



SIX SENSES SPA

CRANS-MONTANA

WELLNESS PROGRAMS



Cold Plunge
Pool

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.

DISCOVER YOGA

Immerse yourself in a daily practice of hatha yoga to maintain body and mind balance. Relieve stress, tension and muscle stiffness, and keep the body strong, centered, powerful and flexible, while learning to quiet the mind.



Hatha yoga, guided meditation, breathing exercise with signature massages and energy treatments.

This program is ideal for complete yoga novices looking for an alternative and enjoyable body and mind practice who wish to develop an understanding of how the body engages in each posture and enhance the body's natural intuition. The program can be adapted to more seasoned yoga practitioners.

Benefits:

- Increases flexibility
- Builds up muscle strength
- Improves posture and balance
- Boosts immunity
- Regulates your adrenal glands
- Relaxes your system and promotes deeper sleep
- Makes you happier
- Gives you peace of mind



3 days program

- One x Wellness Screening and Consultation with an Integrated Wellness Practitioner, 60 minutes
- Two x Private Yoga Session, 60 minutes
- One x Private Breathwork Session, 45 minutes
- One x Yoga Nidra Session, 45 minutes
- One x Cell Gym Session, 45 minutes
- One x Mala and Mantra Creation, 75 minutes
- One x Holistic Massage, 60 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 1,152

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
- Four x Private Yoga Session, 60 minutes
- Two x Private Breathwork Session, 45 minutes
- One x Private Meditation Session, 45 minutes
- One x Yoga Nidra Session, 45 minutes
- One x Cell Gym Session, 45 minutes
- One x Mala and Mantra Creation, 75 minutes
- Two Holistic Massage, 60 minutes
- One x Sound Journey, 60 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 2,016

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
- Six x Private Yoga Session, 60 minutes
- Two x Private Breathwork Session, 45 minutes
- Two x Private Meditation Session, 45 minutes
- One x Yoga Nidra Session, 45 minutes
- Two x Cell Gym Session, 45 minutes
- One x Mala and Mantra Creation, 75 minutes
- Three x Holistic Massage, 60 minutes
- One x Sound Journey, 60 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 2,763

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



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