



SIX SENSES SPA

ELOUNDA

Body Elixirs™ Rejuvenate Program

Body Elixirs Rejuvenate program offers an integrated mix of Bio-smoothies and functional natural products with ANIKA detox treatments, combined with optional wellness activities to improve health on all levels.

Daily nutrition includes three different smoothies with local dairy products (or alternatives of dairy products) and three functional natural bars. All products are exclusively distributed by 'Chartographoi Yheias'

Basic results of Body Elixirs Rejuvenate program are:

- Acute boost of metabolic antioxidant capacity
- Neutralize the catabolic stress hormones
- Reprogram and energize the body
- Increase stamina
- Stimulate the skin and improve elasticity and firmness
- Weight loss

We can advise and tailor the Body Elixirs Rejuvenate program to suit your needs.

ANIKA detox program:

- Algae body wrap and massage
- Cleansing Algae body wrap
- Shape detox body wrap
- Black mud and Algae Body Wrap
- Detoxifying Algae Body Wrap

Standard inclusions:

- Daily access to the indoor and outdoor thalassotherapy pool
- Daily access to sauna, caldarium and steam bath

Six Senses Spa Body Elixirs Rejuvenate program is suitable for those with experience of fasting or detoxing. Body Elixirs Bio functional smoothies and bars may be ordered to support your detox experience beyond the first five days of combined nutrition, exercise and treatments.

Body Elixir Rejuvenate program price: €1,115

Six Senses Spa at Porto Elounda Golf & Spa Resort

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