

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.






# MASSAGES



**SIX SENSES SIGNATURE MASSAGES**

*Deep Tissue, 60/90 minutes* - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

*Holistic, 60/90 minutes* - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being. 

*Detox, 60/90 minutes* - an energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicon cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

*Tension Soother, 30/60 minutes* - a reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

*Head Massage, 30/60 minutes* - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

*Relaxed Feet, 30/60 minutes* - restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.



**BLISSFUL MARMA MASSAGE, 60/90 MINUTES**

A deeply relaxing massage using long and firm flowing movements of varying pressure to eliminate stress-related tension, while Marma therapy and chakra balancing align vital energy centers. Enriching oils with powerful active benefits are applied to balance the heart chakra and enhance overall well-being. The 90-minute option includes signature facial Marma massage to release tension, balance emotions and reduce anxiety, leaving the skin visibly smoother and luminous. *Using Subtle Energies.*

**HOT STONE MASSAGE, 90 MINUTES**

This full body massage uses heated basalt stones to release stress and tension, and increase blood flow to the affected area. The heat from the stones provides the extra relaxation for fatigued and overworked muscles, and has a healing effect on damaged soft tissue. It is also known to promote better sleep.

**THAI MASSAGE, 60/90 MINUTES**

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.



FACIALS



FACIALS

**24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES**

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

**SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES**

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

**MUKHA CHIKITSA, 60/90 MINUTES**

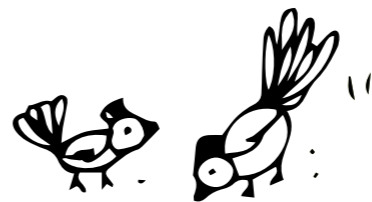
Purify, hydrate and nourish the skin with this holistic facial treatment, using a blend of rare ingredients such as mogra (fragrant flower of South Asia), saffron and rose with anti-aging and relaxing properties enjoyed by the nobility of ancient India and Persia. An aromatic hand and arm ritual is followed by a complete facial cleanse and exfoliation. The treatment includes a hydrating oil mask, together with a deep facial marma massage to rejuvenate on a physical, mental and emotional level. *Using Subtle Energies.*

**ROSE CRYSTAL LYMPHATIC FACIAL, 90 MINUTES**

A deep cleansing facial followed by the application of three masks to decongest, brighten and hydrate the skin. It continues with lymphatic drainage and acupressure massage to firm and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes a deep sense of relaxation, leaving the skin fresh and glowing. *Using The Organic Pharmacy.*

**VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 60 MINUTES**

Target age spots, pigmentation, fine lines and uneven skin with this facial combining deep cleansing and fruit acid exfoliation to reveal a brighter, nourished and exceptionally smooth complexion. Drainage massage and a hydrating mask stimulate new skin cells and elasticity, leaving the skin with a rejuvenated glow. *Using The Organic Pharmacy.*



# BODY TREATMENTS WELLNESS THERAPIES



**ISLAND KAASHI, 60 MINUTES ✿**

This locally-inspired treatment uses natural coconut flakes to gently exfoliate the skin. It is followed by the application of coconut oil and a gentle massage which focuses on specific areas of concern.

**DETOX CLEANSING RITUAL, 90 MINUTES**

Regulate fat metabolism in the body with an intense full-body scrub with a stimulating and detoxifying blend of salt, seaweed and lemon. It continues with a potent wrap of seaweed and eucalyptus with rare fossil mud, leaving the skin deeply enveloped, cleansed and stimulated. *Using The Organic Pharmacy.*

**ROSE RENEWAL, 90 MINUTES**

A rejuvenating treatment including a salt scrub and purifying wrap that envelops the body with the nourishing essences of rose and jasmine for the perfect balance. *Using The Organic Pharmacy.*

**GREEN COFFEE BODY SCULPTING, 60 MINUTES**

Reduce puffiness, bloating and improve circulation for a firmer and slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment starts with dry skin brushing followed by the thermogenic salon-strength chili and coffee oil massage to help break down fat cells. Stimulate the circulation and metabolism with a final application of Resculpting Body Gel. *Using The Organic Pharmacy.*

**SOOTHE AND REPLENISH BODY RESCUE, 60/90 MINUTES**

Soothe, nourish and repair the skin with this deeply cooling and hydrating treatment. Ideal for dry, sun-exposed or damaged skin, this calming face and body therapy includes a localized application of hydration mask enriched with aloe vera to reduce redness, while its antioxidant properties help fight free radical damage. It concludes with the application of intensive serum and butter to restore skin cells plus an antioxidant facial. *Using Subtle Energies.*

**ABHYANG FUSION, 60/90 MINUTES**

Calming, detoxifying and rejuvenating, this full body Ayurveda Aromatherapy treatment expertly merges Ayurveda, aromatherapy, marma massage, reflexology, remedial techniques, lymphatic drainage and chakra balancing. Using rich aromatic blends and varying levels of pressure, this treatment is recommended for strengthening muscles and joints, reducing the signs of cellulite or as a jet lag relief, as well as detoxification and better sleep. *Using Subtle Energies.*

**JET LAG RECOVERY, 90 MINUTES**

This re-balancing journey combines a full body massage using specially blended oils and a relaxing foot treatment with an eye-lifting mask and head massage to release tension, revive circulation and reset the internal clock. *Recommended after traveling.*





## **ABHYANGA, 60/90 MINUTES**

This popular body massage reduces the signs of aging, relieves fatigue, induces sleep, and strengthens the skin and the immune system.

## **SHIRODHARA, 60 MINUTES**

A stress-releasing treatment during which warm oil is poured over the third eye to soothe and calm the nervous system. Assists with treating skin conditions and insomnia, whilst also enhancing emotional balance.

## **KATI-VASTI, 60 MINUTES**

A nurturing Ayurvedic treatment in which warm medicated oils are pooled on the lower back to promote muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.



# BEAUTY



MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

*Waxing, tinting and eyebrow shaping upon request.*



# SPA ETIQUETTE



### SPA OPENING HOURS

Wednesday to Monday 9:00 am to 9:00 pm  
Tuesday 9:00 am to 6:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please press the 'spa' button as marked on your telephone or ask your Mr or Miss Friday for assistance. Advance bookings are recommended to secure your preferred treatment time.

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend booking the steam and experience shower, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

### ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

### CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

### LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.



### CANCELLATIONS

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

### DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

### PAYMENT

All treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

### CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

### GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 16 years old must be accompanied by an adult when using gym equipment.





## WELLNESS AND FITNESS ACTIVITIES

### **GENTLE YOGA, 60 MINUTES/USD 150 PER PERSON, USD 195 PER COUPLE**

Ideal for beginners, this gentle session introduces practitioners to simple yoga techniques and prepares the body and mind for a more advanced level of asanas and meditation. It is ideal for relieving stiffness, muscular tension, stimulating blood flow and promoting overall well-being.

### **HATHA YOGA, 90 MINUTES/USD 195 PER PERSON, USD 230 PER COUPLE**

Suitable for more advanced practitioners, classic and static yoga poses performed in this class have a profound effect on the body and mind, creating strength and endurance, improving circulation and energy flow, cleansing the organs and expanding muscles and joints. It concludes with a short relaxation session.

### **PRANAYAMA, 60 MINUTES/USD 165 PER PERSON, USD 195 PER COUPLE**

Prana (life force) Yama (control) utilizes breathing techniques to remove blockages in energy channels. It strengthens the respiratory system and tames the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

*Yogic Programs range from three to 14 days and are available on request.*

*Prices are subject to 12 percent government tax and 10 percent service charge.*

### **PREGNANCY YOGA, 60 MINUTES/USD 165 PER PERSON**

Conducted in a calm and peaceful environment, this private class enables expectant mothers cultivate breath awareness and strengthen the body in preparation for childbirth. It also offers the opportunity to connect with the baby, strengthen the birthing muscles, improve sleep, aid digestion, exercise the spine and increases overall comfort.

### **YOGA NIDRA, 60 MINUTES/USD 165 PER PERSON, USD 195 PER COUPLE**

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

### **SOHAM BREATH AWARENESS, 45 MINUTES/USD 150 PER PERSON, USD 165 PER COUPLE**

In this practice one remains aware of breath and passage of energy “prana” followed by the repetition of the spontaneous inherent mantra of breath - Soham. This practice of meditation enables you to experience inner bliss, joy and awakening of energy centers in the body.

### **YOGIC INTESTINAL DETOX, 100 MINUTES/USD 220 PER PERSON**

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, which combines five specific yoga postures with the drinking of six to eight glasses of lightly salted water.

*Yogic Programs range from three to 14 days and are available on request.*

*Prices are subject to 12 percent government tax and 10 percent service charge.*





## TREATMENTS

## DURATION/MINUTES

## PRICE/USD

### MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue/Detox</i>	60/90	195/225
<i>Holistic</i>	60/90	180/215
<i>Tension Soother</i>	30/60	135/180
<i>Head Massage/Relaxed Feet</i>	30/60	120/160
Blissful Marma Massage	60/90	195/230
Hot Stone Massage	90	250
Thai Massage	60/90	195/225

### FACIALS

24K Gold Age-defying Facial	60/90	240/270
Soothe and Enrich Advanced Antioxidant Facial	60/90	210/240
Mukha Chikitsa	60/90	210/240
Rose Crystal Lymphatic Facial	90	265
Vitamin C and Papaya Enzyme Peel facial	60	230

### BODY TREATMENTS

Island Kaashi Scrub	60	165
Detox Cleansing Ritual	90	250
Rose Renewal	90	250
Green Coffee Body Sculpting	60	195
Soothe and Replenish Body Rescue	60/90	210/240

*Prices are subject to 12 percent government tax and 10 percent service charge.*

## TREATMENTS

## DURATION/MINUTES

## PRICE/USD

### WELLNESS THERAPIES

Abhyang Fusion	60/90	195/250
Jet Lag Recovery	90	250

### AYURVEDA

Abhyanga	60/90	210/245
Shirodhara	60	210
Kati-Vasti	60	210

### BEAUTY

Manicure	60	100
Pedicure	60	100
Nail Polish Application	30	40

*Waxing, tinting and eyebrow shaping upon request.*

*Prices are subject to 12 percent government tax and 10 percent service charge.*



