



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 First Class Lounge is an urban sanctuary where members who are in transit or waiting to embark on their journeys can escape from their hectic schedule. Within minutes of entering the spa, members have access to well-being care through express spa treatments and lifestyle consultations, plus simple and effective take-home advice.

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

Spa Manager



**Face Renewal** (🌿 Signature) 15 minutes

Renew your travel worn complexion with a silky cleanse, followed by a luxurious polish. Fragrant oils and balms help to rehydrate and nourish your skin. Exclusive gem-infused Shiffa products provide superior benefits and an added touch of luxury to ensure you look like you have just been on holiday!

**Face Relief** 15 minutes

Enjoy the benefits of an energising Jade Gemstone facial massage to relieve aching temples and facial tension. Your face and skin will exude vitality.

**The Hedonist** 15 minutes

Release headaches caused by stress and promote the flow of energy in the body. Relax with a scalp massage to re-energise yourself whilst reducing tension and pain.

**Foot Massage** (🌿 Signature) 15 minutes

This signature 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.

**Hand Massage** 15 minutes

Hand and finger cramps caused by the overuse of mobile communications are eased with precise stretching and deep massage techniques. Luxurious moisturising oils will rejuvenate your hands and arms.

**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.

**Enlightenment** (🌿 Signature) 15 minutes

Experience chakra balancing with gemstones through a laying of hands by the therapist to release blockages and align the body. Chakras are energy centres in your body that work in harmony to balance body, mind and soul.