OCHO IBIZA

IBIZA · AN ISLAND. A POINT OF VIEW.

The Wellness *Edition*

THE JOURNAL



A softer day.

An orange-grove afternoon. Warm water above the northern sea. The pleasure of being looked after, without turning rest into another thing to get right.

FIND YOUR WAY THROUGH

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A magazine to keep. The interactive finders and live services belong to the web edition.

The island, as we live it.

At some point, you stop listening for your phone.

It may happen in the garden at Atzaró, with the book open on your lap. Or in a pool at Na Xamena, when somebody beside you falls quiet because the view has done the talking. The useful part is how little effort that moment requires.

Ibiza makes a convincing setting for a day like this. Gardens offer shade; the northern coastline offers scale; a good treatment offers the rare experience of somebody else paying attention to what would make you comfortable. Choose the pleasure you actually want. There is no prize for fitting more into it.

BEGIN WHERE YOU ARE

Start *softly.*

A cup, a chair, a morning that belongs to you.

Before booking anything, try breakfast without a departure time. Let one person swim while another reads. Eat when you are hungry, leave a second cup on the table, and resist the impulse to make everybody join in. A villa is particularly good at holding several versions of a good morning.

For parents, the thoughtful detail is a proper handover: an agreed hour when somebody else is responsible for the children. For friends, it may be permission to disappear into a book. Rest feels different when you are allowed to be unavailable.

Keep a little of that ease for later. A shower, clean clothes and supper at home can be the loveliest continuation of a spa day. Our Without Clubbing Edition has more daylight pleasures if you feel like going out again.

THE GARDEN TAKES OVER

An afternoon *in the orange grove.*



Atzaró / Pool and garden

Atzaró / For the garden, the shade and the hours between things.

Atzaró's 43-metre freshwater pool draws a long blue line through the garden. Around it, white curtains, timber daybeds and orange trees break the afternoon into smaller places to settle. It is easy to picture a treatment here. Easier still to picture the hour afterwards, when there is nowhere you need to be.

This is our garden-day suggestion: swim, read, have lunch, move your chair with the shade. Sauna, hammam, a gym and classes can give the visit a little structure. The setting is generous enough to make doing very little feel like a considered choice.

Friends who are comfortable with silence will enjoy this together. One person drifts off; another finally gets beyond the first chapter. Later, conversation resumes without anyone having to account for the gap. Pick an adult day experience that covers the

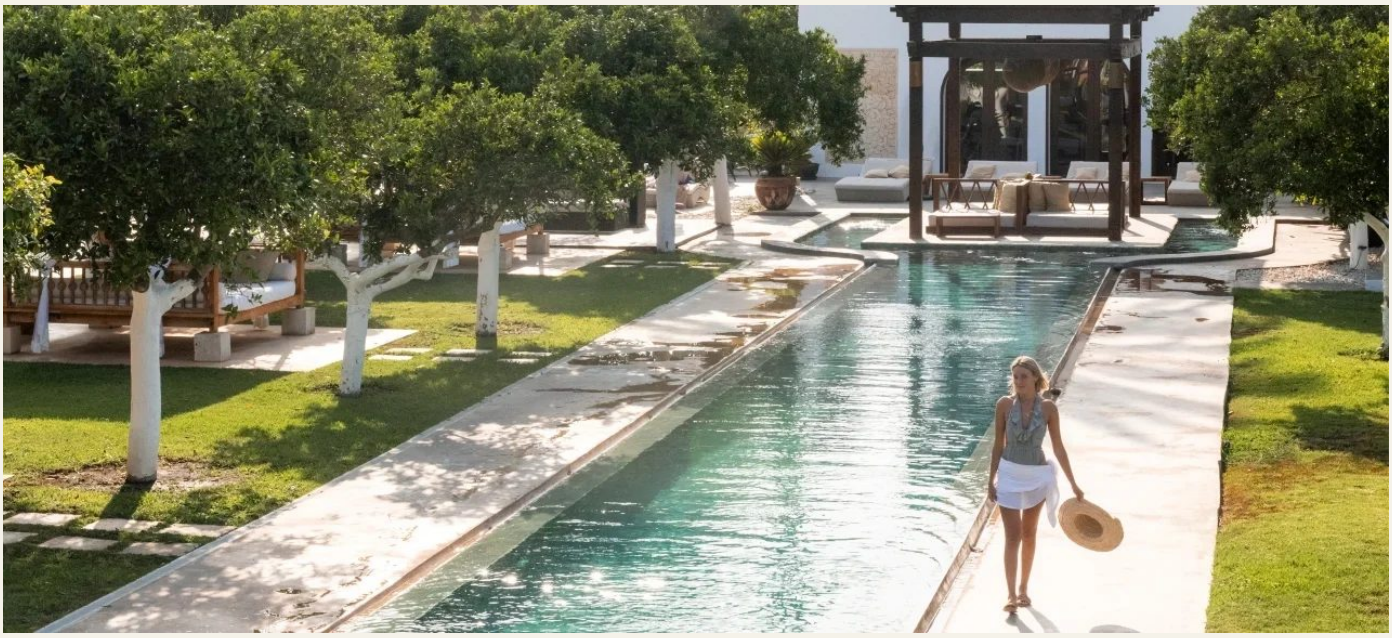
An afternoon in the orange grove.



Atzaró / the garden comes indoors

facilities, food or treatment you want, and leave the rest of the afternoon open.

An afternoon in the orange grove.



Atzaró / Between the swim and the shade.

Something *to lose yourself in.*

The hour afterwards deserves a place in the booking.



Six Senses Ibiza / scent, texture, attention

CHOOSE AN EXPERIENCE

Six Senses Ibiza / For a curious mind and a change of pace.

Some people settle more easily when their hands have something to do. At the Alchemy Bar, botanical ingredients and a working table introduce a different kind of spa experience: smelling, choosing, making. Attention narrows to the thing in front of you. That can be a relief in itself.

The spa's curved rooms and warm materials have their own quiet presence. A massage, a class or one carefully chosen workshop gives a visit a centre; there is no need to assemble a complete programme around it. Tell the team what interests you and that you are visiting from outside the hotel, so access and inclusions are clear.

Something to lose yourself in.



Six Senses Ibiza / the shape of quiet

Leave room for the northern setting, too. Arrive without a last-minute rush and resist booking the next engagement immediately afterwards. The point is to feel the change of pace long enough that it follows you home.

MAKE AN OCCASION OF IT

Water above *the water.*



La Posidonia / Above the northern sea.

La Posidonia / A small afternoon against an enormous horizon.

At Hacienda Na Xamena, the Cascadas Suspendidas seem to hold a little piece of the sea above itself. Two people can sit side by side in the water and look out at a coastline neither of them needs to explain. Even the most talkative company occasionally runs out of words here.

The circuit moves through eight pools with different temperatures and water pressures. What makes it memorable is the relationship between the close, physical experience of the water and the great distance beyond it. A birthday or anniversary needs very little additional decoration.

External visitors can book combinations of cascades, food and treatments. Give the outing an afternoon, follow the spa's participation advice, and choose the package that suits your company. Hotel-resident activities, including its yoga and guided walks, are separate. The view is ample reason to come.

SPA, THEN THE TOWN

Come back *to yourself.*



Revival Spa / Aguas de Ibiza

Aguas de Ibiza / An indoor pause, with Santa Eulària outside.

Warm stone, softer light, the sound of water close by: Revival Spa changes the register of a Santa Eulària day. A hand rests in the water. A face turns towards a shaft of daylight. There is time to notice the small sensations that usually disappear beneath everything else.

The Clarins spa combines a water circuit with treatment rooms and fitness facilities. It suits a visit with a simple intention: a swim and some quiet, or a treatment you have been looking forward to. Ask which areas your booking covers; spa access and a treatment appointment are different products.

Afterwards, the town is still there. Lunch, the seafront and the small pleasure of being dressed slowly for an ordinary afternoon. The spa is for guests aged sixteen and over, so make separate arrangements if younger children are travelling with you.

Come back to yourself.



Aguas de Ibiza / A pause in the light.



Aguas de Ibiza / A quieter frame.

MOVE AT YOUR OWN SCALE

Move a little. *Enjoy the morning.*

Choose the class you want to attend, rather than the person you think it will make you.

A stretch, a familiar practice, the good feeling of moving before breakfast: these are sufficient reasons to book a class. Atzaró and Six Senses publish different programmes, so start with the teaching, level and time that suit you. Tell the instructor about anything that affects your participation.

Private villa sessions need a similarly clear brief: who is joining, how experienced they are and what space is available. Ask us to explore the options for your stay. If walking sounds more appealing, the Walking Edition is a good place to start.

ASK FOR WHAT YOU WANT

The personal *part.*

Say what would make you comfortable.

Pressure, temperature, scent, conversation or silence: a good treatment begins with preferences, not politeness. Tell the therapist what you enjoy and anything relevant to the appointment. You are allowed to ask for less pressure, more warmth or no conversation at all.

Book with a qualified practitioner and discuss any health considerations with them before choosing. Then put the administrative part down. Somebody has made this hour ready for you.

CHOOSE YOUR RHYTHM

Choose the day you would look forward to

A few ways to make the idea your own.

A way to make the day yours

Choose Atzaró for the landscape of the spa itself. Build around a class or treatment if you want one, then protect time for the pool, the daybed and the garden. A full itinerary would miss much of the reason to come.

Another way to make the day yours

Choose La Posidonia for the cascades and the northern sea, with the right external-visitor package. Give the experience and its meal the day's attention, instead of fitting them between several other destinations.

Another way to make the day yours

Choose Six Senses for a particular treatment or experience, or Aguas de Ibiza when you want the spa to sit comfortably beside a Santa Eulària outing. If the thing you most want is villa time, keep the morning there.

A place *for your people.*



Can Saca / The little details.

The hours in between

The first coffee. The last swim. The table where the stories get told again. Some of the best hours of the holiday happen at home.

At Ocho, you book directly with the people who own and care for our three villas. Tell us your dates, your people and the kind of Ibiza you have in mind. We'll help you find your place.

AN ISLAND. A POINT OF VIEW.

Make it *your Ibiza.*

Three villas. A team who calls the island home.
Tell us your dates, your people and the kind of holiday you have in mind.

OCHO IBIZA

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Behind the edition.

Photography & editorial notes

An original Ocho Ibiza publication. Real photography; people pictured are not presented as Ocho guests.

Opening days, menus, access and seasonal services may change. Confirm directly with the venue for your travel dates.

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A woman resting on a wooden spa bench beside a window at Aguas de Ibiza

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Atzaró / Between the swim and the shade.

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