



SIX SENSES SPAS

## Yogi Detox

Want to eliminate toxins, improve digestive system, boost the immune system and achieve clarity of thought and peace of mind?

### Yogi Detox program

- Day 1  
Yoga consultation  
Intestinal cleanse
- Day 2  
Yoga session  
Morning breeze
- Day 3  
Pranayama/meditation  
Detox massage
- Day 4  
Yoga session
- Day 5  
Pranayama/meditation  
Movement restoration  
massage
- Day 6  
Yoga session  
Relaxed feet
- Day 7  
Facial treatment

YOGUI DETOX PROGRAM	5 nights	7 nights
Yoga consultation (30 min)	1	1
Yoga intestinal cleanse (45 min)	1	1
Personalised Yoga per room (60 min)	2	3
Pranayama/Meditation (45 min)	2	2
Detox massage (50 min)	1	1
Relaxed feet (50 min)		1
Morning breeze (50 min)	1	1
Facial of your choice (50 min)		1
Movement restoration massage	1	1
<b>Price per person</b>	<b>915 €</b>	<b>1280 €</b>

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Yoga consultation	x						
Intestinal cleanse	x						
Yoga session		x		x		x	
Pranayama Meditation			x		x		
Treatments		Morning breeze 50 min	Detox massage 50 min		Movement restoration 50 min	Relaxed feet 50 min	Facial treatment 50 min

\*Please be aware that the package does not include accommodation or meals and you must be a hotel guest at hotel Puente Romano or NOBU for the full length of the program.

### About the Yogi

Paula Martin Gonzalez holds a Degree in Physical Education and Sports Science from INEF (Physical Education National Institute University of La Coruña) and is also Certified Therapist with a variety of qualifications from AGAMA (Galician Massage Academy), TTC Spa school in Thailand, Asthanga Vinyasa Yoga teacher training in India (Himalaya Yoga Valley center), CEM (European Beauty Center). She worked as a Yoga instructor and Spa therapist in Greece for almost a decade and now she brings her passion and enthusiasm to help people to reach an optimal individual health.

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

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