



SIX SENSES SPA
DOURO VALLEY

Grow a New Body *One week of healing, renewal and wisdom*

July 15 to 22, 2019 and November 3 to 10, 2019

Lay the foundation for your health span to equal your lifespan.

Discover how to repair your brain, heal your body and transform your life in as little as one week.

Experience shamanic practices alongside cutting-edge neuroscience and biology, detox strategies and power-plant foods that can switch-on every cell's ability to regenerate and repair.

Turn on the production of the bliss-creating molecules, while shedding the years of old programming.

All you need to do is to take the first step.

Whether you are suffering from stress, dealing with health crisis, going through hormonal changes, trying to turn back your biological clock, wanting to become a master of prevention or rid yourself of toxins whether they are physical, emotional or mental, the Grow a New Body You program gives you the gift of a healthier and more joyful life. A team of experts including a medical doctor, a nurse, a shaman and in-house holistic wellness practitioners will guide you along the way.

What's included:

Seven nights' accommodation

Full board including all neuro-nutrients and supplements

Wellness Screening

Four shaman/energy medicine sessions

Four oxygen altitude-training sessions

Four LED sessions for mitochondrial stimulation and repair

Four vitamin/mineral IV infusions

Three Glutathione

Seven sessions of body work e.g. massage, scrubs and wraps, specialist treatments

Six pre-recorded lectures with the master shaman, Dr. Alberto Villoldo

Entry and exit energy-medicine evaluation with a world-class medical doctor

Daily lecture and prevention education with the team doctor

Daily group morning yoga, hike or walk and evening meditation

July 15 to 22, 2019

Seven nights from EUR 11,700 in a Deluxe Room / EUR 18,850 per couple sharing a Deluxe Room

November 3 to 10, 2019

Seven nights from EUR 9,600 in a Deluxe Room / EUR 16,750 per couple sharing a Deluxe Room

Six Senses Spa Douro Valley

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