



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.

FITNESS

If you can't find time in a hectic home life to improve stamina, tone up or address specific movement related concerns, this program is for you. It focuses on movement, blending high and low intensity training with recovery treatments, meditation and sleep.



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This program is ideal if you want to give yourself a kick start; need support to help you keep going when the body says stop; want to reach a goal that will make you feel happy, body confident and instill a sense of pride; challenge yourself; or simply want to maintain a healthy lifestyle. If even the thought of fitness brings you out in a cold sweat, don't worry. There are no shouty drill instructors: everything is done in steps you feel comfortable with.

Benefits:

- Improves mood by stimulating brain chemicals to leave you feeling happier and more relaxed
- Boosts energy levels
- Promotes better sleep (as long as you don't exercise too close to bedtime)
- Increases strength and endurance
- Improves muscle tone and strength
- Helps coordination, agility and flexibility
- Supports weight management or loss
- Reduces risk of chronic disease
- Increases aerobic fitness



3 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
- One x Cell Gym Session, 45 minutes
- One x Recovery Hack, 60 minutes
- One x Deep Tissue Massage, 60 minutes
- One x Flotation Pod, 30 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 1,103

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 Movement Session (Yoga, Pilates, Fitness, or Hike), 60 minutes
- Two x Cell Gym Session, 45 minutes
- One x Recovery Hack, 60 minutes
- One x Movement Restoration Massage, 90 minutes
- One x Deep Tissue Massage, 60 minutes
- One x Flotation Pod, 30 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person: CHF 1,940

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 Movement Session (Yoga, Pilates, Fitness, or Hike), 60 minutes
- Two x Private Breathwork or Meditation Session, 45 minutes
- Two x Cell Gym Session, 45 minutes
- Two x Recovery Hack, 60 minutes
- Two x Movement Restoration Massage, 90 minutes
- Two x Deep Tissue Massage, 60 minutes
- Two x Flotation Pod, 30 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person: CHF 3,015

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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