



SIX SENSES SPA

HEATHROW AIRPORT

SPA MENU

Six Senses Spas 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

BACK MASSAGE

15/25 MINUTES, GBP 15/25

Relieve neck and back aches after a long flight with this tension-releasing treatment. It combines a massage of the main meridians on the back with movements of pressure points to reduce tension in the spine and evoke a sense of relaxation.

THE REALIGNMENT

15/25 MINUTES, GBP 15/25

Improve overall well-being and release tension by stimulating energy meridians in the neck, shoulders, back and arms; using energizing and stretching massage techniques.

HEAD MASSAGE

15/25 MINUTES, GBP 15/25

Release headache and stress, and induce a deep sense of calm with a gentle massage of pressure points.

FOOT MASSAGE

15/25 MINUTES, GBP 15/28

This signature treatment uses gentle manipulation to release swelling, aches and pressure in your feet.

WARM STONE FOOT MASSAGE

15/25 MINUTES, GBP 15/32

Improve circulation and release tension with this calming treatment, using heated stones which are placed on the reflex areas of the body.

HAND MASSAGE

15/25 MINUTES, GBP 15/28

Ease away stiffness and tension with this soothing massage using nourishing massage oils.

BODY TREATMENTS

JETLAG LEG

15/25 MINUTES, GBP 15/32

Reduce swelling and rejuvenate tired legs with this refreshing treatment combining a scrub and cooling compressions with tension-releasing movements.



FACIALS

FACE RADIANCE

15/25 MINUTES, GBP 15/32

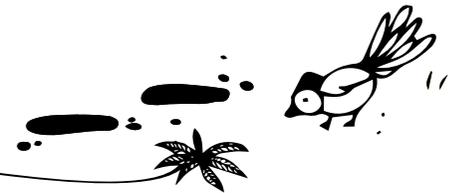
A balancing treatment combining a gentle cleanse and toning with a smooth exfoliation to bring the glow back into your skin.

EYE RETREAT

15/25 MINUTES, GBP 15/30

Revitalize the under-eye area with a soothing treatment combining acupuncture with lymphatic movement.

First class guests are invited to enjoy one 15-minute complimentary spa treatment. This offer is subject to availability.





SPA ETIQUETTE

SPA RESERVATIONS

Treatments can be booked on the day of travel at the spa reception.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience.

LATE ARRIVAL

Out of respect for other guests' reservations, please be aware that we might not be able to extend your treatment time in case of late arrivals.

CHILDREN

Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under supervision of a guardian.

DURING YOUR STAY

Six Senses Spa is a sanctuary of peace and harmony. For the comfort of all our guests, we kindly ask you to preserve tranquility by switching mobile devices to silent mode and keeping noise level to a minimum.

PAYMENT

Please note we accept credit card payments only.



SIX SENSES SPA HEATHROW AIRPORT
AT ETIHAD AIRWAYS PREMIUM LOUNGES

Terminal 4, London Heathrow

