



## Yogic Detox

*Cleanse the body and mind through this ancient, yet effective practice.  
Increase your energy levels, improve clarity of thought and enjoy a quieter mind.  
Rest and improve your digestive system through sensible eating of whole foods.  
Boost your immune system.*

Ideal for yoga aficionados and guests looking for less punishing detox programs, **Yogic Detox** combines aspects of *asanas* (hatha yogic postures), *pranayama* (breath regulation), meditation and a balanced diet along with *sat kriya* (movement and breath exercise) to offer a profound experience. These programs are complemented by a variety of detox and energy treatments.

The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

Inclusions	5 nights	7 nights
Yoga consultation (30 mins)	1	1
Personalised Yoga per room (60 mins)	2	3
Pranayama per room (45 mins)	1	1
Guided Meditation per room (45 mins)	1	1
Yogic Intestinal Cleanse	1	1
Morning Breeze (50 mins)	1	1
Detox Massage (50 mins)	1	1
Foot Acupressure (50 mins)		1
Facial of your choice (50 mins)		1
Oriental Massage (50 mins)	1	1
<b>Price per person</b>	<b>820</b>	<b>1,165</b>
<b>Price per 2 people (sharing a room)</b>	<b>1,200</b>	<b>1,785</b>

Prices are quoted in Euros and include tax and service charge.  
Prices exclude accommodation.

### About the Yogi

With almost a decade of experience in managing and training people, Melinda Polo brings with her passion and enthusiasm for yoga and holistic healing. Her knowledge in natural arts of healing has been accumulated from around the globe and she loves helping people learn to respect their own bodies which allows them to reveal their inner beauty. Melinda is also a trained fitness instructor and her sessions focus on the latest wellness industry trends.

### Six Senses Spa Marbella at Puente Romano Beach Resort & Spa

Bulevar Príncipe Alfonso von Hohenlohe, s/n, 29602 Marbella, Malaga, Spain  
T +34 952 820 900 | E reservations-marbella-spa@sixsenses.com | www.sixsenses.com