



SPA MENU



The Six Senses Spa Pyramid is representing the foundation and creation of the Spa experience at Six Senses Spas.

The foundation of the experience is formed by three primary senses; sight, sound and touch.

The second stage builds upon this experience by appealing to the more acute senses of taste and smell.

The apex symbolises the unique sensory experience of a Six Senses Spa.

This pyramid is a testimonial. It visually represents that the spa experience may only be achieved once all five senses have been nurtured.

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MASSAGE THERAPIES

- THE HEART OF SIX SENSES

At Six Senses, a massage is a truly individual journey where you will discover the power of touch, a personalised experience to harmonise and balance your body.

Six Senses Signature massage therapies are designed with your specific needs in mind. From the spa consultation, we choose the most suitable massage techniques. Whether you prefer light or firm pressure or a stimulating treatment opposed to a soothing one, we will mould the treatment to suit your wishes.

Six Senses Signature Massage, 50 mins / 80 mins

- **Holistic** – a light to medium pressure soothing massage with long and flowing movements
- **Oriental** – an integrative style massage with acupressure and stretching techniques
- **Energizer** – a reviving upper body massage focusing on key areas to relieve muscle tension
- **De – Stress Massage** – a full body massage using different techniques according to your needs

Hot Stone, 80 mins

This full body and face massage, done using hot stones, will encourage a deep level of calmness while relaxing tight muscles, removing blockages and dissolving stress. You will leave the spa feeling renewed and energized through the healing properties of these natural, volcanic stones.

Detox, 50 mins

A Detox Massage using lymph massage techniques as well invigorative and stimulating techniques for cellulite areas. The massage will concentrate on legs, hip, stomach and upper arm.

Sports/Deep Tissue, 50 mins / 80 mins

This full body massage will speed up muscle recovery and relax short muscles, the perfect choice for relieving soreness after a workout.

THE ESSENTIALS - CREATE YOUR OWN

Pick and mix or add on any of the following treatments to create your own special package to suit your individual needs.

Body Work, 30 mins

Indulge in a massage specific to an area of concern to relax your mind and to stimulate your circulation.

- **Back, Neck and Shoulder Massage**
- **Back Hot Stone Massage**
- **Scalp and Facial Massage**

Facials, 30 mins

All our express facials start with cleansing, exfoliation, followed by a face mask of your choice or a lymphatic rainage facial massage.

- **Nourishing Mask** – hydrating skin
- **Purifying Mask** – deep cleansing pores
- **Facial Massage** – uplifting complexion

Express Beauty, 30 mins

Our express beauty treatments start with cutting, filing and nail painting upon request.

- **Mini Manicure**
- **Mini Pedicure**
- **Nail Painting**

Express Hair and Body Care, 30 mins

Treat your hair with a mask and your body with a scrub

- **Hair Mask (15 mins Add-on)**
- **Back Exfoliation**

Amala Essential Add-ons, 25 mins

- **Amala Eye Lifting Treatment** – Revive tired or stressed eyes. The delicate eye area will be soothed, remineralized and rehydrated with organic, wild-crafted seed oils, plants and flowers. Tone and elasticity will be restored, dark circles, puffiness and fine lines reduced.
- **Amala Neck and Décolletage Lifting Treatment**
Unrefined, sun-dried green clay and French spirulina, with a blend of organic and wild-crafted seed oils, plants and flowers will lift and firm the neck and chest area while brightening and rehydrating the skin. Your skin will feel wonderfully rejuvenated. Great for mature or sun damaged skin.
- **Amala Hydrating Hand Treatment**
Soften and smooth dehydrated skin with the fruits and flowers of Southeast Asia. Your hands are exfoliated with organic olive stone and salt, then wrapped in a detoxifying myrtle and clay mask. Organic jasmine, papaya, shea butter and jojoba strengthen the skin's natural defenses and help prevent signs of aging.
- **Amala Detoxifying Foot Treatment**
Myrtle has long been known for its deep cleansing properties. Your feet are soaked in organic myrtle saltwater, exfoliated with organic olive stone and salt and wrapped in a detoxifying myrtle and clay mask. Organic myrtle, cypress, hyssop and juniper help to purify, cleanse, refresh and refine the skin.



FACIAL THERAPIES

- NURTURING WITH SIX SENSES

Glowing skin reflects good health and to help you achieve this, Six Senses Signature facial will do more than just treat the surface. Following a skin analysis, your therapist will perform a balancing facial that includes cleansing, exfoliating, massage, mask and moisturising, combined with the healing properties of Six Senses Skin Care products and the power of touch to encourage lymphatic drainage, improved skin elasticity and clarity.

Your skin will feel silky soft and delicately scented with a complexion that is polished, toned and quite simply radiant.

Six Senses Signature Facial, 50 mins / 80 mins

- **Soothing** – soothing sensitive and irritated skin by using plant extracts and flower essences
- **Purifying** – deep-cleansing facial, ideal for eliminating blocked pores and skin break-outs
- **Aroma Skin** – a balancing facial, ideal for all skin types
- **Nourishing** – beneficial for dry or mature skin, hydrating, improve skin tone and elasticity
- **Thai Silk** – natural silk cocoon with sericin essential protein to firm and tone your skin complexion

Amala Facials

• **Amala Nature's Most Pure Facial, 80 mins**

Wild crafted blue lotus, a symbol of purity in the east, and other healing plants and flowers of Eastern Asia are incorporated in this balancing, clarifying and restorative treatment. Sun-dried Indian rassoul clay is used for its deep-cleansing properties.

• **Amala Rejuvenating Antioxidant Facial, 50 mins**

Nourish and revitalize skin with a facial inspired by the restorative fruits and plants of the Amazon. This facial will firm, smooth and renew elasticity. Organic, fair-trade cocoa beans, açai, buriti, andiroba, and muru-muru butter help stimulate cell renewal, promote microcirculation and repair skin's moisture barrier.

• **Amala Nature's Firming Facial, 80 mins**

Nourish and rejuvenate your skin with a facial mask of purifying and firming sun-dried sea algae. Sea algae opens the pores and traps impurities that are removed with the peel-off mask. A mineral rich eye pack is then applied, which helps restore tone and elasticity and assists in minimizing dark circles and fine lines.

• **Amala Remineralizing Facial, 50 mins**

Sun-dried natural white and pink clays are blended with French spirulina for this facial that will regenerate, oxygenate and stimulate the skin. Organic, fairtrade cocoa bean, açai, andiroba and Brazil nut penetrates deep to leave skin firmer, smoother and youthful. Particularly recommended for mature or sun damaged skin.

• **Amala Rejuvenation Facial, 25 mins**

Nourish and awaken the skin with a customized facial inspired by restorative fruits and plants. Amala's 'whole plant' ingredients will soften, balance and renew skin's elasticity while stimulating cell renewal, providing anti-oxidant protection and repairing skin's natural moisture barrier.

BODY POLISH AND COCOON

- SENSE OF RENEWAL

Enjoy a skin brightening experience using the Six Senses Skin Care product to reveal your natural glow and rejuvenate your body. This group of therapies works deeper to eliminate toxins to combat cellulite, improve circulation, tone and revive the skin.

Body scrubs are proven to remove the natural build-up of dead skin cells that lead to dull and tired-looking skin. Body masks and wraps work beneath the surface and have a renewal effect.

Six Senses Signature Scrub, 30 mins

- **Sensitive skin** – jojoba scrub plus roman chamomile and lavender essences.
- **Normal skin** – rice grain scrub plus ylang-ylang and patchouli essences.
- **Oily skin** – crushed coconut shell scrub plus orange and rosemary essences.

Six Senses Signature Wrap, 50 mins*/ 80 mins

- **Detoxifier** – detoxifying
- **Body Toner** – firming, toning and tightening
- **Body Refiner** – refining and nourishing, ideal for sensitive skin

** 50-minute signature wraps available when combined with a massage.*

Amala Detoxifying Salt Polish, 25 mins / 50 mins

Myrtle has a reputation for deep cleansing and is associated with Aphrodite, the goddess of beauty and love. Amala's organic myrtle and other Mediterranean plants such as organic cypress, hyssop and juniper will refresh, smooth and refine the skin, leaving it smooth and rejuvenated.

SPA BEAUTY - A SENSE OF TOUCH

Spa Manicure

Your nails will be shaped and your cuticles tidied and hydrated, followed by a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied if requested.

- **Deluxe Manicure, 50 mins**
- **Spa Manicure, 50 mins**
- **Nail Polish Application, 30 mins**



Spa Pedicure

Transform your feet with our nail and cuticle care, then relax and enjoy a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation and relieving tired feet.

Nail varnish is applied if requested.

- **Deluxe Pedicure, 50 mins**
- **Spa Pedicure, 50 mins**
- **Nail Polish Application, 30 mins**

Hair Hydration, 50 mins

The hair and scalp are rejuvenated whilst you enjoy a relaxing foot massage. An application of nutrient rich hair oil rehydrates the hair and the scalp is massaged. To finish, a hair mask with Shea butter is applied to balance oil production and maintain a dry scalp.

Hair Cleanse and Blow Dry, 50 mins

Enjoy a light scalp massage and treat yourself to a hair wash and blow dry.

Grooming, 15 – 60 mins according to treatment

Waxing, tinting, eyebrow-shaping and threading treatments are all available upon request. Please ask our receptionists for more details.

MEN'S MAINTENANCE

30 mins / 50 mins / 80 mins each

- **Back Neck and Shoulder Massage**
- **Deep Tissue Massage**
- **Sports Massage**
- **Scalp Massage**
- **Foot Acupressure**
- **Men's Maintenance Facial**
- **Back Cleanse**
- **Salt Scrub**
- **Men's Manicure**
- **Men's Pedicure**
- **Hair Removal**

SENSORY THERAPIES

- THE SOUL OF SIX SENSES

Sensory Spa Journey, 90 mins

A unique variation of a four hands massage and a cleansing facial massage performed by two therapists synergistically, your therapists will work in harmony to take you on a journey of the five senses and beyond. You will experience a foot ritual, skin renewing treats and a truly inventive body aroma massage using long, smooth strokes synchronized with a customized facial massage, a stress relieving scalp massage and foot mask.

The natural desire to concentrate on your treatment will disappear as the unusual sequence encourages your mind to let go of stress and introduce a deep state of calm.

SPECIALIST THERAPIES

- SENSE OF INNER PEACE

Bamboo Massage, 80 mins

An ancient South East Asian technique that uses bamboo sticks to bring relief to neck, shoulders, back and legs. Representing good luck, long life, friendship, peace and harmony, bamboo also aids in lymphatic drainage, improved circulation, stress reduction and strain on muscles.

Cold Glass Therapy – A Sense of Colour, 80 mins

Colours are known to ease stress, provide energy and even alleviate pain. Enjoy a tailored massage in a Missoni-inspired environment that utilises the energy of cold glass to balance body and mind.

- Red Glass is excellent for cellulite reduction, detoxification, blood circulation, stress and insomnia
- Blue Glass is excellent for body toning, firming and tightening, muscle aches and pains, soothes burns and calms inflammation

Reflexology, 50 mins

The most therapeutically effective massage of the feet! The reflex points on the feet correspond to every organ and gland in the body. Through the feet acupressure, the autonomic nervous system, the lymphatic and the circulation system get affected. It stimulates the body's own healing process.

Reiki, 50 mins

An ancient healing method discovered in Japan that promotes well-being on our physical, emotional, mental, and spiritual levels, by helping to release tension and energy blockages, returning the body to a spiritual state of health and happiness.

ASIAN THERAPIES

- THE ORIGIN OF SIX SENSES

Thai Massage, 80 mins

Thai massage techniques focusing on pressure points and gentle body stretching along the body's energy channels; it is offered fully-clothed and without oil to re-awaken the body's energy flow.

Thai Herbal Massage, 110 mins

This is an original blend of Thai massage using the classic Thai healing herbal packs. While the acupressure works on the meridian lines, the heated herbal compress helps to improve prana flow, ease aches and stimulate circulation.

Balinese Massage, 50 mins / 80 mins

Re-awaken your senses and find yourself in a complete state of calm. A traditional Balinese massage is a seamless blend of firm and smooth strokes which are combined in a full body massage.

Vietnamese Massage, 80 mins

Oil massage incorporates a pressure point technique with invigorating movements to warm and relax muscle tissue. Warmed small suction cups are placed on the back to aid in muscle relaxation, improve circulation and release toxin and rejuvenate the body.

Indian Head Massage, 50 mins

Traditionally known in India as 'Champiassage', this treatment 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. Popular with Foot Acupressure Therapy.

Foot Acupressure, 50 mins

Reflex points on the feet correspond to every organ and gland in the body. Through the feet, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Experience true relaxation when combined with Indian Head Massage.



LOCALLY INSPIRED

- THE ESSENCE OF SIX SENSES

By utilising ingredients, plants and herbs that are indigenous to the local area, we treasure local tradition as the very Essence of Six Senses to offer you a truly natural and authentic Six Senses experience.

Traditional Hammam Journey, 50 mins

Enjoy this traditional Hammam from the ancient Arabia. Start with a scalp ritual using a special mud with Rosewood, continue with exfoliation using homemade soap and loofah to leave your skin stimulated and re-hydrated.

Moroccan Hammam, 50 mins

After a warm herbal steam, where traditional Moroccan soap is applied to wash the body, guests lie on a heated marble bed prepared for an exfoliation using the Hammam mitt, leaving your skin feeling soft and smooth.

Arabian Herbal Glow and Dates Wrap, 90 mins

In preparation for the wrap, your body will enjoy a detoxifying scrub using Arabic herbs, following a steam shower to open the pores whilst a honey and dates wrap enclose you in a warm cocoon to nourish, finish with a relaxing scalp massage.

Gulf Spices Ritual, 2 hrs 30 mins

Experience a revitalizing body scrub and wrap made from local spices with slimming and purifying properties to leave you feeling revitalised and refreshed. Complete this wonderful journey with a full detox massage focusing on areas of concern using a Six Senses essential oil.

Sweetness Dates, 3 hrs 30 mins

Enrich the body by cleansing it with a body polish using rice and Arabic herbs, a warm honey and dates wrap to nourish, a soothing holistic Massage, a fresh out of the garden natural facial and a relaxing hair and scalp treatment.

READY MADE PACKAGES

- THE JOURNEY OF SIX SENSES

Detoxifier, 4 hrs

- Steam and Sauna
- Detox Foot Cleansing Ritual
- Detox Scrub and Wrap
- Detox Massage
- Detox Facial
- Foot Acupressure

Together, 2 hrs (2 – 5 persons)

- Body Scrub
- Back Massage
- Mini Cleansing Facial
- Scalp Massage
- Free use of spa facilities
- Spa Refreshment

De-stress, 3 hrs

- Aromatherapy Bath
- Hot Stone Massage
- Scalp Massage
- Hand and Foot Treatment

Energizer, 1 hr 50 mins

- Six Senses Signature Scrub
- Energizer Massage

Beauty, 4 hrs

- Cleansing Back Facial
- Six Senses Signature Massage
- Six Senses Signature Facial
- Spa Manicure and Pedicure

Tai Chi, 60 mins

Tai Chi is the Chinese healing art emphasising slow movements, allowing the mind to focus on physical posture, promote and harmonise the chi flow in the body. Ideal to achieve a body and mind connection.

Pilates, 60 mins

Pilates is a floor based exercise to strengthen and lengthen the muscle, to learn to apply breathing, proper posture and achieve overall wellness. Pilates improves overall flexibility, lowers stress levels, flattens your stomach and trims your waist through a natural girdle of strength.

Abs and Stretching, 60 mins

Abdominal exercises help strengthen the core of your body to protect against lower back injury and give you more confidence with a more toned mid-section. Stretching will help to reduce muscle pain and enable you to develop a more balanced, flexible body.

Aqua Fit, 45 mins

Aqua exercises provide a low impact, cardiovascular workout that can improve muscle tone and strength. A great option for anyone with injuries. We offer swimming for beginners, water aerobics and more.

** May be limited to season and practitioner availability – please consult the spa reception.*

ACTIVITIES - ENERGIZING WITH SIX SENSES

Yoga, 60 mins

Yoga improves the overall well-being of both body and mind through the introduction of gentle postures that are adapted to suit each guest's physical structure. Ideal for beginners and advanced guests who want to learn how to counteract the physical and mental stresses of daily life.

Meditation, 60 mins

Provides a chance to calm your mind and to take time to focus on your own self. Your instructor will guide you through a sitting and walking meditation technique, allowing your mind and body to relax. You will leave the meditation session feeling relaxed and at peace with yourself.

PERSONAL FITNESS

- FITNESS FOCUSING JUST ON YOU

Personal fitness programmes are private and tailored to every individual.

Personal Fitness Training, 30 mins / 50 mins

Realize your goals for improving muscle tone, fat loss, strength development, physical performance, muscle mass, body posture and reduce muscle and joint pain.

Personal Fitness Partner Training, 50 mins

In Partner Training we give you the opportunity to work out in a small group with two or three other people. It's a great way to achieve your goals.

Kinesis Personal Training, 50 mins 10 sessions

Use multi-dimensional movements and special equipment to strengthen, stretch and coordinate the whole body instead of focusing on specific muscles. Over 500 exercises are available in just over 2m² of space! Ideal for beginners to professional athletes.

HOLISTIC WELLNESS

- ACHIEVING OVERALL WELL-BEING

Wellness Activities

Wellness Workshops

Learn from a leading health professional about a variety of health and wellness issues with a small group of like-minded individuals.

For more information and details please ask at the reception.

Wellness Consultation, 60 mins

The first stage towards a healthier lifestyle. We examine your current health status and show you ways to make small, evolutionary changes towards greater health and wellbeing.

Wellness Programmes

Detoxification programmes

Stress, pollution, poor nutrition and lack of exercise can all cause an accumulation of toxins. We offer specially tailored detoxification programmes that include fitness activities, health guidance, detoxifying treatments, hydrotherapy and intensive digestive cleansing balanced with nutrition-rich foods.

Holistic Wellness programmes

Our holistic wellness programmes help you adjust and change your lifestyle. You may want to lose weight, reduce your stress-levels, prepare for pregnancy, or simply adopt a healthier lifestyle. To help you achieve these goals we support you in a programme lasting 30 days or more.



A FEW SUGGESTIONS FOR YOUR COMFORT

Spa Reservations

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are highly recommended to secure your preferred time.

Preparation

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

For men – please shave prior to all facial treatments to ensure that maximum results are achieved.

Arrival

Please arrive 30 minutes prior to your treatment, in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.

Consultation

We invite you to our spa for a private consultation to determine your needs and to allow us to design your treatment experience. We have six broad areas of treatments that cover all aspects of spa therapy. Your personalized package will be tailor made with suitable treatments, techniques and products. Alternatively, one of our specially designed packages can be selected to offer you the full flavor of the Six Senses offering.

During your stay

We have a wonderful selection of nutritious juices, which can be prepared for you to enjoy after your treatment.

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

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 in our spa shop for continuing care.

Payment

For hotel guests all treatments can be charged to the room, and appear on your account at the time of departure from the hotel.

Please give five hours cancellation notice on individual treatments and twenty four hours notice on packages. A 50% cancellation fee may apply if such notice is not given. For no show 100% of the treatment cost will be charged.

