



Dear Guest,
Welcome to our Six Senses Spa.

Our mission is to deliver spa experiences that are both unique and memorable. The pyramid of six spheres used to identify Six Senses Spas, represents the philosophy that is fundamental to the human experience: The foundation spheres represent the three primary senses of sight, sound and touch. The second level balances upon this foundation by satisfying the more acute senses of taste and smell. The apex sphere symbolizes a sense of elation discovered only by balancing the first five – the unique experience of all senses heightened beyond expectations.

Our diversity in creativity and design reflects the ability to adapt seamlessly to host cultures in surroundings conceived to rejuvenate and revitalise. Six Senses Spa therapists take guests on exhilarating sensory journeys, through many forms of holistic healing and sense of well-being; through options of body and beauty care, delivering them with serene and reassuring professionalism. Spa products are made only from natural ingredients, in harmony with the environment.

Six Senses Spas' uniqueness lies in the quest for perfectly - *Balancing Senses*.

The Six Senses Spa at Etihad Airways Lounges invites First and Business Class passengers to ease travel stress prior to their flights and whilst in transit. Thoughtful treatments and lifestyle consultations, plus simple and effective take-home advice compliment an holistic spa menu combining Six Senses signature therapies and Asian-inspired treatments. Also on offer is a beauty menu providing pure pampering that in the hands of a team of experienced and dedicated therapists will refresh guests for their onward journey.

Please visit us for a complimentary spa consultation to help you customise your spa experience to suit your individual needs.

Spa Manager



Face Radiance ( Signature) 15 minutes

Renew your travel worn complexion and decrease the effects of environmental stress with a gentle cleanse, a smooth exfoliation and a toner to hydrate and refine the pores. Your skin will radiate health to ensure you look like you have just been on holiday!

Eye Retreat 15 minutes

Revitalise your dehydrated and tired eyes with a stimulating blend of acupressure point and cooling gemstone massage. Helps to soothe puffiness and recover vitality.

The Realignment 15 minutes

Improve overall well-being during long journeys with deep yoga movements and energising massage techniques that stimulate energy meridians in the neck, shoulders, back and arms. Feel the kinks unwinding and the spine releasing from the strain of travel.

Back Support 15 minutes

Feel tension release as you allow your body to relax before you have even left the ground. Firm pressure applied by skilled hands releases knots to make your journey more comfortable.

Foot Massage 15 minutes

This express foot massage uses warm oil and gentle manipulation to release aches and pains. Your feet will feel revived in preparation for the next step of your journey.

Warm Stone Massage ( Signature) 15 minutes

This signature massage releases tension and improves circulation, reducing the stress of travel. Smooth heated stones are placed on key points of your body to radiate warmth while your feet are massaged.