



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 Business 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 Radiance** (  Signature) 15 minutes

This signature facial helps to decrease the effects of environmental stress on your complexion. Refresh tired looking skin with a gentle cleanse, a smooth exfoliation, and a toner to hydrate and refine the pores. Your skin will radiate health and glow with well-being.

**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. 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.