



SIX SENSES SPA

CRANS-MONTANA

WELLNESS PROGRAMS

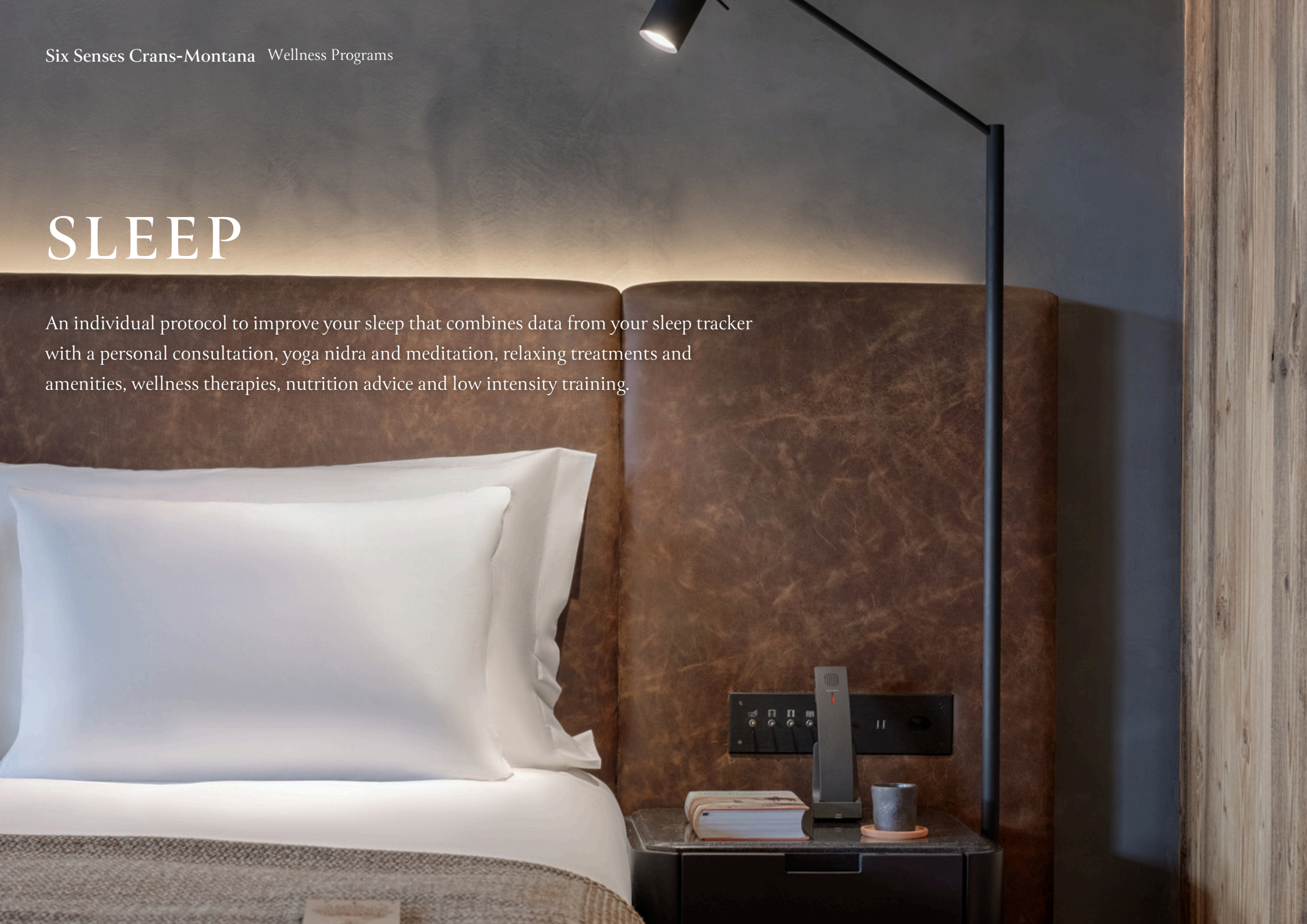


Cold Plunge
Pool

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.

SLEEP

An individual protocol to improve your sleep that combines data from your sleep tracker with a personal consultation, yoga nidra and meditation, relaxing treatments and amenities, wellness therapies, nutrition advice and low intensity training.



Sleep shapes how we feel, think, and move through the day.

Whether you're struggling to fall asleep, waking during the night, or simply not feeling restored in the morning, our Sleep Program is designed to help you understand your sleep patterns and build habits that last beyond your stay.

Guided by our Sleep Doctor and wellness experts, the program combines yoga nidra, meditation, personalized wellness therapies, nutritional guidance, low-intensity movement, and the Sleep With Six Senses experience. Together, these elements support deeper rest, improved recovery, and renewed energy.

Benefits:

- Gives you some handy intel on your current sleep patterns through a complimentary two-night sleep tracker and analysis
- Boosts your mood and energy levels
- Strengthens your immune system
- Slows down the aging process and helps maintain a youthful glint in your eye
- Improves memory and your ability to take in new information
- Speeds up and deepens learning
- Keeps you away from adding unwanted pounds (as lack of sleep reduces your ability to fight those late night cravings)
- Prevents low-grade, systematic inflammation which is associated with aging and chronic disease



3 days program

- One x Wellness Screening and consultation with an Integrated Wellness Practitioner
- Daily sleep tracking
- One x Private Movement Session (Yoga, Pilates, Fitness, or Hike) ,60 minutes
- One x Private Breathwork or Meditation Session, 45 minutes
- One x Yoga Nidra Session, 45 minutes
- One x Cell Gym Session, 45 minutes
- One x De-stress Hack, 45 minutes
- One x Holistic Massage, 60 minutes
- One x Swiss Chocolate Wrap, 60 minutes
- One x Flotation Pod, 30 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person: CHF 1,395

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
- Daily sleep tracking
- Two x Private Movement Session (Yoga, Pilates, Fitness, or Hike), 60 minutes
- Two x Private Breathwork or Meditation Session, 45 minutes
- One x Yoga Nidra Session, 45 minutes
- Two x Cell Gym Session, 45 minutes
- One x De-stress Hack, 45 minutes
- Two x Holistic Massage, 60 minutes
- One x Swiss Chocolate Wrap, 60 minutes
- One x Flotation Pod, 30 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 1,984

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
- Daily sleep tracking
- Three x Private Movement Session (Yoga, Pilates, Fitness, or Hike), 60 minutes
- Two x Private Breathwork or Meditation Session, 45 minutes
- Two x Yoga Nidra Session, 45 minutes
- Two x Cell Gym Session, 45 minutes
- Two x De-stress Hack, 45 minutes
- Three x Holistic Massage, 60 minutes
- One x Swiss Chocolate Wrap, 60 minutes
- Two x Flotation Pod, 30 minutes
- Access to the Six Senses Spa (thermal journey)
- Program wrap-up session

Price per person CHF 2,637

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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