SIX SENSES INTEGRATED WELLNESS

At Six Senses, your stay can be anything you want it to be.
We guide you on your path to well-being and provide inspiration to make you feel your best every day, at every age. We believe that with the right information and tools you can improve the quality of your life and achieve specific health goals while having fun ... you just have to decide how active or inactive you would like to be.

Six Senses Integrated Wellness brings together the latest technology and in-house expertise with personalized wellness programs and nutritional advice. The program includes:

Wellness screening, 60 minutes
This personal consultation uses advanced technology which analysis key physiological biomarkers of health, including body composition, metabolism, oxygen distribution, and heart function and circulation, as well as stress parameters. The results are used to prepare a wellness program specific to your individual needs.

Fusionetics, 30 minutes
The test involves the conducting of six different movements with the execution of these being registered to Fusionetics' software, an evidence-based sports science platform, helping you to understand, monitor and optimize your performance, while reducing the risk of injury.

Wellness program, from three days plus
Based on the results, our wellness expert recommends a personalized wellness program which includes one spa treatment of 80 minutes and one fitness /wellness activity of 60 minutes per day. Nutritional advice on foods to favor and avoid is provided during your stay and to also take home.

Our programs are tailored around the most common concerns and include:

Sleep & resilience

Trim & fitness

Cleanse & detox

Live to your full potential

Post program follow-up
This includes a personal consultation with a wellness expert to analyze the results of your stay, including take home advice. A follow-up wellness screening is recommended for programs of one week and longer.

Prices start from USD 870 per guest / USD 1,480 per couple for a three-day program