



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.

DETOX

Eliminate toxins, improve digestion, boost the immune system and clear your mind. Our non-invasive yogic cleanse helps your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and mind-body practices.



Uses non-invasive yogic cleanse with low intensity training, detoxifying therapies and mind-body practices.

This program is ideal if you want to rid yourself of built up toxins or shake off fatigue that has taken up a regular spot in your daily life. It's also worth considering if you find yourself lacking enthusiasm; you're suffering from symptoms such as bloating, constipation and dull skin; or you simply want to give your digestive system a break and clean out clogged up organs in a natural way.

Benefits:

- Improves energy levels
- Speeds up metabolism
- Promotes clearer and more radiant skin
- Resets the body and gives the immune system a much deserved boost
- Helps shed a few pounds though this is a side effect of a light protein diet during the program
- Leads to a clearer mind and more clarity of thought
- Paves the way to new healthy habits and routines



3 days program

- One x Wellness Screening and consultation with an Integrated Wellness Practitioner
- One x Private Movement Session (Yoga, Pilates, Fitness, or Hike), 60 minutes
- One x Private Breathwork or Meditation Session, 45 minutes
- One x Recovery Hack, 60 minutes
- One x Cell Gym, 45 minutes
- One x Detox Massage, 60 minutes
- One x Biologique Recherche Anti-C Slimming Treatment, 60 minutes
- One x Neti-Pot Cleanse with Breathwork, 45 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 1,233

Accommodation and meals are not included. A wellness meal plan (lunch and dinner) can be added for CHF 170 per day.

5 days program

- One x Wellness Screening and consultation with an Integrated Wellness Practitioner
- Two x Private Movement Session (Yoga, Pilates, Fitness, or Hike), 60 minutes
- One x Private Breathwork or Meditation Session, 45 minutes
- Two x Recovery Hack, 60 minutes
- One x Cell Gym, 45 minutes
- One x Fire and Ice Massage, 90 minutes
- Two x Detox Massage, 60 minutes
- One x Flotation Pod, 30 minutes
- One x Biologique Recherche Anti-C Slimming Treatment, 60 minutes
- One x Yogic Intestinal Cleanse, 45 minutes
- One x Neti-Pot Cleanse with Breathwork, 45 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 1,984

Accommodation and meals are not included. A wellness meal plan (lunch and dinner) can be added for CHF 170 per day.

7 days program

- One x Wellness Screening and consultation with an Integrated Wellness Practitioner
- Four x Private Movement Session (Yoga, Pilates, Fitness, or Hike, 60 minutes)
- Two x Private Breathwork or Meditation Session, 45 minutes
- Two x Recovery Hack, 60 minutes
- Two x Cell Gym, 45 minutes
- One x Fire and Ice Massage, 90 minutes
- Two x Detox Massage, 60 minutes
- One x Flotation Pod, 30 minutes
- Two x Biologique Recherche Anti-C Slimming Treatment, 60 minutes
- One x Yogic Intestinal Cleanse, 45 minutes
- One x Neti-Pot Cleanse with Breathwork, 45 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 2,993

Accommodation and meals are not included. A wellness meal plan (lunch and dinner) can be added for CHF 170 per day.



SIX SENSES

CRANS-MONTANA

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