



SIX SENSES SPA

AT AL BUSTAN PALACE, MUSCAT

SPA MENU

Six Senses Spas offer a layered approach that unites a pioneering spirit with treatments that go beyond 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
FACIALS



**SIX SENSES SIGNATURE MASSAGES,
50/80 MINUTES**

Deep Tissue - a deep oil-based massage to ease muscle tension and reawaken your senses. Silicone cups are used to lift connective tissue and improve blood flow to sluggish skin and muscles.

Detox - a stimulating massage using firming and toning oils to reduce the appearance of cellulite, uneven skin tone and fluid retention. Silicone cups are used to drain toxins and residues out of the body, boosting circulation and the flow of energy.

Energizer - a reviving upper body massage to relieve muscle tension.

Holistic - a soothing massage designed to evoke deep relaxation.

BALINESE MASSAGE, 50/80 MINUTES

This traditional Balinese massage reawakens the senses and induces a complete state of calm, combining acupressure and skin rolling with firm but smooth massage strokes.

ORIENTAL MASSAGE, 50/80 MINUTES

A stress relieving treatment combining a full body massage with acupressure and stretching techniques.

HOT STONE MASSAGE, 80 MINUTES

A Tibetan full body and face treatment using basalt stones to massage away muscle tension, remove blockages and eliminate stress.

THAI HERBAL COMPRESS, 50/80 MINUTES

A full body massage using warm poultices applied to specific pressure points to condition skin and induce a sense of well-being.

THAI MASSAGE, 80 MINUTES

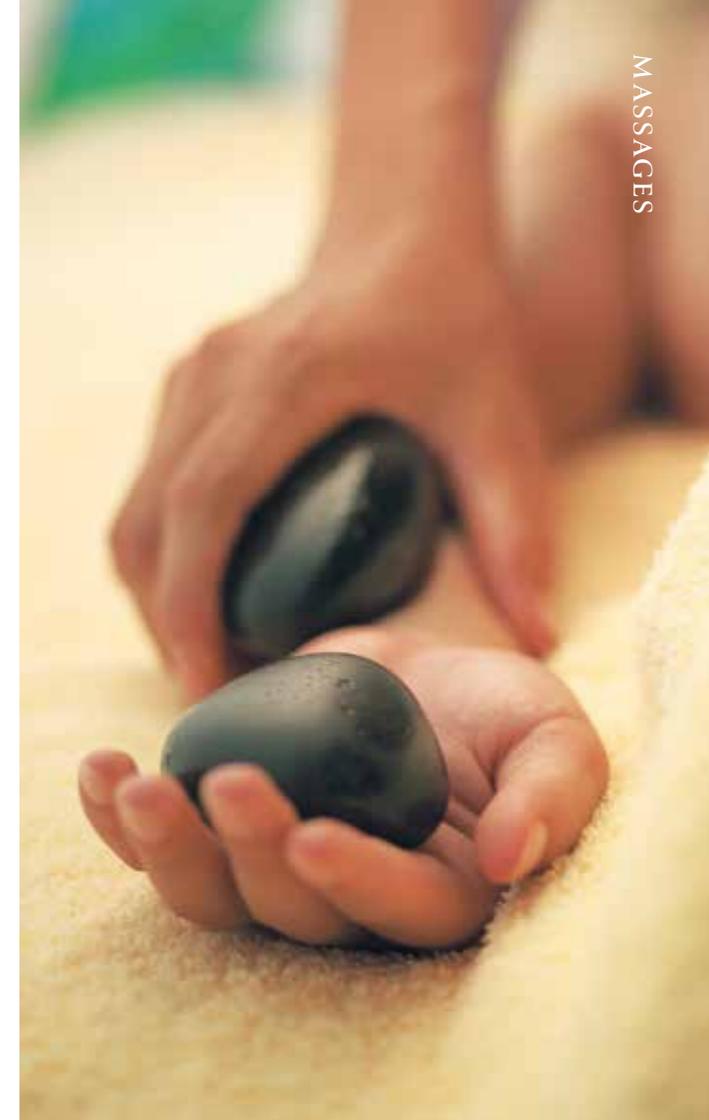
Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.

INDIAN HEAD MASSAGE, 25/50 MINUTES

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

FOOT ACUPRESSURE, 25/50 MINUTES

This deeply relaxing treatment involves the application of pressure to reflex points on the feet helping to restore the body to a healthy balance.





ANTI-AGEING FACIAL, 50 MINUTES

This anti-aging treatment treats the skin while deeply nourishing and replenishing all layers. Redefining radiance and facial contouring, it delivers instant results and cumulative skincare benefits. Ideal for any skin types showing signs of aging, the skin will appear ultra-luminous, firmer and tighter. *Using Margy's Monte Carlo.*

HYDRA-DIAMOND EXFOLIATION FACIAL, 50 MINUTES

Ideal for sun-damaged skin, acne scars, age spots, wrinkles and dull skin with enlarged pores. Densely packed diamonds glide over the skin to exfoliate and remove dead cells. Vitamin infused water hydrates the skin while a customized mask leaves the skin looking instantly brighter. *Using The Organic Pharmacy.*

GENTLEMAN'S VITAMIN C FACIAL, 50 MINUTES

Renew the skin with this nourishing facial which activates the collagen-producing cells, while the Vitamin C supports the skin's own regenerative capabilities and stimulates the production of collagen. *Using Margy's Monte Carlo.*

PRESTIGE COLLAGEN FACIAL, 50/80 MINUTES

Hydrate the skin, plump fine lines and wrinkles with this anti-oxidant treatment combining a trio of hyaluronic acid, marine extracts and collagen masks with specialist manual techniques, leaving the skin visibly refreshed and with a radiant glow. *Using Margy's Monte Carlo.*

ROSE CRYSTAL LYMPHATIC FACIAL, 50/80 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, 50 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



SIX SENSES SIGNATURE SCRUBS, 25/50 MINUTES

Calming - this soothing scrub uses ground rice complex with chamomile and raw cinnamon. Chamomile acts as a muscle relaxant and stress reliever, while cinnamon promotes the healthy flow of energy, calming the body's Qi. ❁

Clarity - using frankincense, raw sugar and jojoba oil, this scrub acts as a gentle exfoliant, soothing and healing dry skin, and restoring balance to the mind. ❁

Vitality - this invigorating scrub uses Arabic coffee, cardamom and grapeseed oil. Its warming properties stimulate circulation, leaving you with a feeling of renewed energy. ❁

DETOX CLEANSING RITUAL, 80 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.*

GREEN COFFEE BODY SCULPTING, 50 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.*

ROSE RENEWAL, 80 MINUTES

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

WELLNESS SCREENING, 50 MINUTES

ROYAL HAMMAM, 80 MINUTES ❁

Traditional Hammam experience combined with a deeply relaxing back massage to release muscle tension.

Includes: Steam, Hair Wash, Hair Mask, Black Soap with Kasa Scrub, Foaming Body Mask and Back Massage.

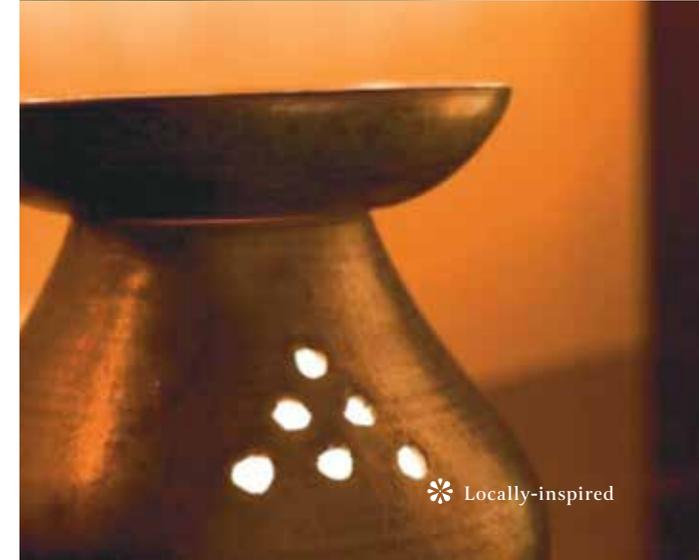
SIGNATURE HAMMAM, 50 MINUTES ❁

A cleansing and refreshing experience starting with a scalp ritual including a rejuvenating hair mask. It continues with exfoliation using a black soap and loofah to stimulate and re-hydrate the skin.

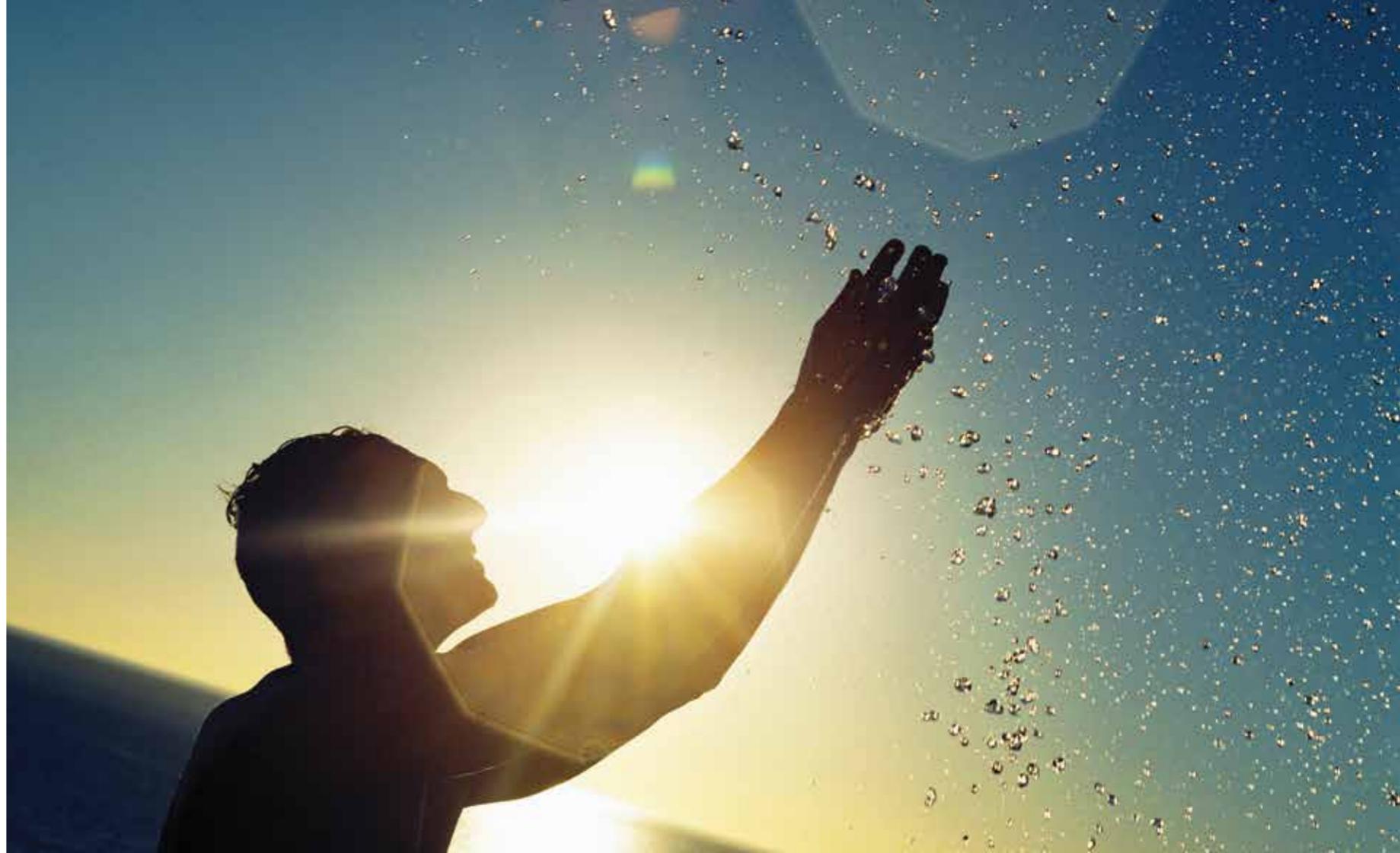
Includes: Steam, Hair Wash, Hair Mask, Black Soap with Kasa Scrub, Foaming Body and Hair Wash.

TRADITIONAL HAMMAM, 50 MINUTES ❁

A cleansing and refreshing treatment starting with warm herbal steam which is followed by body wash with a black soap and gentle exfoliation using the Hamman mitt, leaving the skin smooth and supple.



RITUALS



BATHS:

Cleopatra's Bath, 25 minutes - using milk and honey.

Eastern Traditional, 25 minutes - using coconut milk.

Omani Bath, 45 minutes - using cloves, local herbs and oils. It includes foot file, whilst in the bath, and hair mask. ✿

BEAUTY, 4 HOURS

Body Scrub
Signature Massage
Facial
Manicure
Pedicure

ENERGIZER, 2 HOURS

Signature Body Scrub
Energizer Massage
Foot Acupressure

SENSE OF OMAN PACKAGE, 3 HOURS ✿

Signature Hammam
Signature Massage
Manicure
Pedicure

TOGETHER, 2 HOURS 30 MINUTES

Foot Cleansing Ritual
Signature Massage
Facial
Bath Ritual
Spa Refreshment

WEDDING JOURNEYS FOR MEN AND WOMEN, 2 HOURS 30 MINUTES

Signature Hammam
Signature Massage
Manicure
Pedicure

BEAUTY

MANICURE, 25/50 MINUTES

NAIL POLISH APPLICATION, 25 MINUTES

PEDICURE, 50/80 MINUTES

Waxing and eyebrow-shaping treatments are available on request.

FITNESS

BODY COMPOSITION ANALYSIS, 30 MINUTES

FITNESS CONSULTATION, 30 MINUTES

PERSONAL FITNESS, 60 MINUTES

PRIVATE SESSIONS, 60 MINUTES
Yoga/Meditation /Pilates/Fitness

GROUP ACTIVITY CLASSES, 60/90MINUTES
Yoga/Meditation/Pilates/Fitness

SPA ETIQUETTE



SPA OPENING HOURS

Daily 9:30 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your locker cabinet 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 using the sauna and steam, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive at least 30 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

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

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.





TREATMENTS

DURATION/MINUTES

PRICE/OMR

MASSAGES

Six Senses Signature Massages: <i>Deep Tissue/Detox/Energiser/Holistic</i>	50/80	40/51
Balinese Massage	50/80	45/55
Oriental Massage	50/80	40/51
Hot Stone Massage	80	68
Thai Herbal Compress	50/80	45/57
Thai Massage	80	45
Indian Head Massage	25/50	29/39
Foot Acupressure	25/50	22/39

FACIALS

Anti-aging Facial	50	38
Hydra-diamond Exfoliation Facial	50	61
Gentleman's Vitamin C Facial	50	38
Prestige Collagen Facial	50/80	38/58
Rose Crystal Lymphatic Facial	50/80	49/65
Vitamin C and Papaya Enzyme Peel Facial	50	44

BODY TREATMENTS

Six Senses Signature Scrubs: <i>Calming/Clarity/Vitality</i>	25/50	29/44
Detox Cleansing Ritual	80	60
Green Coffee Body Sculpting	50	49
Rose Renewal	80	60

WELLNESS THERAPIES

Wellness Screening	50	51
Royal Hammam	80	61
Signature Hammam	50	58
Traditional Hammam	50	58

Prices are inclusive of all taxes.

TREATMENTS**DURATION/MINUTES****PRICE/OMR****RITUALS**

Cleopatra's Bath	25	23
Eastern Traditional	25	23
Omani Bath	45	40
Beauty	4 hrs	136
Energizer	2 hrs	77
Sense of Oman Package	3 hrs	113
Together	2 hrs 30 mins	95
Wedding Journey	2 hrs 30 mins	104

BEAUTY

Manicure	25/50	16/29
Nail Polish Application	25	7
Pedicure	50/80	27/35
Eyebrow Shaping	15	9
Waxing:		
<i>Eye brow/lip</i>	15	7
<i>Under Arm</i>	30	11
<i>Back</i>	30	20
<i>Chest</i>	30	20
<i>Stomach</i>	30	13
<i>Bikini</i>	30	16
<i>Brazillian</i>	45	24
<i>Leg - Half/ Full</i>	30/45	13/26
<i>Arm - Half/ Full</i>	30/45	11/16

FITNESS

Body Composition Analysis	30	16
Fitness Consultation	30	20
Personal Fitness	60	26
Fitness Express Recovery	20	15
Private Sessions:	60	26
<i>Yoga/Meditation/Pilates/Fitness</i>		
Group Activity Classes:	60/90	5/7
<i>Yoga/Meditation/Pilates/Fitness</i>		

Prices are inclusive of all taxes.





For more information about Six Senses Spa at Al Bustan Palace, Muscat
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For more information about Al Bustan Palace, A Ritz-Carlton Hotel
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