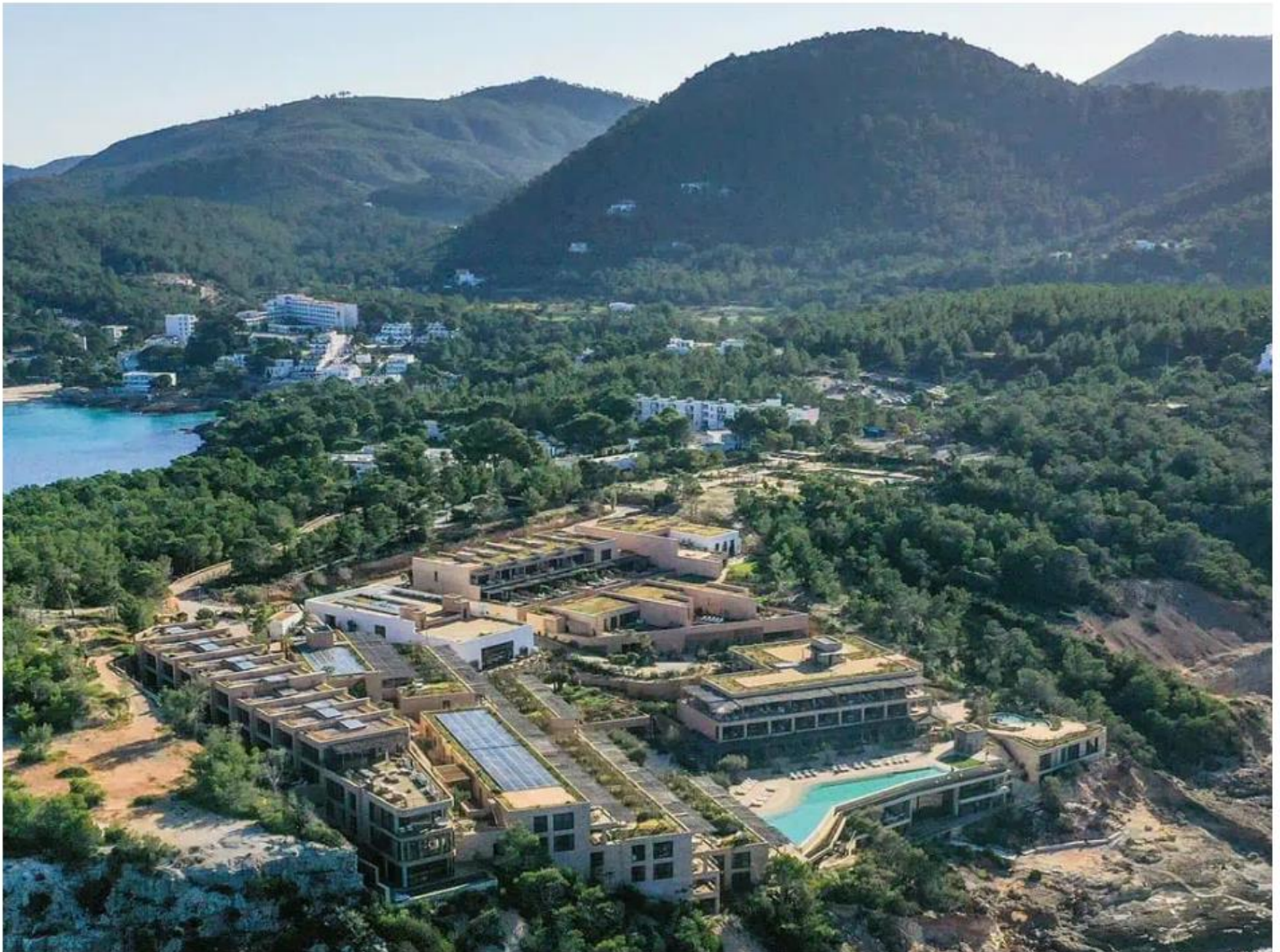


# Islands

## **Six Senses Ibiza Reopens for the Season with a Renewed Focus on Wellness**

Big things are in the works for travelers seeking to work on their minds, bodies, and souls.

By Terry Ward | April 11, 2023



Ibiza might be known for epic parties, but this resort is all about making guests feel spectacular. *Robert Michael Poole/Six Senses Ibiza*

Spain's legendary Balearic island known for perfecting the sybaritic life tends to go into hibernation during the colder winter months. But with one of Ibiza's most decadent hotels back open for the season, this popular, vibrant destination is officially the place to be for the spring and summer, especially for anyone looking to feel as great as everything looks here.

Fronting Xarraca Bay on the Northern tip of Ibiza, Six Senses Ibiza wasn't fooling when it opened back up for the season on April 1. And guests can count on even more transformative experiences in the mix this year.

Just unveiled, RoseBar is the resort's newest "age-defying" wellness program and incorporates diagnostic tests led by medical experts with spiritual learnings as well as personalized nutrition and "longevity lifestyle," plans (which we hope doesn't mean drinking only green tea into perpetuity).

The resort has also announced an array of upcoming retreats with top wellness practitioners, including the WiseMotion Retreat with Dr. Hanna Poikonen, Oona Retreat: The Power to Heal, The Class Retreatment with Taryn Toomy, Mastermind Your Life In Three Easy Steps with Marisa Peer, Sanctum Awaken and Self-Heal Retreat with Luuk Melisse, and Young Forever Retreat with Dr. Mark Hyman. Decisions, decisions.



In addition to exhilarating amenities and activities, this resort is also home to Cliffhanger, one of the most amazing accommodations on the island. *Six Senses Ibiza* New culinary concepts have been unveiled at the property, too, including the Italian-inspired offerings at The Orchard, a Spanish cuisine focus at La Plaza, and sushi and Japanese delicacies at The Beach Caves, which happens to be one of the most seductive spots on all the island for a decadent meal.

If you dine at just one restaurant here, however, make it the property's new North by Eyal Shani, helmed by a celebrated chef considered to be the founding father of modern Israeli cuisine, one who brings his hyper-seasonal vegetarian small plates and fresh island seafood to the table.