



SIX SENSES SPA

IBIZA

## SPA AND WELLNESS

A centenary olive tree marks the entrance to Six Senses Spa Ibiza. Almost invisible from resort level and encircled by water, a wooden staircase spirals down into the cliffside revealing three floors of bright white spaces, 12,900 square feet (1,200 square meters) dedicated to wellness and healing.

Spa guests are welcomed in an open-plan reception area with large floor-to-ceiling windows and stunning views across the sparkling Xaracca Bay. Besides a beautifully designed alcove for relaxation and a hair and nail salon, the star of the show on this floor is the chic **Rose Bar**, offering age-defying programs with tailor-made potent longevity treatments and personal guidance.

Following another set of stairs winding down to the level below, guests enter the heart of the spa where water and heat therapies await to soothe their muscles and senses. Facilities include a double hammam, infrared sauna, steam room, relaxation oval, Caldarium, and a jetted hot bath. The third level below houses five treatment rooms for blissful massages, skin-renewing facials, and energizing body treatments.

*More about...*

### **Rose Bar**

By combining advanced science, spirituality and ancient rituals, Rose Bar has been designed to reverse the aging process and inspire a healthier life with greater vitality. Diagnostic testing is used to assess the current state of wellness and the speed of aging. Results guide an inhouse doctor to recommend the ideal program to unleash the guest's full potential and could include biohacking treatments such as IV infusions, Cryotherapy, CellGym Hypoxo Training, and PEMF, as well as functional nutrition and advanced beauty treatments. Rose Bar also offers A-grade supplements and supercharged ice creams for stress relief, memory enhancement, energy boost, and weight balance.

### **Water and Heat Experiences**

The many healing benefits of water and heat therapies have been practiced for centuries to warm the body up before cooling it down. This practice reduces muscle tension, relieves pain and stress, boosts the immune system, and encourages detoxification.

Guests can start their journey in the infrared sauna to gently warm up and cleanse their bodies. The next stop is the steam room with air infused with local essences and magical light flooding in from the bay. Refreshing with a cold bucket shower is recommended afterwards. What's more, alternating hot and cold for a while is a great anti-aging hack. Finally, guests are invited into the oval relaxation room to drift away to the sensual sounds of a live sitar performance.

The double hammam is an ideal spot for an exfoliating salt scrub or the full fragrant hammam journey, during which the body will be deeply cleansed and wrapped, and

massaged with fragrant essences of amber, oud, or honey-orange. The Caldarium is a jetted 36 degrees warm plunge bath inviting up to five people to release muscle tension and stress, increase circulation and energy.

### **Fitness**

The Experience Den is located close to the spa and houses a rooftop yoga platform with sweeping views across the bay. Below, guests will find an indoor yoga studio, a black “action room” for functional fitness and high-intensity workouts, and a 24-hour gym with state-of-the-art *Technogym* equipment for cardio and strength training. There is even an outdoor boxing ring for some targeted action. Book lovers will rejoice when entering the Experience Den as they are welcomed by a library stocked with over 600 books on wellness and health.

### **Spa Facilities**

- 12,900 sq. ft. | 1200 sq. m. of wellness space
- Five treatment rooms including three couple's suites
- Rose Bar
- Beauty space for manicure, pedicure, and hair services
- Water and heat facilities including Caldarium hot bath with jets, hammam, steam room, infrared sauna and bucket showers
- Juice Bar menu
- Alchemy Bar
- Relaxation room
- Male and female changing rooms
- Pharmacy Bar, situated by the outdoor pool, has a range of ‘living drinks’ from homemade probiotics to tonics made from local ingredients and so much more

### **Fitness**

- Outdoor boxing ring
- Rooftop yoga deck
- Gym
- Black box studio for high intensity functions training, yoga and fitness

### **Spa Services**

- Biohacking, including Cryotherapy and compression boots
- Visiting Practitioners offering specialist treatments
- A daily schedule of wellness activities e.g., group classes, forest bathing, sunset sound healing, etc. (complimentary and paid)

### **Spa Menu**

- *Massages* - from Six Senses signature therapies to biohack add-ons
- *Facials* - results-driven corrective, balancing and firming facials
- *Body Treatments* – purifying, cleansing and nurturing wraps and scrubs
- *Alchemy* – expert Alchemists share their extensive knowledge of the abundant, local herbs and guide guests to make their own products
- *Locally Inspired Signature Treatments* – afterparty detox, couples and hammam experiences put together with the spirit of Ibiza in mind

- *Beauty and hair services* – cut, styling and barber
- *Mindfulness Practices* – meditation, pranayama and more
- *Fitness and Wellness Activities* - private and group sessions including yoga and functional fitness

### **Product Houses**

- Biologique Recherche
- Notttnuit
- Morjana

### **Wellness Days and Programs**

Six Senses Integrated Wellness is our overarching and innovative approach to wellness founded on several building blocks, including personalized wellness, sleep health, mindful eating, movement and self-discovery.

It starts in our rooms, where guests can enjoy a natural hand-made mattress by Naturalmat and cotton bedding, nourishing bathroom products and energy boosting snacks. Six Senses chefs create delicious, clean and sustainably sourced meals packed full of local ingredients. Preparation is natural and simple, focusing on quality, balance and fresh whole food made from scratch, while avoiding the bad stuff (flavor enhancers, lectins, lactose, gluten and sugar).

Wellness programs enable guests to experience personalized wellness with the support of our in-house yoga masters and practitioners. It starts with a non-invasive screening which analyzes key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities. Wellness Days give guests the opportunity to reconnect with themselves and rebalance by committing to one day for themselves, choose from You're Your Brain, Love Your Heart and Boost Your Immunity. For a deeper dive into personalized wellness, programs include Discover Yoga, Sleep, Detox and Fitness and range from three to seven nights.

### **Signature Immersions and Invited Presenter Retreats**

In the hot season (May to October), the focus is on celebration. From lazy days soaking poolside, enjoying the natural beauty of the bay or meeting an extended family of islanders, to gathering at night on long tables to explore new culinary frontiers, festive pop-up events and full moon dinners.

In the cool season (November to April), the community shares deep spiritual experiences through a series of immersive retreats.

Signature Immersions at Six Senses Ibiza are a series of playful, immersive, profound, comfort-zone-expanding retreats, curated by world leading practitioners and designed to help guests learn more, love more and be more. What's more, they're welcome to experience them twice a year.

SIX SENSES HOTELS RESORTS SPAS | SIX SENSES SPA IBIZA

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