



SIX SENSES SPA

ELOUNDA

SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.




MESSAGES





SIX SENSES SIGNATURE MASSAGES

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being. 

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Detox, 60/90 minutes - an energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulders massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

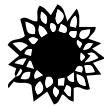
Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

BLISSFUL MARMA MASSAGE, 60 MINUTES

A deeply relaxing massage using long and firm flowing movements of varying pressure to eliminate stress-related tension, while marma therapy and chakra balancing align vital energy centers. Enriching oils with powerful active benefits are applied to balance the heart chakra and enhance overall well-being. *Using Subtle Energies.*

ABHYANG FUSION, 60/90 MINUTES

Calming, detoxifying and rejuvenating, this full body treatment expertly merges Ayurveda, aromatherapy, marma massage, reflexology, remedial techniques, lymphatic drainage and chakra balancing. Using rich aromatic blends, it is recommended for detoxification, better sleep, strengthening of muscles and joints, reducing signs of cellulite or as a jet lag relief. *Using Subtle Energies.*

**INDIAN LEG AND FOOT MASSAGE, 45 MINUTES**

Bring harmony to the entire body with this energizing Ayurveda Aromatherapy foot and leg treatment. Recommended for relieving jet lag, improving circulation and de-stressing after traveling, this experience begins with a foot ritual and continues with a signature massage and a bronze kasa bowl technique to draw out excess heat and stimulate marma points of the feet and legs using unique oil blends. Hot compresses and the application of double cream or lotions complete this treatment.

SHIATSU, 60 MINUTES

Restore natural balance and well-being with this invigorating full body massage, using the application of pressure along the meridians to release trapped energy.

THAI MASSAGE, 60/90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.



FACIALS





PERSONALIZED TREATMENT, 60 MINUTES

This bespoke facial starts with Skin Instant Lab analysis and is designed to suit your skin type and skincare concerns, using a combination of products and techniques to deliver desired results.

Using Biologique Recherche.

Add on to your Personalized Treatment:

REMODELING FACE, 30 MINUTES

Achieve wider-looking eyes, more pronounced cheekbones, less visible wrinkles and a more defined facial contour. These are just some benefits of the Remodeling Face bio-electro stimulation that combines the power of four currents for immediate and long-lasting results. *Using Biologique Recherche.*

CHIN AND FACIAL CONTOUR BOOSTER, 30 MINUTES

This stimulating and firming treatment uses chin straps to help remodel the face and neck. Their powerful smoothing and toning effects deliver immediate and lasting lifting results. *Using Biologique Recherche.*

24K GOLD AGE-DEFYING FACIAL, 60 MINUTES

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out.

Using Subtle Energies.

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

QUEEN BEE FIRMING FACIAL WITH ROYAL JELLY, 60 MINUTES ✿

Restore and firm the skin with this nourishing facial using the beneficial properties of royal jelly and honey. Apivita's signature face massage stimulates specific energy points to activate regeneration, while the ingredients deeply nourish and revitalize the skin. *Using Apivita.*

WINE ELIXIR, 60 MINUTES ✿

An anti-aging and firming facial utilizing the powerful antioxidant qualities of red wine. Acupressure diffusion and lymphatic drainage techniques activate skin regeneration, while a red wine mask offers a naturally lifting experience. *Using Apivita.*





BODY TREATMENTS





AEGEAN BREEZE WITH SALT AND OLIVE OIL, 60 MINUTES ❁

A cleansing and nourishing treatment starting with a herbal scrub made from Cretan sea salt and olive oil. Afterwards, a personalized full body massage delivers a blend of nurturing oils, leaving your skin soft and rejuvenated.

DETOX BODY WRAP, 90 MINUTES

Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation using essential oils with cinnamon powder and walnut shells. It continues with a mineral-rich clay mask infused with powerful herbs of spiked ginger lily, spirulina and green tea to detoxify the skin. This experience concludes with the application of customized and aromatically infused body butter, lotions or oils to provide intense nourishment, leaving the skin glowing and the body reenergized.
Using Subtle Energies.

PEARL-INFUSED REMINERALIZING BODY MASK, 90 MINUTES

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results. Starting with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. While being cocooned in the mineral mask, the signature facial marma massage releases tension and stress, using potent anti-aging actives of mogra and Indian rose.
Using Subtle Energies.

LIFTING BODY TREATMENT, 90 MINUTES

This firming and toning treatment includes an exfoliating session followed by a bio-reflex massage to improve the skin texture and contour the body. *Using Biologique Recherche*

UPPER ARMS AND BUST TREATMENT, 60 MINUTES

This toning treatment delivers a firmer appearance of the arm and décolleté area. It is recommended for firming up the arms and neckline while reducing any signs of pigmentation or stretch marks.

Using Biologique Recherche.

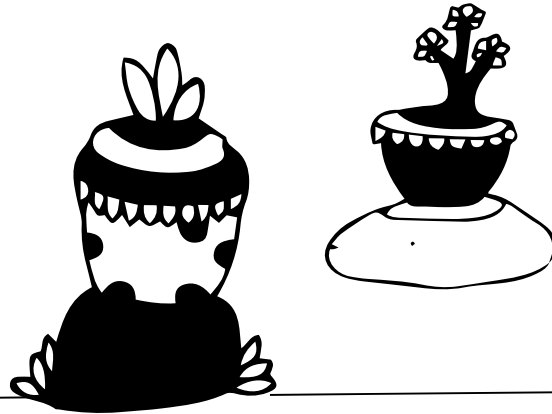
SLIMMING ALGAE TREATMENT, 90 MINUTES

This slimming treatment stimulates the elimination of toxins and excess water, and targets excess adipose tissue. It starts with an energizing massage and continues with a personalized body wrap. Its thermal effect releases marine active ingredients to remineralize and purify the skin.

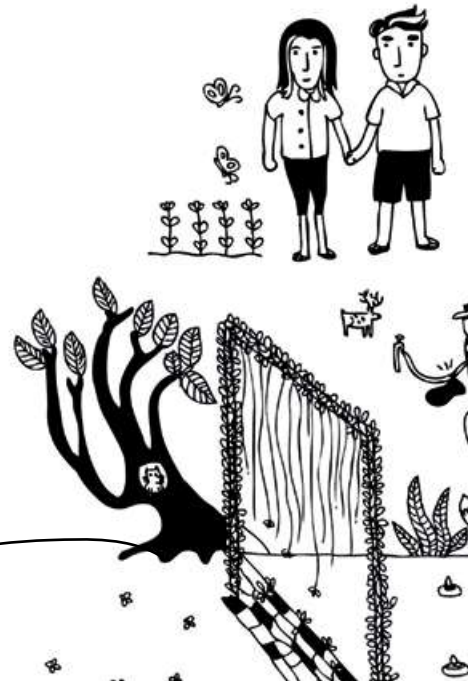
Using Biologique Recherche.

ALCHEMY HAMMAM EXPERIENCE, 120 MINUTES ✨

Start your journey by setting a positive intention before our Spa Alchemist invites you to work with a variety of locally sourced ingredients, feel their textures, smell the wonderful aromas and create personalized products for your journey. The experience includes a scrub in a warm hammam, personalized full body massage, application of the body mask in the rasul and it's completed with a nourishing moisturizer.



WELLNESS THERAPIES RITUALS





INDIAN HEAD MASSAGE, 45 MINUTES

This traditional Indian head massage incorporates the benefits of Ayurveda Aromatherapy and uses an exquisite blend of therapeutic ingredients such as neem and coriander seed to induce a sense of grounding, while rejuvenating the scalp and releasing tension in the neck and shoulders. It begins with an aromatic hand soak and exfoliation, followed by the Shiroabhyang and concluding with a choice of facial or arm marma massage. *Using Subtle Energies.*

SHIRODHARA, 45 MINUTES

A stress-releasing treatment during which warm oil is poured over the third eye, forehead and temples to soothe and calm the nervous system. It assists with treating stress, skin conditions and insomnia, while also enhancing emotional balance. The experience starts with a facial marma massage, with Subtle Energies' enriching facial blend, enhancing the benefits of the traditional experience and giving your complexion a fresh and youthful glow. *Using Subtle Energies.*

MINDFUL MEDITATION WITH HERBAL INHALATION, 30 MINUTES

Reduce stress, boost immune system and improve overall state of mind with this deeply relaxing experience, combining breathing techniques with the practice of keeping one's mind in the present.

ACUPUNCTURE, 60 MINUTES

This treatment is personalized to each individual's needs. It balances and strengthens vital energies within the body to achieve an optimum state of well-being. It has been known to assist in treating a variety of concerns including back pain, sciatica, arthritis, allergies, infertility, irritable bowel syndrome, weight loss, chronic fatigue, migraines and insomnia.

BATHS: ENERGY, RELAX, JET LAG, 15 MINUTES

Rejuvenating and relaxing bathing experiences combining the benefits of aromatherapy oils and sea salt. Ideal for stress release and muscle tension.

Using Apivita.

CLEOPATRA BATH, 30 MINUTES

Nourish and revitalize the skin with this Cleopatra-inspired experience combining a blend of milk with aromatherapy oils and salts.

SENSE OF GREECE, 2 HOURS 30 MINUTES ✿

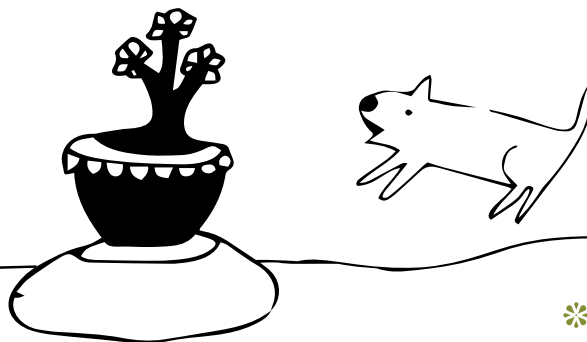
Hydrating and nourishing spa experience which uses locally sourced oil and plant extracts to induce a deep sense of relaxation. Following a gentle body exfoliation with Cretan olive stones, tired muscles are wrapped in warm seaweed to release tension. The Mediterranean Antioxidant Facial, Zeus Power Massage and Marine Salt Bath complete this journey.

SENSE OF LOVE, 5 HOURS

Unwind together and awaken your senses with this revitalizing journey, including a Holistic Massage, Signature Facial, Six Senses Cocoon Wrap and a light champagne lunch. Available in the Private Spring Suite featuring a hydrotherapy bath, thalassotherapy pool, private sauna, steam room and hot tub.

THALASSO POOL CIRCUIT, 120 MINUTES

A beneficial experience for overall body and mind well-being, and recommended in conjunction with our thermal suite.



BEAUTY
FITNESS



MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

Waxing services are available on request.

INDOOR OR OUTDOOR MINI BOOT CAMP,
60 MINUTES

PERSONAL TRAINING, 60 MINUTES

PILATES PRIVATE SESSION, 60 MINUTES

TRX PRIVATE SESSION, 60 MINUTES

YOGA PRIVATE SESSION, 60 MINUTES



SPA ETIQUETTE





SPA OPENING HOURS

Daily 9:00 am to 6:00 pm except Tuesdays
Fitness Center 9:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please dial extension number 6100 or press the “spa” button on your telephone display. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. The spa will not be held responsible for valuables lost within the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

Complimentary use of the Thalassotherapy Thermal Suite is offered with all spa treatments. If you wish to enjoy the facility without booking a spa treatment, a nominal fee will apply.

ARRIVAL

Please arrive 30 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests’ reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow 12 hours’ notice on individual treatments and 24 hours’ notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.



DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

IN-ROOM TREATMENTS

Selected treatments are available in the comfort of your room. Six hours' notice is required when booking in-room treatments. Please note that these treatments carry a 50 percent service charge.

PAYMENT

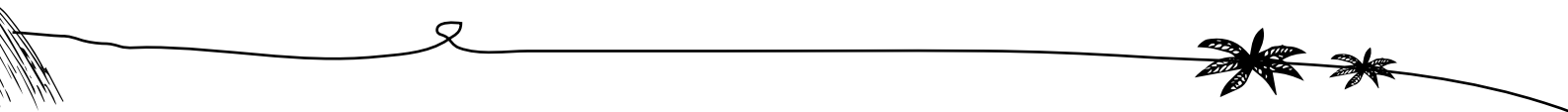
For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the hotel. This is applicable to guests of Porto Elounda golf & spa resort, Elounda Peninsula ALL SUITE HOTEL and Elounda Mare only. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 11 years old to the spa. Young guests, 12 to 17 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 18 years old must be accompanied by an adult when using fitness equipment.





TREATMENT

DURATION/MINUTES

PRICE/EUR

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue/Holistic/Detox</i>	60/90	145/165
<i>Movement Restoration</i>	90	165
<i>Tension Soother</i>	30/60	75/145
<i>Relaxed Feet</i>	30/60	75/110
Blissful Marma Massage	60	145
Abhyang Fusion	60/90	165/185
Indian Foot and Leg Massage	45	110
Shiatsu	60	145
Thai Massage	60/90	145/165

FACIALS

Personalized Treatment	60	165
<i>Add to any treatment:</i>		
Remodeling Face	30	55
Chin And Facial Contour Booster	30	55
24K Gold Age-Defying Facial	60	175
Soothe And Enrich Advanced Antioxidant Facial	60	165
Queen Bee Firming Facial With Royal Jelly	60	140
Wine Elixir	60	140

BODY TREATMENTS

Aegean Breeze With Salt And Olive Oil	60	140
Detox Body Wrap	90	165
Pearl-Infused Remineralizing Body Mask	90	180
Lifting Body Treatment	90	190
Upper Arms And Bust Treatment	90	190
Slimming Algae Treatment	90	165
Alchemy Hammam Experience	120	210

Prices are inclusive of VAT.

TREATMENT	DURATION/MINUTES	PRICE/EUR
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WELLNESS THERAPIES

Indian Head Massage	45	125
Shirodhara	45	180
Mindful Meditation With Herbal Inhalation	30	80
Acupuncture	60	140

RITUALS

Baths: Energy/Relax/Jet lag	15	35
Cleopatra Bath	30	55
Sense of Greece	2 hrs 30 mins	280
Sense of Love	5 hrs	830
Thalasso Pool Circuit	120	30

BEAUTY

Manicure	60	80
Pedicure	60	90
Nail Polish Application	30	40

Waxing services are available on request.

FITNESS

Indoor or Outdoor Mini Boot Camp	60	90
Personal Training	60	105
Pilates Private Session	60	115
TRX Private Session	60	115
Yoga Private Session	60	115

Prices are inclusive of VAT.



SIX SENSES SPA ELOUNDA AT ELOUNDA SA HOTELS AND RESORTS

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