



SPA MENU

LOCALLY INSPIRED - THE ESSENCE OF SIX SENSES

- Cleopatra's Signature Facial** 1 hr | € 65
 Only natural, organic ingredients! Gentle cleansing, nourishing mask, and face massage with Jojoba oil.
- Egyptian Body Olive Treatment** 1 hr 30 mins | € 90
 Instant relief for dehydrated skin and hair. Includes hair, body and face masks followed by a full body massage.
- Hamмам with Red Sea Salt Body Scrub** 1 hr 30 mins | € 90
 Traditional hammam plus body polishing using Red Sea salts with herbs, finishing with a foam massage.
- Isis Glow** 1 hr | € 65
 Body polish with sugar followed by a nourishing mask.
- Nefertiti's Beauty Facial** 1 hr | € 65
 A nourishing facial along with freshly mixed ingredients.
- Port Ghalib Massage** 1 hr 30 mins | € 95
 Signature massage technique developed specially for the Six Senses Spa at Port Ghalib. Extra-long relaxing strokes that start at the lower leg and reach the upper back are the key elements of this treatment.

SENSORY THERAPIES - THE SOUL OF SIX SENSES

- Sensory Hot Stone Experience** 1 hr / 1 hr 30 mins | € 70 / € 95
 A massage with warm stones to relax tight muscles and dissolve stress.
- Sensory Spa Journey** 1 hr 30 mins | € 160
 Foot Ritual, Body Brushing, Four Hands Massage and a Mini-Facial.

ASIAN THERAPIES - THE ORIGIN OF SIX SENSES

- Bamboo Massage** 1 hr | € 70
 South East Asian technique that uses bamboo sticks to bring relief to neck, shoulders, back and legs.
- Foot Acupressure** 45 mins | € 50
 Through the application of pressure to reflex points on the feet, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body.
- Indian Head Massage** 45 mins | € 50
 Indian head massage combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm.
- Thai Herbal Massage** 1 hr 30 mins | € 80
 Powerful healing and pain relieving technique using classic Thai Herbal packs.
- Thai Massage** 1 hr 30 mins | € 90
 Using Thai massage techniques, this treatment focuses on pressure points and gentle stretching movements along the body's energy channels; it is offered fully-clothed and without oil to re-awaken the body's energy flow.



MASSAGE THERAPIES - THE HEART OF SIX SENSES

- **Detox** 1 hr / 1 hr 30 mins | € 65 / € 90
A stimulating massage with firming, toning oils to help reduce the appearance of cellulite.
- **Energiser** 1 hr / 1 hr 30 mins | € 65 / € 90
A reviving upper body massage, focusing on key areas to relieve muscle tension.
- **Holistic** 1 hr / 1 hr 30 mins | € 65 / € 90
A light to medium pressure soothing massage with long, flowing movements.
- **Oriental** 1 hr / 1 hr 30 mins | € 65 / € 90
An integrative style of full body massage with acupuncture and stretching techniques.
- **Deep Tissue Massage** 1 hr / 1 hr 30 mins | € 65 / € 90
A strong full body massage releasing deep, muscular soreness.
- **Swedish Massage** 1 hr / 1 hr 30 mins | € 65 / € 90
Traditional full body massage techniques are applied to relax aching muscles, stimulate circulation and eliminate toxins.

HAMMAM - PURIFYING WITH SIX SENSES

- **Traditional Hammam** 1 hr | € 70
Traditional cleansing ritual on the hot marble table followed by a soft foam massage.
- **Hammam Journey** 1 hr 30 mins | € 150
Two Hammam professionals will work simultaneously to create the most luxurious and unforgettable experience.

SPECIALIST THERAPIES - A SENSE OF INNER PEACE

- **Reiki** 45 mins | € 50
Your therapist will focus on the body's major energy centres to bring about a body and mind balance.

COLONIC HYDROTHERAPY - A SENSE OF REJUVENATION

- **Colonic Hydrotherapy** 1 hr | € 80
Deep cleansing of the large intestine with special equipment. The ultimate solution for congested and constipated colon, and a powerful detox treatment.

FACIAL THERAPIES — NURTURING WITH SIX SENSES

Six Senses Signature Facials

Choice of:

- **Soothing** 60 mins / 90 mins | € 65 / € 90
Calms sensitive and irritated skin with soothing plant extracts and flower essences.
- **Balancing** 60 mins / 90 mins | € 65 / € 90
A balancing facial, ideal for all skin types.
- **Purifying** 60 mins / 90 mins | € 65 / € 90
Deep-cleansing facial, ideal for eliminating blocked pores and skin blemishes.

- **Nourishing** 60 mins / 90 mins | € 65 / € 90
Moisturizes and improves skin tone and elasticity, beneficial for dry or maturing skin.

BODY POLISHES & COCOONS

Six Senses Signature Scrub

Choice of:

- **Sensitive skin** 30 mins / 60 mins | € 35 / € 65
Jojoba scrub plus roman chamomile and lavender essences.
- **Normal skin** 30 mins / 60 mins | € 35 / € 65
Rice grain scrub plus ylang-ylang and patchouli essences.
- **Oily skin** 30 mins / 60 mins | € 35 / € 65
Crushed coconut shell scrub plus orange and rosemary essences.

Six Senses Signature Wrap

Choice of:

- **Detoxifier** 60 mins / 90 mins | € 65 / € 90
Naturally detoxifying.
- **Body Toner** 60 mins / 90 mins | € 65 / € 90
Uplifting, toning and firming.
- **Body Refiner** 60 mins / 90 mins | € 65 / € 90
Refining and nourishing, ideal for sensitive skin.

SPA BEAUTY

- **Shape and polish** 30 mins / € 25
- **Spa Manicure** 50 mins / € 45
- **Spa Pedicure** 50 mins / € 45

Waxing treatments are all available upon request.

READY-MADE PACKAGES - THE JOURNEY OF SIX SENSES

All our ready-made packages can be enjoyed over multiple days

- **Sense of Egypt** 4 hrs | € 200
Port Ghalib Massage (1 hr 30 mins)
Hammam with Red Sea Salt Body Scrub (1 hr 30 mins)
Six Senses Signature Facial (1 hr)
- **Sense of Romance (2 Pax)** 3 hrs 30 mins | € 360
Six Senses Signature Holistic Massage (1 hr)
Six Senses Signature Massage or Facial (1 hr)
Egyptian Body Olive Treatment or Six Senses Signature Oriental Massage (1 hr 30 mins)
- **Sense of Luxury** 4 hrs | € 250
Sensory Spa Journey (1 hr 30 mins)
Thai Massage (1 hr 30 mins) or Six Senses Signature Oriental Massage (1 hr 30 mins)
Traditional Hammam (1 hr)

SPA FOR YOUR CONVENIENCE

Arrival and Lifestyle Consultation Form

To enhance your Spa experience, we recommend you arrive 20 minutes prior to your treatment to complete your lifestyle consultation form and to take time to relax in our tranquil surroundings and make use of the Spa wet facilities.

Cancellation Policy

We operate a 5 hour notice period on individual spa treatments and 24 hours notice on packages. A 50% cancellation fee will apply in all cases that such notice is not given. For No Shows 100% of the treatment reserved will be charged. Late arrivals - Out of respect for other clients' reservations, we advise you that we are unable to extend your treatment time in case of late arrivals.

Children

We love children, however to be able to ensure a spa ambience of well-being, it is highly recommended to avoid bringing children under 12 years to the spa. Our young guests from 12 - 18 are welcome to enjoy our treatments, although a guardian is requested to attend. Only female therapists will be allocated for children between the ages of 12 - 18.

Gentlemen

Please shave at least 2 hours prior to all facial treatments to ensure that maximum results are achieved.

Jewellery and Valuables

We recommend that you leave all jewellery and valuables in your room safe before coming to the Spa.

Mobile Phones

In consideration of other guests, active mobile phones are not permitted in the spa.

Opening Hours

Six Senses Spa Opening Hours - 10.00am to 10.00pm daily.

Payment

All treatments may be charged to your room or you may pay by cash or with your credit card at the spa reception, upon the completion of your treatment.

Peace and Harmony

As Six Senses Spa is a sanctuary of peace and harmony, please be aware of the volume of your voice in order not to disturb our other valued spa guests.

Refreshments

Complimentary tea & dried fruit, nuts or seasonal local fresh fruit are offered after your treatment in the relaxation area. A wonderful Six Senses Juice & Smoothie menu that you can choose from is available.(extra charge)

Reservations

For any spa enquiries or information regarding the spa, please dial extension 7117 on your telephone display. Advanced bookings are highly recommended to secure your preferred time.

Smoking

In consideration of other guests, smoking is not permitted in the spa.

Spa and Homecare Products

To extend your spa experience at home, a variety of spa products are available at the spa reception. Your therapist will advise you as to the products that suit you and your skin type as part of the treatment experience.

Swim and Sun

We advise against sunbathing and or swimming for the first 6 hours after a waxing treatment. The salt water from the sea and the chlorine from the pool may cause some irritation to an already sensitive area.





*Winner World Travel Award
Egypt's Leading Spa Resort*

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