

New Six Senses Fitness Centre and January Detox Package at Hotel Arts Barcelona

January 2008: Six Senses Spas opens its first ever holistic Fitness Centre at Hotel Arts Barcelona. Start the New Year with a fitness programme attuned to all of the senses and designed to suit your individual needs.

The new Fitness Centre is located on the ground level of Hotel Arts and will compliment the Six Senses Spa on the 42nd and 43rd floors of the hotel, adding the fitness element that is essential to a balanced health programme.

The Gym by Six Senses Spas offers sessions with a wellness coach who will design a personal fitness programme by matching the client's desired outcome to a balanced holistic session that guarantees to be physically challenging and ultimately rewarding. Personalised programmes are available in 30 and 60 minute sessions.

A variety of exercise classes are available in both group and individual sessions and include: Yoga, Tai Chi, Pilates, Matt Work, Pilates Reformer and Core Work Out.

The Fitness Centre at Hotel Arts also offers an Express Spa with a menu of exclusive treatments that will bring quick relaxation and maximise benefits in a limited amount of time, suiting the needs of individuals with even the most hectic of lifestyles looking for a moment's peace within a busy day's meetings or sight seeing. Express Spa Treatments include: "Urban Escape," "Foot Revival," "Back Tonic" "Scalp Saviour" and "Facial Refresh."

To celebrate its launch: The Six Senses Fitness Centre at Hotel Arts Barcelona is offering a special Detox Package from 1 January – 31 March 2008.

The Detox Package features both Fitness Centre and Spa elements for a total of 110 minutes of treatments to ensure that clients are detoxed and refreshed. This is recommended as a morning treatment after a light, fruit-based breakfast. The package includes:

- Personal Holistic training session for 60 minutes with a professional trainer who will work on those areas that each client requires.
- Detox wrap with thyme and enebros essential oils at the Spa on the 43rd floor of Hotel Arts. The wrap includes a relaxing body massage followed by a detox fruit drink.
- Price: 160€+ tax

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