pavilion (60 mins)

Five sessions of thalassotherapy (120 mins)

Euro 315 including VAT.

Price excludes accommodation, meals and beverage.

\*\*\*\*\*

## Discover the healing benefits of Thalassotherapy

For centuries, doctors have recommended the healing power of sea water to heal the body and mind. From soothing skin problems to easing arthritis, improving circulation to fighting infections, the therapeutic benefits of sea water are extensive.

Six individual hydrotherapy treatments (15 mins)

Two seaweed wraps (30 mins)

Herbal sea salt scrub and fossil mud (60 mins)

Lipolysis wrap (90 mins)

Six sessions of thalassotherapy (120 mins)

Euro 450 including VAT.

Price excludes accommodation, meals and beverage.

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

72053 Elounda, Crete, Greece

T: +30 284 106 8060 | E-mail: [spamanager@elounda-sa.com](mailto:spamanager@elounda-sa.com)