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Ibiza Without the Hangover

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Ibiza is no stranger to New Age wellness practices like crystal therapy and shamanic rituals. Still, the pleasure-filled island isn't the kind of place most travelers associate with a serious health holiday. It's hard enough to cut down on alcohol and hit the treadmill—who needs the extra temptation of a swim-up bar with all-you-can-drink sangria?

When Six Senses Ibiza opened in 2021, nobody could have predicted it would become one of the world's most forward-thinking wellness destinations. Sure, it had a stacked medical staff and a seriously eye-catching subterranean spa resembling a Bond villain's Mediterranean lair, but it was hard to imagine anyone wanting to trade an afternoon at the infinity pool for a functional medical assessment and an IV drip.



PHOTOS COURTESY SIX SENSES IBIZA



To say that the seaside resort has broken the mold of what a health holiday is certainly an understatement. In lieu of deprivative meal plans and doctors in white coats, Six Senses Ibiza has packaged the medi-spa concept in a sophisticated, lifestyle-friendly package—and with no less rigor than what you'd find at the leading medical clinics of Switzerland and Austria. Here, chakra alignment is taken as seriously as cholesterol levels, and nobody's going to judge you for skipping out on morning meditation because you were up till 3 a.m. drinking at the Beach Caves lounge.

At the helm of the resort's RoseBar "longevity club" is functional medicine expert and chief medical expert Dr. Mark Hyman (formerly co-medical director at Canyon Ranch), who has advised celebrities, athletes, and former president Bill Clinton. Together with medical anthropologist and neuroscientist Dr. Matthew Cooke, wellness pioneer Anna Bjurstan, and King's College-trained MD and elite triathlete Dr. Tasmin Lewis, Hyman has dreamed up a one-stop wellness hub with cutting-edge biohacking therapies and state-of-the-art equipment.



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Multi-day retreats might start with a blood test or wellness screening to determine guests' overall health and gain insight into their epigenetic (gene activity) profile. A functional medicine assessment can help the team pinpoint the stressors—interpersonal, environmental, physical, psychological—that factor into guests' overall wellbeing. From there, a personalized plan is developed, with recommendations on diet, fitness, and recovery. Guests might be prescribed a few hours relaxing on the rocky beach, holistic treatments like guided meditation and yoga, or age-reversing biohacking therapies like Cellgym hyperbaric oxygen therapy, IV recovery drips, cold plunges, and Normatec compression therapy.

This being Ibiza, there's also plenty to keep the spiritual crowd satisfied, too. For example, the resort's multi-day Sanctum retreat borrows inspiration from kundalini yoga, "Native American vision quests," Japanese martial arts, and "primal movement." And every fall, Six Senses Ibiza hosts the Alma Festival, a three-day "soul adventure" with appearances by wellness gurus and activities ranging from sex talks to human connection workshops.

In an age when wellness can feel overly prescriptive (10,000 steps a day, 8 hours of sleep a night), what sets Six Senses Ibiza apart is its full-picture approach to health and longevity.

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