

welcome

to Ibiza Bay, a place like
nowhere else in Ibiza ...

Here at Ibiza Bay, we have endeavoured to
create a setting that seamlessly blends
the energies of this unique island.

The White Isle is famous for its combination of
beautiful beaches, nightlife and mystical appeal.
yet there is so much more to uncover...

Ibiza's magic is that it can be whatever you want it to
be. Like Ibiza Bay, the island allows bohemians, relaxation
seekers, nature lovers, party goers and families to holiday
together in the same place.

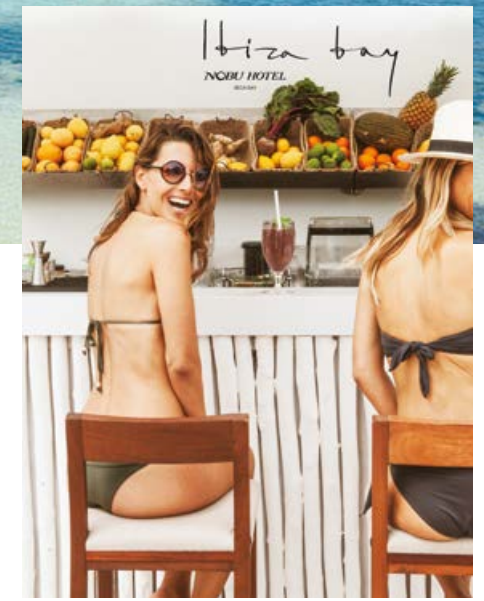
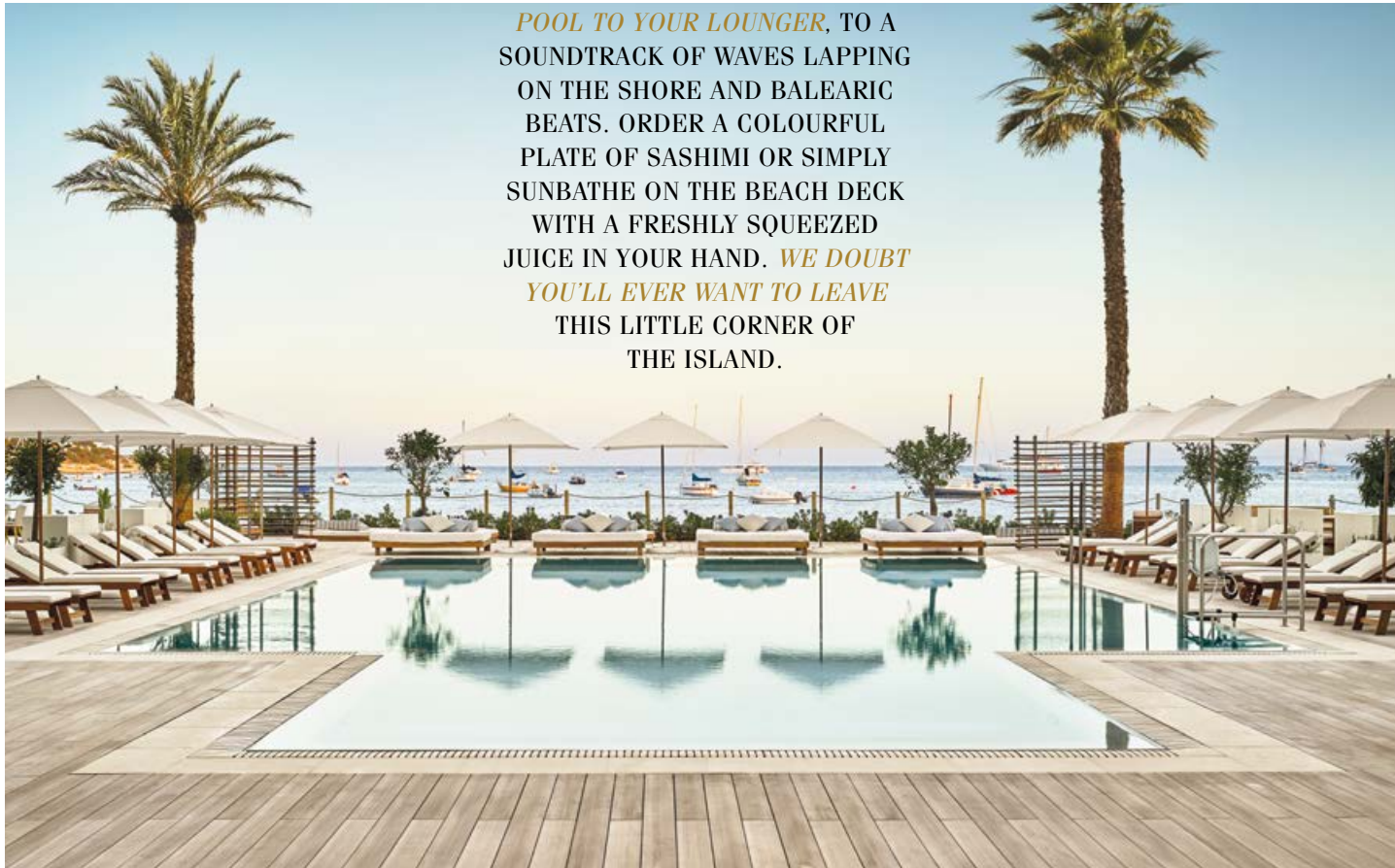
We invite you to experience the island's incredible beauty
and diversity through the lens of Ibiza Bay: explore Ibiza
at your leisure with our locally trusted secrets.

We want you to make the most of all that we have to
offer at Ibiza Bay and for the spirit of the island to
stay with you long after you have returned home.

Enjoy!

SOAK Up the VIBE

CAREFREE DAYS AT IBIZA BAY ARE SPENT *DRIFTING FROM THE POOL TO YOUR LOUNGER*, TO A SOUNDTRACK OF WAVES LAPPING ON THE SHORE AND BALEARIC BEATS. ORDER A COLOURFUL PLATE OF SASHIMI OR SIMPLY SUNBATHE ON THE BEACH DECK WITH A FRESHLY SQUEEZED JUICE IN YOUR HAND. *WE DOUBT YOU'LL EVER WANT TO LEAVE THIS LITTLE CORNER OF THE ISLAND.*



** TRY OUR IBIZA BAY FIZZ, A BLEND OF GIN, LOCAL FIGS, LIME, LEMON AND TANGERINE FLOWER FOAM. It's a Beach Deck favourite.*



by @camiliacoelho

WHILE AWAY THE DAY BASKING IN THE *EVER-CHANGING COLOURS* AND MOODS OF THE BAY



by Max Kindersley

THE BEAUTY OF IBIZA BAY IS THE FREEDOM TO DO WHAT YOU LIKE AT A PACE THAT SUITS YOU.



IN DULGE

THE ISLAND BRINGS OUT THE *BOHEMIAN SPIRIT* IN ALL OF US.

#TopTip. Treat yourself to a mid-day massage on the beach, nap on your terrace or order a bento box to your lounge on the Beach Deck.



It's a rare chance to lose track of time and be completely spontaneous.

*IBIZA BAY pulses to a
different beat at night.*

**AS SOON AS THE SUN
SETS, *THE ENERGY OF
THE RESORT* SHIFTS.**

by @peyoteibizabay



It's a chic spot where the sounds of down-tempo house music and laughter fill the air.

Gather for evening cocktails or tuck into a superb late-night dinner with family or friends; this is where the most exhilarating nights get under way.

Free-spirited NIGHTS

THE ALLURE
OF THE *island*



HOT

PICKS FROM



by Cala Bonita

WE HAVE EXPLORED THE ISLAND TO FIND **THE BEST IT HAS TO OFFER**; FROM OUR PREFERRED AFTER-PARTIES TO THE MOST UNIQUE BOUTIQUES AND OUR FAVOURITE MYSTICAL COVES. **THIS IS OUR TAKE ON IBIZA, THE PLACES WE LOVE AND WANT TO SHARE WITH YOU.**

Ibiza



by Experimental Beach



by Cat Milton



by Los Enamorados

IBIZA, ITS FRESH AIR, AZURE SEAS AND **MAGICAL SENSE OF FREEDOM** HAVE BEEN SYNONYMOUS WITH PARADISE EVER SINCE THE DAYS OF HOMER AND THE ILIAD.

There is a beautiful allure to the island of Ibiza

It is difficult to put into words, yet anyone who has experienced the White Isle can attest to its magnetism. You can party to the music, dip into the electric nightlife or simply enjoy the island's welcoming culture, artisanal food and natural beauty.



Ibiza

Es Vedrà



Cova Santa
WOO MOON



Old Town



IBIZA BAY



Marina
Botafoc

Les Salines
National Park

Los enamorados

GALA XUCLAP

Santa Joan

RESTAURANTE LA PALOMA

Santa Agnès

LAS DALIAS HIPPIE MARKET

Santa Gertrudis

S'ESTANYOL

A hand-drawn illustration of a pair of red sunglasses with black lenses.

Formentera



BEJO BEACH





by Cala Bonita

IBIZA HAS EVERY TYPE OF BEACH YOU COULD WANT, FROM GOLDEN SANDS TO SECLUDED COVES.

SEA & EAT

HERE IS OUR LIST OF THE TOP BEACHES AND THE RESTAURANTS ITS SHORES HAVE TO OFFER.



don't miss the sunsets

Best for snorkelling. S'ESTANYOL

Just a ten minute drive from Ibiza Bay down a steep rocky path that winds through the forest, this secluded cove is surrounded by rocky cliffs and pine trees. Escape the crowds for a quiet afternoon of swimming and snorkelling through the underwater caves.

S'Estanyol's only chiringuito, **Cala Bonita** is a favourite. Rustic Mediterranean fare is cooked to perfection on the charcoal grill. This is also the ideal spot for a quiet romantic candle-lit dinner.

#Local Tip - The best way to experience Formentera is by sea. Speak to our concierge team to charter a boat for the day directly from the beach of Ibiza Bay



by Beso Beach

The place to be seen. PLAYA DE SES ILLETES, FORMENTERA

Hop over to the **neighbouring island of Formentera**, a beautiful stretch of glittering white sand and Caribbean-like waters.

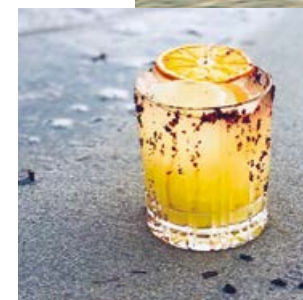
Nestled in the pine groves, just a short wander off the beach you will find the **chiringuito Beso Beach**. Arrive early for a mix of Mediterranean/Basque cuisine and a laid-back vibe. Stay for a late lunch and you'll see the energy pick up as a dance party erupts where the tables once stood.

Later stroll over to the **rustic beach shack El Tiburon** for sunset mojitos with your feet in the sand, before heading back to the boat for the short trip back to Ibiza Bay.

Natural beauty. CALA XUCLAR

Encircled by bamboo, plunging cliffs and typical Ibizan fishing huts, **Cala Xuclar** is Ibiza at its purest. It's worth the drive just to see the crystal-clear water and extraordinary translucent light.

Book lunch at the authentic chiringuito or drive along the coast to **Portinatx's Los Enamorados** (the lovers). The restaurant has its own fisherman who bring in fresh fish each morning. It also has a retro-style shop with beautiful and unique clothes, accessories and homeware. Stay for sundowners as the sunset is glorious.



by Los Enamorados

#Local Tip - Hire a small boat or paddle board and cave-hop around the nearby coves.

At your doorstep. TALAMANCA BEACH

Talamanca is famed for its golden sand and shallow turquoise waters, ideal for swimming.

Just a short walk along the promenade at the edge of the bay, you will find the fish shack. Stop here for freshly-caught fish of the day or **flaó d'Eivissa**, a local traditional baked dessert that is filled with goat cheese and spearmint. **The tiny shack is a highly coveted secret amongst locals.**



by Katrina Phillips

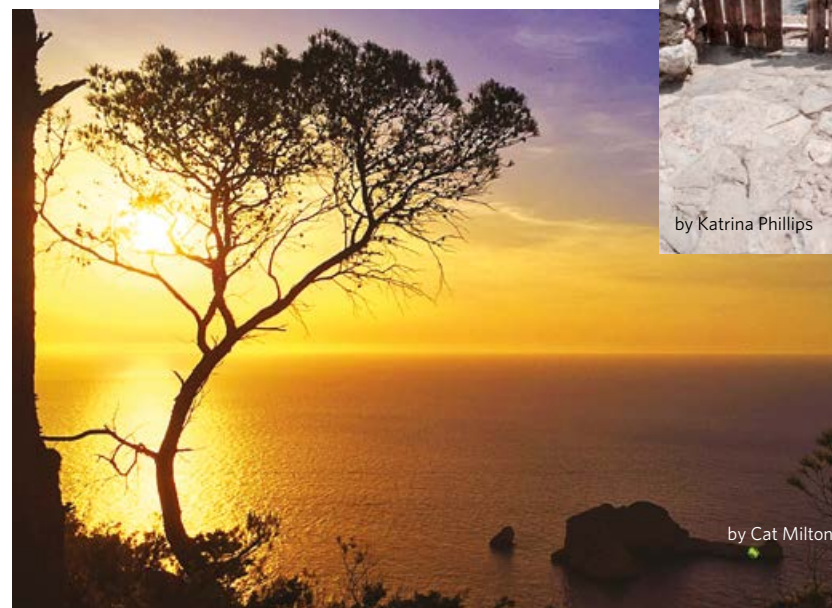
#Local Tip - Bring cash as they don't accept credit cards.



by Beso Beach



by El Tiburón



by Cat Milton

HOT PICKS SHOPPING

#Local Tip -

Speak to our guest experience team to organise a personal shopping trip or an in-room consultation with a stylist.



PERFECT YOUR VACATION STYLE OR TAKE A PIECE OF THE ISLAND HOME WHEN YOU LEAVE, WITH OUR ISLAND SHOPPING GUIDE.

by Virginia Vald



SLUIZ, SANTA GERTRUDIS

The 6,000 square metre artistic warehouse offers a colourful plethora of **boho-chic home décor**, flashy sandals, kaftans and flowy dresses. **Every few months, the shop transforms** offering an entirely new and theatrical theme.

PARFUMERIE CENTRALE, FORMENTERA

Simple, clean and natural, all of the scents at Parfumerie Centrale pay **tribute to the magical island** and its natural resources. With one spritz, you'll be transported back to the beaches of Formentera.

VICENTE GANESHA, IBIZA TOWN

Often referred to as **Aladdin's Cave**, you will find brightly coloured **kaftans, skirts, scarves** and unusual trinkets. **Jade Jagger, Elle McPherson** and **Kate Moss** have all been spotted in the boutique.

1LOVE 2HUGS 3KISSES, JESUS

A favourite for cool families, you will discover a thoughtful collection of **cool vintage washed children's wear, eclectic jewellery, 70's roundie bags** and lifestyle products by Melbourne designer **Christianna Heideman**.

THE ROSE, SANTA GERTRUDIS

Browse through **hand-sewn silk dresses**, designed by the owner **Claudina Damont**, **cocktail party frocks**, and vibrant fashion accessories at this colourful boutique.

You can even buy **paintings by artist Aldo Kodac**, whose work is also on display at Ibiza Bay.

ANNIE'S, DALT VILA

A real thrill of the find shopping experience, here you will uncover **incredible local and international** designer pieces as well as top brands such as **Oscar de la Renta, YSL, Dior** and **Chanel**.



by Willi Pauer



by Sluiz



by Sluiz



by Ambaz



by Annie's

OUR IBIZA TOP TEN

by Cat Milton

1. BEST NATURAL WONDER

There are so many myths and legends surrounding the limestone rock of **Es Vedra**; you have to see it to appreciate its magnetism. Watch the sunset behind Es Vedra from **Cala d'Hort**, one of the most awe-inspiring views on the island.

2. BEST BOAT TRIP

Escape to **Formentera** for the day. It's like having ten days' holiday rolled into one, with its white beaches and turquoise waters. Just a short distance from the shore at the northern point of Formentera is **Espalmador**. It's a private uninhabited island that can only be reached by sea. Moor your boat here and enjoy some secluded swimming.

3. BEST FOR THE ART LOVER

Launched by New York city art collector Lio Malca, **La Nave** is a small but amazing gallery in the former salt storehouse next to Ses Salines beach. Last year's exhibition featured work by American artist Keith Haring, whose art focuses on themes of love, death and social harmony. Ask our Experience Team for details about this year's exhibition.

4. BEST HIPPIE MARKET

Discover local artisanal products, fashion and antiques at **Las Dalias**. It's touristy, but the traditional bohemian spirit of Ibiza is still very much alive. Go on Wednesday night for the live music and authentic food stalls.

5. BEST FARM-TO-TABLE RITUAL

For an authentic Ibizan experience, ask our concierge about the farming rituals at **La Granja**. Book a communal dinner with chef José Catrimán to experience slow-food cuisine. Daily music sets and social gatherings enhance the environment of organic togetherness.

by La Granja

by Experimental Beach



by La Granja

by Beso Beach

by La Granja

6. BEST TORTILLA

C'an Cosmi in Santa Agnès makes the tastiest tortilla (Spanish omelette) on the island. Sit on the terrace overlooking the beautiful 18th century church and watch the world go by...this is the real Ibiza. Take a walk through the surrounding countryside, with its fields of orange, lemon and almond trees.

7. BEST SUNSET VIBE

Just past the Ses Salines salt flats, **Experimental Beach** has incredible views of the azure sea and the corner of Es Vedra. A spectacular place to catch the sunset where you sit on plush sofas sipping rosé and snacking on jamon croquettes. Go on a Saturday night to experience Ibiza's free-spirited vibe.

8. BEST AL FRESCO DINING

La Paloma is a vintage-chic café and restaurant with a beautiful sun-drenched terrace where you can dive into deliciously homemade treats. The menu is full of fresh ingredients grown on the island. At night, it transforms into a sparkling bistro attracting all types of people, from celebrities, to locals and hippies.


9. BEST HISTORICAL WALK

Walk through the UNESCO protected **Dalt Vila**, with its winding cobbled streets, gelato shops and tapas bars. Stop by S'Escalinata and enjoy a traditional Ibizcan coffee and tostada as you sit on their colourful steps overlooking Ibiza town.

10. BEST CULTIVATED HEDONISM

Every Sunday in the mountains of San José in Cova Santa, there is a party that blends music and art to create one of the most spirited afternoon festivities on the island. Last year's **WooMoon** theme was 'Naked', with theatre, cirque, live art and interactive performances, all synchronised to electric beats and nomad sounds. Ask our Experience Team for details.

by Experimental Beach



OUR PHILOSOPHY
STEMS FROM THE
SPANISH TRADITION OF
COOKING WITH LOVE.

WHENEVER POSSIBLE
OUR INGREDIENTS ARE
LOCALLY SOURCED,
WITH RESPECT FOR THE
LAND AND THE NATURAL
FLAVOUR OF THE FOOD.

DO
ALL
THINGS
WITH
LOVE

CHAMBAO



Our
Chiringuito
Chambao.
Spanish
for
“Beach
Shack”

FRESHLY CAUGHT
SEAFOOD
&
BALEARIC
SPECIALTIES

CHAMBAO

[tʃam 'ba o], noun.

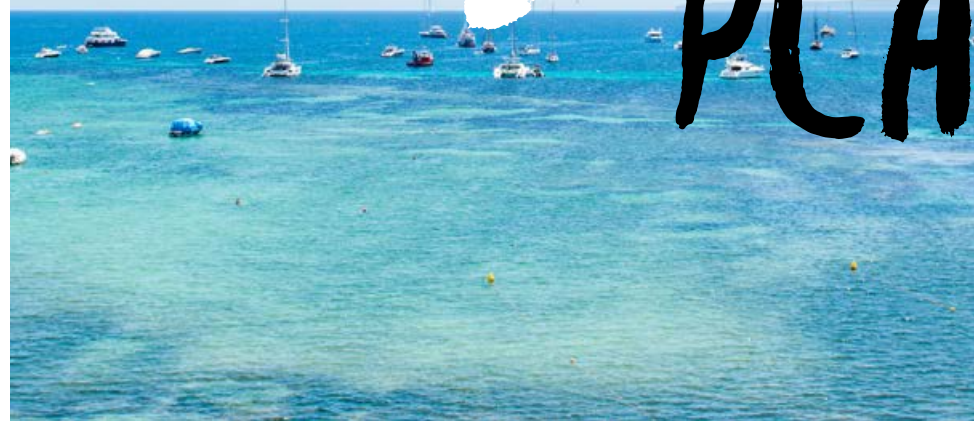
An improvised beach shack providing spontaneous shelter and respite from the sun to be enjoyed in the company of family and friends.

📷 Check out #Chambao



Embracing home traditions

From the Sea to your PLATE



Embodying the laid-back feel of Ibiza Bay, Chambao is open from midday until dusk. Ideal for rosé-fuelled all-day lunches, you can dine with your toes in the sand, just a few feet away from the sea.

HEAD CHEF CARLOS HERRERO'S ETHOS IS SIMPLE "PUT LOVE, TIME AND FRESH INGREDIENTS INTO EVERY DISH."

#TopTip. You have to try the salt-crusted catch of the day, served with fresh vegetables and crispy sliced potatoes. This technique is an Ibizan speciality, using salt from the island and Chambao does it to perfection.



Evarae swimwear worn by Stephanie Waxberg



#TopTip. Sweet Almond Cake is an Ibiza speciality. Ours is made from scratch using freshly ground almonds, figs and honey from the island.

The Charcoal Cod with aioli and lemon, tomato salad 'Bonito' with tuna belly, salt crusted prawns from Formentera and cala mojitos are especially popular with bronzed island regulars. Little ones love the new children's menu with an Ibizan twist on children's favourites.



LAZY LONG LUNCHES

#TopTip. Chef Carlos hails from Valencia, home of Paella. Try Chambao's lobster version of the famed dish. It's a twist on his family recipe.

NEVER GROW UP!



SUNDAYS - All-white dress code in effect at our infamous White Party.

MONDAYS - Celebrate peace, love and the hippie spirit that made Ibiza famous at our Mini Flower Power Party.

GROWN-UP TIME
Nannies and babysitters are on-call. Inquire at the Kids Club.

It's time to let your [imagination run wild](#); play, laugh and break a few rules. Our Kids Club caters for children ages four to twelve, with an unprecedented level of sensory and exploratory activities, like [fancy dress parties](#), [mermaid and pirate days](#), [jewellery making](#) and [master chef sessions](#).

Kids with inquisitive minds and a passion for the earth love [learning about the local environment](#) through Ibizan arts and crafts lessons using repurposed material from the beach.



#TopTip. Our fancy dress parties are not to be missed. Whilst the little ones are partying, parents can unwind at Chambaos.

Mums looking to channel a little Ibizan style can book into [John Frieda](#) for [mother-child braid sessions](#). Ask our head stylist Jeff, about the hair accessories including feathers and beads.



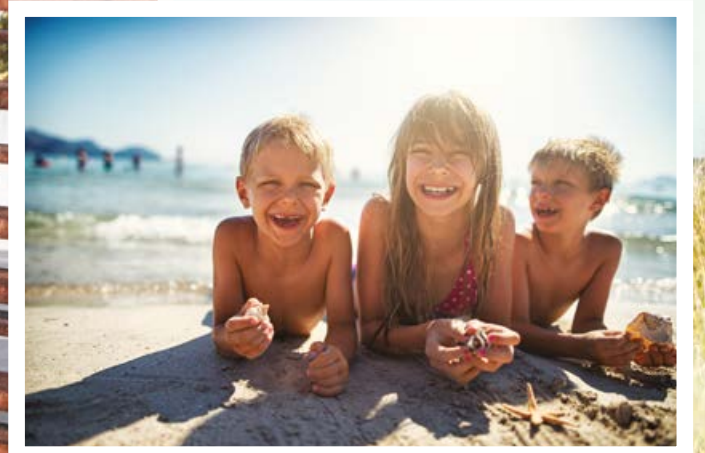
by Max Kindersley

#TopTip. Check out our cinema nights under the stars. Popcorn, cosy cushions and your favourite blockbuster hits.

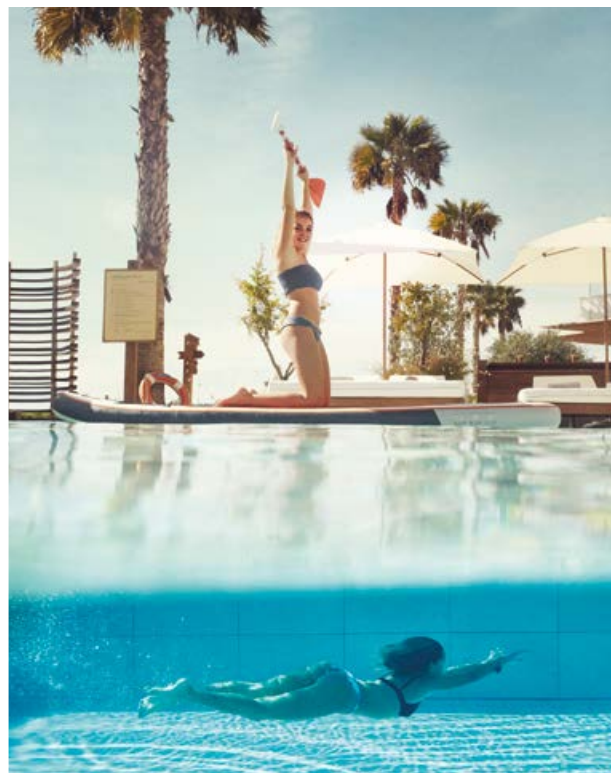
Tick off your favourite-adrenaline fuelled, cultural or artistic activities with the help of our Experience Team. Snorkel through hidden caves, explore the orange groves and little villages in the north on bike tours or learn how to paddle board in Tamalanca Bay.

If the surge in electronic music has inspired you to become the next Carl Cox or David Guetta, you'll love our DJ workshops, which take place every Thursday.

#TopTip. For a romantic dinner that the kids will love, visit the ultra-laid-back Macao Cafe in Santa Gertrudis. Sit in the fairy-lit garden terrace eating pizza and the best tiramisu in Ibiza. There's even a children's playground around the back.



CULTIVATING THE NEXT GENERATION IBIZA-SET.



kids club

#TopTip. Our ethos is to feature brands which give back to the earth and community, are handmade by local artisans, or use ancient techniques in a modern way.



📷 Check out #almacenibizabay

SPOTLIGHT ON... VIRGINIA VALD



Born in Barcelona founder and designer, Virginia Rovira's immense passion for art, dance, theatre and cosmetology are beautifully illustrated in her designs. Having made Ibiza her home in the late nineties, her collections are inspired by the freedom and beauty of the island.

Staying true to the White Isle, 80 per cent of Virginia Vald's pieces are made in Ibiza. Her unique style blends bohemian chic with glamour and simplicity. Discover our selection of timeless pieces at Almacén. These beautifully feminine creations will take you effortlessly from the beach in a crochet cover up to dancing the night away in some of her more sparkling creations.

EVERY PIECE HAS BEEN HAND-SELECTED TO BE EXCITING, FRESH AND THE MOST COVETED ITEM IN YOUR HOME OR WARDROBE.

Discover local and international lifestyle brands including clothing, swimwear, ceramics, beauty products and jewellery. Bringing the finest Ibiza has to offer all under one roof; Almacén is perfect for those who don't have the time to search the island looking for hidden gems.



EVARAE
Modern and beautifully constructed swimwear and resort wear from this brand-new label.



LOVE BRAND
Inspirational beachwear helping to save endangered species.



CASTANER
The Carina espadrille has been the Spanish label's signature since 1927.

AMBAS
Boho glamour dresses and tunics in organic cotton and the purest cashmere shawls



RIZ BOARD SHORTS
The ultimate in tailoring, soulful, sartorial and sustainable swim shorts.



SAMANTHA TEA
Delicate pieces which draw influence from the blue sky, the sea and the island's spirit of happiness and togetherness.

Shop up a storm at our Ibiza Bay boutique



DE LA VALI
Kate Moss is the unofficial spokes model, this highly coveted collection of dresses embodies the bohemian spirit of Ibiza.



PEBBLE
Striking designs inspired by nature. Vogue magazine's go-to label for extraordinary pieces.



Nobu opened his first restaurant in the United States, Matsuhisa in Beverly Hills in January 1987. An instant success, it was here that his relationships with Robert De Niro and Meir Teper began, leading the trio to open their first Nobu restaurant together in 1994.

Nobu Ibiza Bay, the restaurant's first European outpost opened in 2017. It offers Nobu's signature Japanese fusion cuisine cooked with Peruvian flavours, as well as local Balearic dishes created especially for the island.

NEW-STYLE JAPANESE FUSION CUISINE



A Nobu Restaurant is a natural fit here, as the island embraces the connection between emotions, feelings, spirit and soul in a similar way to Japanese Kokoro, the philosophy on which the Nobu brand is built.

Nobu Matsuhisa

#TopTip.

Chef Nobu makes regular visits to Ibiza. You may spot him at the local fish market or greeting guests from the sushi bar.

LOCALLY INSPIRED DISHES.



Start your evening at the Nobu Bar with a chilled Sake.

You can dine on the terrace under the stars, overlooking the Mediterranean or in the dining room watching the expert chefs work their magic.

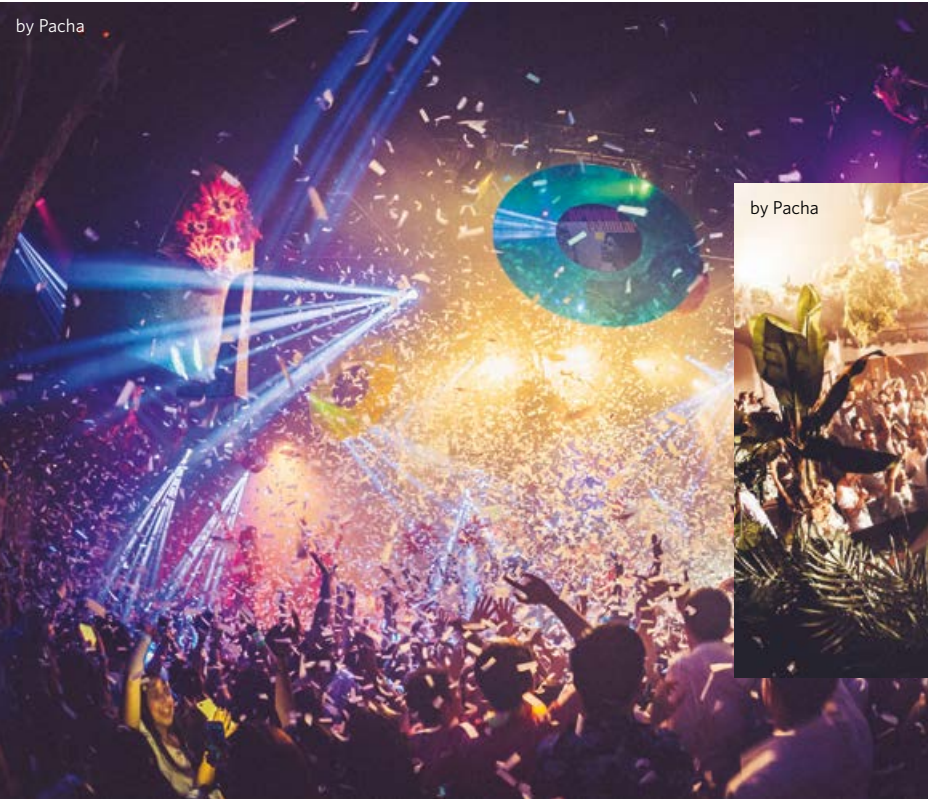
Wherever you choose to dine at Nobu Ibiza Bay, it's a unique experience.

While attracting an international clientele and those looking for a good time, Ibiza's restaurant has all the magnetism of a Nobu, with the added allure of the island's proclivity for fun.



#TopTip.

Order the Gambas al Ajillo 'Nobu Style, a local dish with prawns caught off the coast of Formentera.



by Pacha



by Pacha



SCENE TO BE SEEN



by Lío

LÍO

Located on the waterfront in Ibiza marina, the extravagant restaurant, club and cabaret is **all glitz and glamour**. With sparkling views of Dalt Vila, Lío is the go-to destination if you want a chic supper club experience, together with entertainment and a decadent party.

Book your table on a Friday night for the **Vintage party by Sebastian Gamboa and friends**. Expect uplifting house music, lavish performances and show-stopping vocals.

USHUAÏA IBIZA

Incredible stage productions, dancers and pyrotechnics, Ushuaïa offers the rare opportunity to see some of the biggest DJs before sun set. If you are up for open-air clubbing and want some revelry before midnight, **this is the pool party to attend**.

With daily performances by **Ants, David Guetta, Dimitri Vegas & Like Mike** and more, ask our Experience Team to suggest the best day to suit your mood and style.



by Pacha



by Ushuaïa

PACHA

Ibiza's first and most legendary nightclub has secured a star filled 2019 line-up. Just a short drive from Ibiza Bay, this former estate has been welcoming the glamorous and free-spirited since the 1970s. World class DJs including **Marco Carola, Dixon and Hot Since 82** perform nightly.

Don't miss the **Solomun + 1** party every Sunday. Celebrate the spirit of the island to emotive deep house, with weekly guest appearances.

#TopTip.

Let us arrange your night. Our concierge can organise transfers, VIP access, tables and outlandish experiences.

HÏ

Playing host to the biggest names on the electronic music scene, **Hï Ibiza is Playa d'en Bossa's latest super-club**. It's divided into two main rooms, the theatre and the club with light shows and elaborate performances. Hï Ibiza really gets going in the early morning hours.

South African DJ/producer Black Coffee's parties on Sundays have a mythical status on the island.

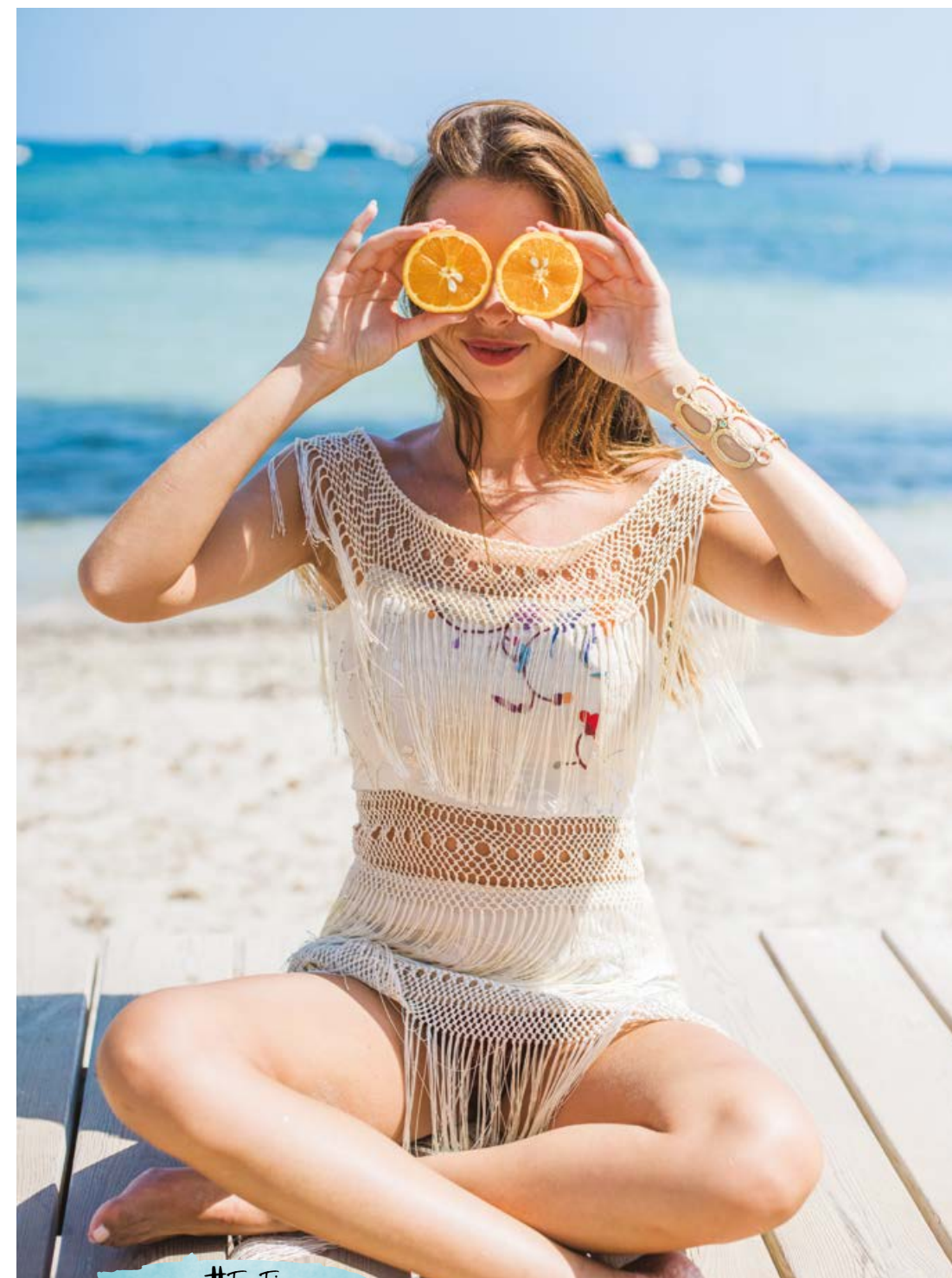


by Hï Ibiza

Sometimes you need a SUPER HEALTHY BOOST to kick-start your day at the beach. This is exactly when a visit to our healthy BAY café is a must. SERVING NOURISHING JUICES, superfood salads and deliciously wholesome cuisine, BAY is a natural setting for a RELAXED SNACK, POST-WORKOUT LUNCH or a CHEEKY TREAT. The menu also offers sugar, gluten and lactose-free choices, as well as vegan options.

THE PERFECT PICK-ME-UP

#TopTip. If you need more than a green juice to get moving, try our acai bowl, topped with fresh coconut, blueberries and strawberries.



#TopTip. Ask the Juice Bar for an anti-oxidant and electrolyte rich fresh coconut.

THE IBIZA BAY Beauty Edit



WE ALL WANT TO LOOK EFFORTLESS AT THE BEACH, WHICH IS WHY WE ASKED JOHN FRIEDA SALONS TO SHARE THEIR TOP TECHNIQUES FOR THE PERFECT SEASIDE STYLE.

Your hair will be dry from the pool, sea and sun. Come in for our **Colour Wow Coconut Cocktail conditioning mask** before going to the beach/pool, tie your hair in a carefree bun and leave it in all day.

Return that evening for a shampoo and blow-dry. Your hair will look its absolute healthiest. **Sun, salt and chlorine can wreak havoc on your colour. Try our Colour Wow Shampoo and Conditioner**, which cleanses hair without stripping it, to keep the colour as fresh as possible and hair in the best condition.

#Top Tip.
For brassy, brittle hair that can't be styled, try the Olaplex 15-minute treatment. It leaves hair silky, smooth and beautifully manageable and it lasts for four washes.

Ibiza has always held a special place in my heart



John Frieda

Founder John Frieda Salons and celebrity hairstylist.

"Ibiza has always held a special place in my heart, having had a family home on the island for the last 40 years. Over the years I've seen many changes - when I first came here there were hardly any roads, for example.

But that's one of the qualities I love about Ibiza - there's always something new emerging, and yet its essence remains the same. It seems as if, despite the never-ending novelties, the spirit of the island remains unchanged. There's a magical, almost mystical, quality that remains at the heart of Ibiza which draws me back time and time again."

A DAY AT THE BEACH

Ask for a loose fishtail braid. This style can be worn in high and low ponytails or falling over one shoulder.

#Top Tip.

Almond Oil is a great way to protect hair when you're in the sun and it's brilliant for the scalp too.



BOAT TO FORMENTERA

Go for the braided plait, one braid wound around your head like a hairband with loose waves cascading down your back.

by Smart Charter, Ibiza



A NIGHT OF DANCING

This glamorously bohemian style combines casual waves with tiny braids tied with ribbon or feathers. Your stylist can create a look to suit your night out.



Book your bespoke styling with our in-house make-up artist at the Spa by Six Senses. Katie Gill is available for touch-ups, as well as complete day-to-night makeovers.

Whether you are in need of a quick-fix hair removal, eye lashes or a full mani/pedi, we've got you covered at our nail bar and Spa by Six Senses.

Restore Your Wellbeing



If there's anywhere in Ibiza where you can find true relaxation, it's in one of our **SEASIDE PRIVATE MASSAGE CABANAS**.

Feel your tension slip away as our therapist works wonders on your tired over-worked (most likely from dancing) muscles.

Try our signature **KIATSO MASSAGE**, a soothing treatment that restores the flow of Ki 'living energy', improves circulation, reduces pain and stiffness while boosting your overall sense of well-being.

#Top Tip.

If you've had a big night and want to look your best, then book into the spa for the Next Day Recovery & Restore facial. This 30-minute treatment will instantly make you look fresh and well rested.

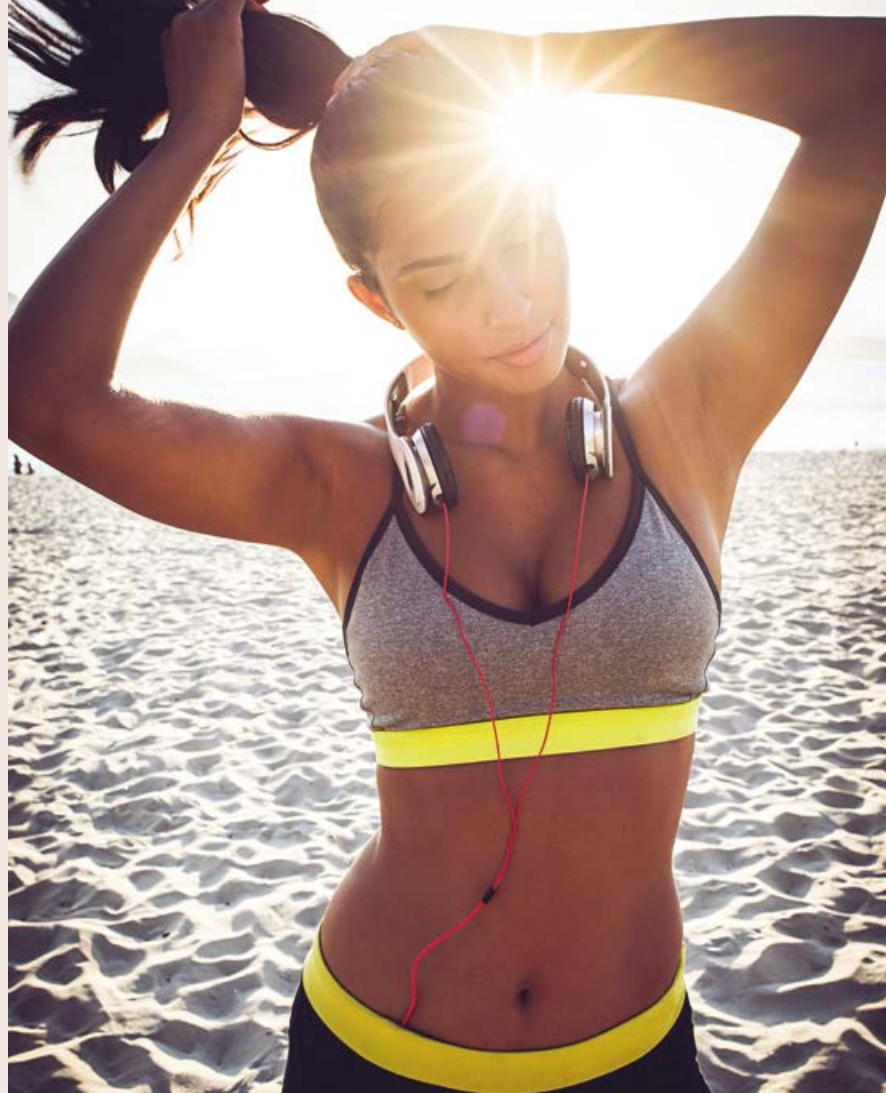


Ibiza Bay
Spa

BY SIX SENSES SPAS

Refresh & Awaken

You can easily combine long lazy lunches drinking cava sangria with healthy living. Keep your body moving and discover the island with these tips from our personal trainers, Eva Romero and Mario Simón.



USE THE ISLAND AS YOUR GYM

Go for a **morning run** along the promenade, **hike up Dalt Vila**, book a **cycling trip** through the villages in the north of the island or a **paddle board lesson**. Ibiza has so many incredible

activities to offer the active people among us. If the heat gets to you, head to our air-conditioned gym and use the latest **Technogym** equipment.

#Top Tip. If you forgot to pack your work out kit or simply want to sport a new look, then check out our selection of active wear at the Spa by Six Senses.



DISCOVER SOMETHING NEW

Learn the ropes of **TRX, boxing or plyometrics** on our Spa Terrace. Our trainers can adapt the workout to your goals and physical ability, whether you are an Iron man or a complete novice.

For a more holistic approach to your well-being, ask about our visiting practitioners' series at the Spa by Six Senses, with **experts in Reiki, Ayurveda, detox and rejuvenation** offering workshops and specialised treatments.

BE ACTIVE IN THE MORNING

Whether you arrived home at 5am or tucked in for the night at 11:00, always attempt to work out in the morning. Try one of our **Vinyasa Flow, Hatha yoga or Tai Chi classes on the Spa Terrace** with views of the Mediterranean Sea or book a session with Eva or Mario.

If you just can't bring yourself to join us for a morning workout, we also offer **evening sessions on the Rooftop Terrace**. The sky is an incredible pink, creating the perfect atmosphere to stretch your way to a beautiful physique.



· THE SEA WEAVE ·

BELOW THE SPARKLING WATERS OF THE MEDITERRANEAN SURROUNDING IBIZA LIES AN UNDERWATER WORLD OF ROLLING GREEN MEADOWS INHABITED BY BEAUTIFUL SEA CREATURES AND PLANTS CRITICAL TO OUR MARINE ECOSYSTEMS.

THESE SWAYING LEAVES OF *POSIDONIA OCEANICA*, ALSO KNOWN AS THE LUNGS OF THE SEA, ACT LIKE OLD GROWTH FORESTS PRODUCING OXYGEN, PURIFYING THE WATER AND PROVIDING SAND FOR THE ISLAND'S BEACHES. IT IS ESTIMATED THAT JUST THE MEADOW LOCATED IN SES SALINES NATURE RESERVE ALONE, PRODUCES ENOUGH OXYGEN AND ABSORBS ENOUGH CARBON DIOXIDE TO PROVIDE THE ENTIRE POPULATION OF IBIZA WITH CLEAN AIR EVERY DAY. THE BALEARICS HAVE POSIDONIA MEADOWS THOUGHT TO BE 100,000 YEARS OLD AND ARE RECOGNISED BY UNESCO AS WORLD HERITAGE.

THE POSIDONIA IS UNDER THREAT BY THE ANCHORS OF PLEASURE YACHTS, BILGE WATER, AND POLLUTION. OVER THE LAST 50 YEARS, APPROXIMATELY 34% OF THE BALEARIC MEADOWS HAVE BEEN DESTROYED. IN ONE DAY DURING THE SUMMER SEASON SES SALINES NATURE RESERVE SEES UP TO 4000 BOATS AND YACHTS PASS BY. ONE ANCHOR ALONE CAN DESTROY SEVERAL SQUARE METERS OF MEADOW AND IT CAN TAKE DECADES TO REGENERATE.

FOR MORE THAN 10 YEARS, THE IBIZA PRESERVATION FOUNDATION (IPF) HAS WORKED TO PRESERVE AND PROTECT IBIZA AND FORMENTERA'S LAND AND SEA. THIS YEAR, THEY ARE COLLABORATING WITH MARINE BIOLOGIST MANU SAN FÉLIX TO EXTEND AND DEVELOP AN APP FOR ALL SEAFARERS AROUND IBIZA, SO FISHERMEN AND RECREATIONAL YACHTS ALIKE CAN AVOID THE MEADOWS AND IN DOING SO HELP PROTECT AND CONSERVE THEM. THE POSIDONIAMAPS APP CAN BE DOWNLOADED IN THE APPLE STORE.

IBIZAPRESERVATION.ORG

#TopTip. More than 50% of the oxygen we breath comes from the sea. More than the Amazon rainforest.

#TopTip. The swim short fabric uses recycled plastic bottles collected in Spain.

Love Brand & Co, the line of sustainably sourced beachwear helps to raise valuable awareness and funds for a number of conservation initiatives around the world.



Sea Weave Exclusive Print Shorts



THIS SEASON AT IBIZA BAY WE HAVE LAUNCHED AN EXCLUSIVELY DESIGNED PRINT SWIMSHORT COLLECTION WITH **LOVE BRAND & CO** AVAILABLE AT OUR BOUTIQUE, **ALMACEN DE IBIZA BAY**. THE SHORTS FOR BOTH MEN AND BOYS ARE PLAYFULLY NAMED **SEA WEAVE** AND **POSIDONIA Y EL MAR**, INSPIRED BY THE RUSTIC WOVEN INTERIOR TEXTURES OF THE HOTEL AND THE DEEP BLUE COLOUR OF THE MEDITERRANEAN SEA AND THE LOCAL SEAGRASS, POSIDONIA.

WORKING TOGETHER WITH THE IPF AND **LOVE BRAND & CO**, A PORTION OF THE PROCEEDS FROM THE SWIMWEAR WILL GO TOWARDS HELPING FURTHER MAP THE POSIDONIA AROUND THE ISLAND TO GUIDE BOAT ANCHORING, INFORMING SUSTAINABLE DECISION MAKING AND CREATING ENGAGING EDUCATIONAL CHILDREN'S PROGRAMMES, SO THE NEXT GENERATION CAN ENJOY IBIZA.



Like Nowhere Else in Ibiza

