



SIX SENSES SPA
QING CHENG MOUNTAIN

SPA MENU



Six Senses Spa offers 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.

At Six Senses Spa Qing Cheng Mountain you will also discover the purity of Taoism incorporated into many treatments. As the origin of Tao was Qing Cheng Mountain, where the teacher named Zhang preached during the Eastern Han Dynasty, this is indeed an auspicious place to discover what is considered by many as the ultimate creative principal of the universe. Tao, meaning the Way, considers all things to be unified and connected just as Six Senses overall vision is 'Reconnection' - achieving harmony with nature, doing good and always striving for self-development. In all our treatments and therapies, our specialist skills will take you as deep as you would like to go, from core beauty that can redefine the way you look to specialist treatments that can transform your life.

MASSAGES

Six Senses Signature Massages, 60/90 minutes **CNY 880 / 1,080**

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.

Oriental - a stress relieving treatment combining a full body massage with acupuncture and stretching techniques.

Thai Herbal Massage, 90 minutes **CNY 1,080**

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

Indian Head Massage, 60/90 minutes **CNY 780 / 980**

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

TUI NA, 60/90 minutes **CNY 780 / 980**

This Chinese manipulative hands-on therapy uses Chinese Taoist and martial arts principles in an effort to bring the principles of Traditional Chinese Medicine into balance.

Chinese Reflexology, 60/90 minutes **CNY 580 / 780**

The ancient art of working pressure points on the feet, hands and ears that correspond to different parts of the body in order to stimulate elimination, improve circulation and support the immune system. This treatment restores the yin and yang equilibrium, encourages healing and strengthens the body.

FACIALS

Six Senses Signature Facial, 90 minutes **CNY 1,380**

Purifying - Restore skin balance and replenish amino acids with this facial of deep-cleansing Indian razul clay, Vedic marma techniques together with wildcrafted Indian blue lotus, bamboo and ginger.

BODY TREATMENTS

Six Senses Signature Wraps, 90 minutes

CNY 780

Body Refiner - ideal for sensitive skin, this cleansing treatment balances the skin's natural oils, while rebalancing the body and mind. It begins with a smoothing rice complex exfoliation, using local ginkgo and star anise, and concludes with a replenishing warm camellia flower flannel body wrap.

Prices are subject to 15 percent service charge

SPA ETIQUETTE

Spa opening hours

Gym facilities daily 7:00 am to 10:00 pm

Spa treatments daily 10:00 am to 10:00 pm

Last appointment time 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 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 four 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 resort guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort. Otherwise, major credit cards or cash are accepted at the spa reception.

Children

Only children above 12 years of old have access to the spa.

Gym policies

For your personal safety, we ask that you wear sports shoes. Only children above 12 years old have access to the gym. Children between 12-15 years old must be accompanied by an adult when using gym equipment.