



SIX SENSES SPA

CRANS-MONTANA

WELLNESS PROGRAMS





We use smart technology to measure your inner health, movement and sleep patterns to ensure that our wellness experts can then personalize the treatments, activities and nutritional advice based on your specific needs. Achieve a healthy, balanced body and mind while you're with us and sustain it once you return home.

Six Senses Crans-Montana Wellness Programs

ALPINE REBOOT

A focused one-day reset designed to restore balance, clarity, and energy through expert guidance and tailored wellness support.



Do you feel like pressing the reset button on your body and mind?

The Alpine Reboot is an intensive one-day journey that combines a wellness screening and personalized consultation with a head-to-toe treatment plan designed to support detoxification, cellular renewal, and deep relaxation so you leave feeling lighter, clearer, and reenergized from within.

Benefits:

- Clarifies your current state of health and longevity markers through a dedicated wellness screening and consultation
- Activates whole-body renewal with the Alpine Vitality anti-aging ritual and targeted therapies that support detoxification and circulation
- Accelerates recovery and relieves heaviness in the legs through compression boots and thermal hydrotherapy
- Boosts energy, clarity, and resilience so you can return to everyday life feeling reset and ready for what's next



1 day program

- One x Wellness Screening and Consultation, 60 minutes
- One x Longevity Hack, 60 minutes
- One x Alpine vitality anti-aging body ritual, 90 minutes
- One x Compression Boots, 30 minutes
- Daily Thermal Journey
- Program wrap-up and Wellness Screening check-in, 15 minutes

Price per person CHF 637



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