



SIX SENSES

SAMUI

SPA AND WELLNESS MENU



RITUALS

THAI ANCIENT, 2 HOURS/THB 5,900

This is the ultimate experience by combining the ancient Thai Boran massage with the magic of a Thai herbal compress ball to stimulate blood circulation and relieve muscle strain, tension and stiffness in the joints.

SLEEPING ENHANCEMENT, 2 HOURS/THB 5,900

A journey to recharge your body, rest your mind and enhance your soul. This is an experience that allows the three minds of head-thinking (cognitive), heart-feeling (affection), and gut-awareness (intuitive) to relax and become one through guided breathing. It also enhances the subtle energy body to relax and unwinding through healing sound frequency of Tibetan chakra singing bowls that resonates with the body fluid; hence, the body's energy is cleansed and rejuvenated. This sleeping enhancement helps slow down the brain wave frequencies and allow the mind to rest. Package includes Reiki Energy, Senses of Element and ending with Full Moon Singing Bowl.

ENERGY DETOX, 2 HOURS/THB 5,900

This session helps reduce the body heat and balance the energy to improve its circulation. The session is suitable for people who have problems with the abdominal system, have difficulty in breathing, feel sick or uncomfortable, stress, not sleeping well, or feel tired easily. The treatment will help relax the body and mind in the deep level with sound energy healing from full moon singing bowls and reiki energy.

SAMUI RITUAL, 2.5 HOURS/ THB 6,900

Treat your senses and your skin to a tropical oasis of fresh hydration and pampering. Infuse your skin with ultra healing coconut, remove excessive dead skin cells and strengthen new skin tissue enzymes to address dryness, sun damage and pigmentation. Your skin will be glowing leaving you feeling completely refreshed. Package includes a coconut scrub, coconut wrap, and ending with coconut aromatic massage

CLEANSING RITUAL, 2.5 HOURS/THB 6,900

This therapeutic spa package will nourish, detoxify and rejuvenate your body inside out. It is a pampering solution to today's stressful living. Package includes Herbal Steam Sauna, Aromatic Marine salt scrub and ending with a Hideaway Retreat massage.

NOURISHING RITUAL, 2.5 HOURS/THB 6,900

A journey designed to completely restore and replenish your entire system. Oriental philosophy regards beauty and health as a holistic concept embracing both the inner and outer self. This ritual supports this belief by applying natural elements to specifically suit your body's needs, release tension, improve circulation and create perfect harmony. The package includes an Oriental Blend massage, Foot Acupressure ending with a Daily Natural Facial



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SIGNATURE THERAPIES

SECRET LA STONE FOUR HANDS, 90 MINUTES/THB 6,900

Melt tension away with a hot stone massage using smooth, heated basalt stones. The warm stones are placed on tension-prone areas that will be soothed with the right amount of pressure to encourage muscles to warm up and relax. This is the ideal remedy for chronic muscle tension, ending with Reiki.

AMAZING SENSES FOUR HANDS, 90 MINUTES/THB 6,900

Performed by two therapists, this synchronized massage is the ultimate indulgence. With our own unique massage techniques, this therapy will leave you in total relaxation and complete bliss, ending with Reiki.

HARMONIC SENSES THERAPY, 90 MINUTES/THB 4,500

This is a calming and soothing therapy over the full body in order to achieve an overall sense of well-being. It is a combination of Chakra Balancing Energy and Harmonic Healing Chime techniques. This therapy will allow your energy to flow smoothly by removing old blockages and stagnant energy. The treatment is energizing, revitalizing, balancing and deeply relaxing.

HIDEAWAY RETREAT, 90 MINUTES/THB 4,500 OR 120 MINUTES/THB 5,500

This offer melts away accumulated stress, restores balance and vitality to the body, mind and spirit and leads you to a renewed level of relaxation. We combine the techniques of Thai & Western style massages, ending with a Thai Herbal Compress.

ORIENTAL FUSION, 90 MINUTES/THB 4,500 OR 120 MINUTES/THB 5,500

Our Fusion Massage is the ultimate customized treatment for your body, assessing your personal energy and tension levels. The therapist uses a variety of massages to soothe, relax and rejuvenate your body. This massage is all about our specific needs, bringing your body, mind and spirit back to balance.



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MASSAGE THERAPIES

**SENSES OF ELEMENT 60 MINUTES/THB 2,900,
90 MINUTES/THB 3,900, 120 MINUTES/THB 4,500**

This is a calming and soothing massage over the full body to achieve an overall sense of well-being.

**ANTI-STRESS, 60 MINUTES/THB 2,900,
90 MINUTES/THB 3,900, 120 MINUTES/THB 4,500**

Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension, combine with Thai Herbal compress.

**FOOT ACUPRESSURE, 60 MINUTES/THB 2,900,
90 MINUTES/THB 3,900, 120 MINUTES/THB 4,500**

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 combining with an Indian Head massage.

A recommendation for above Spa Therapies is to begin or ending with Chakra Balancing or Harmonic Healing Chime for half an hour. In this special introduction, we apply Reiki to the seven major chakras and ending with a final chakra balancing. This powerful healing treatment deals with all the internal organs on a physical and emotional level before the treatment

ANCIENT THAI WISDOM

**THAI BORAN (NUAD THAI), 60 MINUTES/THB 2,900,
90 MINUTES/THB 3,900, 120 MINUTES /THB 4,500**

Help to relief the stress, provide deep relaxation for warmed and stretched muscles, heal energy flow with the aim to increase and focus on energy levels, provide greater flexibility, prevention of injury, relief from sore and aching muscles and joints, detoxification, and a feeling of confidence and well-being. No oils are used in Nuad Thai.

**THAI HEALING THERAPY,
90 MINUTES/THB 4,200, 120 MINUTES/THB 4,900**

This is a therapeutic massage that applies the intelligence of locality which has been discovered from more than 700 years ago. It is the ultimate customized treatment for your body, focusing on the problem areas such as neck, shoulder, back, and legs. This treatment requires a high level of massage technique; therefore, the therapist has to be well-trained and highly-skilled in order to release all the tension.



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SPECIALISED THERAPIES

ZEN NA TAI, 60 MINUTES/THB 2,500

An ancient therapeutic medical massage treatment working through the abdominal area the center of chi of energy flow in the body, and chest area for improving digestion and breathing qualities, including head and scalp to release cranial tension and improving concentration, this treatment stimulates the lymphatic flow, helping to detoxify the body getting rid of toxins and negativity, brings comfort and relief to the abdomen, include the deeper state of relaxation and peaceful mind. For a better result, 3 consecutive sessions are recommended

INDIAN HEAD MASSAGE, 60 MINUTES/THB 2,500

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 will ending with Chakra balancing energy / Sound healing from Singing bowl. It is popular to combine with Foot Acupressure therapy.

PREGNANCY, 90 MINUTES/THB 3,500

Massage has great benefits for the pregnant woman. It can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. Regular massages during pregnancy can also make the return to your optimal fitness easier. Recommend for 4-7 months pregnancy only. Ending with chakra balancing energy.



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HEALING ENERGY THERAPIES

HARMONIC HEALING, 30 MINUTES/THB 1,900

During a Harmonic Healing, energy chimes are placed on or near your body and played in intuitive combinations, emitting intriguing sound pulsations. In this deep state of relaxation, you are slowing the brain waves, shifting energy blockages, balancing chakras and realigning both your physical and light bodies with the Universal Resonance.

CHAKRA BALANCING, 30 MINUTES/THB 1,900

In this special introduction, we apply Reiki to the 7 major chakras individually. We also include a final balancing to all the chakras. For a better result, 3 consecutive sessions are recommended

REIKI THERAPY, 60 MINUTES/THB 2,500

Universal Life Energy is transmitted through the hands of the practitioner to the recipient to support the body's own ability to heal itself. Allow your own energy to flow smoothly in harmony by removing old blockages and stagnant energy. It is energising, revitalising, balancing and deeply relaxing.

ENERGY ENHANCING, (7 FULL MOON SINGING BOWLS) 60 MINUTES/THB 2,500

Awaken the chakra energy with precious healing oils that activate the body's subtle energy flow. Enhanced with the restorative sound vibration from Tibetan singing bowls that resonates with the body fluid, the body's energy is cleansed and rejuvenated. This treatment helps to slow down the busy mind and able to rest the mind to a pre-meditation experience.



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BODY THERAPIES

BODY SCRUB, 45 MINUTES/THB 2,500

Aromatic Marine Salt Scrub

It is rich in minerals and liquorice to heal and re-mineralise your skin.

Tamarind Honey Scrub

Removal of excessive dead skin cells and strengthens new skin tissue.

Thai Coconut Butter

Removal of excessive dead skin cells and strengthens new skin tissue.

BODY WRAP, 45 MINUTES/THB 2,500

After Sun Soothing Wrap

With healing Aloe Vera any sunburn or skin irritation is reduced. This body wrap is done without heating blanket and will create a very cool sensation.

Coconut Body Masque

Soothing to the skin, it draws out impurities, improves the complexion and protects against harmful UV.

FACIALS

By Dermalogica

HYDRATING SPA FACIAL, 60 MINUTES/THB 3,500

For tired, dry and thirsty skin! Maximize nourishment, hydration and protection for dry, dehydrated and ultra-dry skin. With firming botanicals and vitamins your skin will appear moisturized, revitalized and supple.

SENSITIVE SKIN FACIAL TREATMENT, 60 MINUTES/THB 3,500

Handle this with care! Gentle cleansing, mild exfoliation and carefully selected anti-inflammatory products that provides nourishment, protection and hydration for maximum healthy skin

SKIN BRIGHTENING FACIAL/PIGMENT RELIEF, 60 MINUTES/THB 3,800

Revolutionary treatment to even out pigmentation and dark spots caused by sun exposure, age spots, hormonal imbalance, oral contraceptives or pregnancy. With multi active botanicals of bearberry, liquorices and Vitamin C that will together reduce pigmentation for a brighter, healthier, more glowing skin.

MULTI-VITAMIN POWER SKIN TREATMENT, 60 MINUTES/THB 3,800

Energize tired overworked skin. This treatment is designed to revitalize pre-mature damaged skin. An effective vitamin power exfoliation followed by a vitamin recovery masque to improve skin's texture. The POWER facial massage increases surface firming reduces fine lines and instantly revitalize and regenerates showing off your beautiful skin within.

REVITALIZING EYE RESCUE, 30 MINUTES/THB 2,500

A high performance eye treatment packed with vitamins A-C-E and Red Seaweed to firm and accelerate repair of our delicate eye area. Together with a gentle head massage, you will feel truly revitalized



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JUNIOR MENU

KID MASSAGE, 30 MINUTES/THB 1,900
REIKI FOR KIDS, 30 MINUTES/THB 1,500
SOUND THERAPY, 30 MINUTES/THB 1,500

Age Limitations: Spa is a relaxing and tranquil experience. Teen services are available for ages 10-12. We also offer limited services for Kids ages 6-9, and a parent or guardian must accompany them through the duration of their service.



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SPA ETIQUETTE

PRIOR TO YOUR ARRIVAL

We recommend that you leave all jewelry and valuables in your villa before coming to the spa. We recommend using the sauna and steam prior to any treatment, as this will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment. Advance reservation is recommended

ARRIVAL

Please arrive at our spa 15 minutes prior to your appointment 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 ARRIVAL

Out of respect of other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATION

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged as cancellation fees. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR TREATMENT

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 or body treatment. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.



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