



SIX SENSES SPA
ELOUNDA



Visiting Practitioner - Sandra Laznik June 16 to July 14, 2019

Natural Face Lift

60 minutes - EUR 165

Get your personal fitness trainer, for your face. Master 5 physical exercises that reduce wrinkles, boost circulation, tone your cheeks and get your facial muscles in shape. No electrodes or injections included.

Private Yoga Session (Kundalini / Therapeutic / Hatha / Vinyasa / Aerial)

60 minutes - EUR 115

90 minutes - EUR 135

Become a well-stretched person, even if you never touched your toes in a yoga class. Get inspired by the royal paths of yoga that offer a highway to clearing physical, mental and emotional issues. Personal session will make you face the world with a victorious mindset and a radiant body.

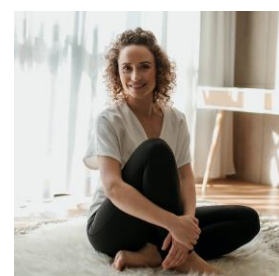
Private Pilates Session

60 minutes - EUR 115

90 minutes - EUR 135

Nothing will get you more focused, aligned and toned than working with your core. This practice improves your posture, strengthens your abdominal muscles and clears the mental clutter.

Sandra Laznik graduated at University of Sport Science in Slovenia. She's known for mixing science with esoteric like a pro and strives to help you heal quickly and permanently. She's multiply qualified yoga teacher (Hatha, Vinyasa, Aerial, Therapeutic, Shakti Naam, Kundalini Yoga), a pilates instructor and a professional in training the facial muscles for beauty and health.



Six Senses Spa at Porto Elounda Golf & Spa Resort

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