



## SPA MENU

# Spa Menu Index

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## Locally Inspired, Page 5

- Jungle Escape, 2hrs 30mins/12,950
- Romance Journey, 3hrs/34,000 (per couple)
- Siam Journey, 3hrs/14,200
- Soneva Mud Journey, 3hrs 30mins/20,600
- Sunburn Relief, 2hrs 30mins/14,200
- Touch of Light, 2hrs/11,800

## Sensory Therapies, Page 7

- Eye Mask, 30mins/3,000
- Hand to Mind, 1hr/4,500
- Sensory Spa Journey, 1hr 30mins/12,950

## Asian Therapies, Page 8

- Assisted Stretching, 1hr/5,300
- Bamboo Massage, 1hr 30mins/7,500
- Chi Nei Tsang (Abdominal Massage), 30mins/2,950, 1hr/5,500
- Cupping Massage, 1hr 30mins/7,500
- Foot Acupressure, 1hr/5,300
- Indian Head Massage, 1hr/5,500
- Thai Herbal Massage, 1hr 30mins/7,500
- Thai Massage, 1hr/5,300, 1hr 30mins/6,800
- Therapeutic Classical Thai, 2hrs/7,800

## Facial Therapies, Page 10

- Six Senses Signature Facial (*Purifying, Soothing*), 1hr/5,300
- Six Senses Signature Facial (*Nourishing*), 1hr 15mins/6,350
- Anti-Ageing Silk Facial, 1hr/5,300
- Gentleman's Facial, 1hr/5,300
- Sesame Poultice Facial, 1hr/5,300
- Smooth Silky Skin with Oatmeal, 1hr/5,300

### Massage Therapies, Page 11

- Six Senses Signature Massage (*Energiser, Holistic, Oriental*), 1hr/5,500, 1hr 30mins/7,200
- Dancing Light Massage, 1hr/5,500, 1hr 30mins/7,200
- Deep Tissue Massage, 1hr 30mins/7,200
- Hot Stone Massage, 1hr 30mins/7,500
- Jet Lag Recovery, 1hr 30mins/7,500
- Sports Massage, 1hr/5,500

### Body Polishes & Cocoons, Page 13

- Six Senses Signature Scrub (*Calming, Clarity, Vitality*), 45mins/4,000
- Six Senses Signature Scrub & Wrap (*Body Refiner, Body Toner, Detoxifier*), 1hr 15mins/6,850
- Natural Sunburn Soother, 1hr/5,000
- Organic Detoxifier, 1hr 15mins/6,850
- Tropical Bamboo Mist, 1hr/5,000

### Specialist Therapies, Page 14

- Cellulite Massage, 1hr/5,500
- Chakra Balancing, 20mins/1,800
- Cupping, 30mins/2,950
- Reiki, 1hr/5,300
- Lymphatic Drainage, 1hr/5,500
- Moxibustion, 30mins/2,950
- Pregnancy Massage, 1hr/5,500, 1hr 30mins/7,200
- Watsu, 1hr/5,300

### Ayurveda, Page 16

- Abhyanga, 1hr/7,500
- Ayurvedic Experience, 1hr 30mins/11,700
- Choornaswedana, 1hr/7,500
- Kati Vasti, 45mins/5,500
- Ksheerdhara, 1hr/8,200
- Njavra Kizhi, 1hr/7,500
- Shirodhara, 1hr/8,200

## Resident Practitioners, Page 18

*Kanlayanee Mathuen (Jang)*

- Chi Nei Tsang, 1hr 15mins/7,350, 1hr 30mins/8,200, 3x1hr 15mins/18,800
- Foot Reflexology, 1hr 15mins/7,350
- Healing Series with K. Jang, 19,500 (3 sessions)
- Restorative Eye and Face Treatment, 1hr 15mins/7,350
- Tok Sen Massage, 1hr 30mins/8,200

*Melody*

- An Introduction to Pranayama, 30mins/2,800
- Ashtanga Yoga, 1hr/5,000
- Fusion Massage, 1hr/5,800, 1hr 30mins/8,200
- Hatha Yoga, 1hr/5,000
- Reflexology, 1hr/5,800
- Sivanda Yoga, 1hr/5,000
- Swedish Massage, 1hr/5,800, 1hr 30mins/8,200
- Yoga Intestinal Cleanse, 1hr 30mins/7,000
- Yoga Nidra, 45mins/3,800

## Spa Beauty, Page 21

- Bergamot and Honey Pedicure, 1hr/3,700
- Brown Sugar and Orange Manicure, 1hr/3,500
- Hair Cleanse and Blow-Dry, 1hr/2,000
- Hair Hydration, 1hr/3,800

## Wellness Activities, Page 22

- Personal Fitness Training Programme, 1hr/5,000
- Pilates, 1hr/5,000
- Stretching, 1hr/5,000
- Tai Chi, 1hr/4,000
- Yoga, 1hr/5,000

## Locally Inspired

### - The Essence of Six Senses

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

#### **Jungle Escape, 2 hours 30 minutes**

Escape to the jungle and experience tranquillity with a fresh herbal scrub on a heated stone bed placed under an outdoor bamboo mist shower. Next, improve flexibility and increase your energy levels with a traditional Thai herbal massage. All ingredients are fresh from the spa garden. A choice of Active or Sensitive Facial Moisturiser is provided as a home care gift from Six Senses Spa.

#### **Romance Journey, 3 hours**

Savour the memory of this unique couple's experience beginning with your favourite body polish, and then immerse yourselves in an exotic bath. Relax with a full-body aromatic luxurious massage and a customized signature facial to rejuvenate and connect. Includes Six Senses gift sets of Essential Body and Facial Ritual to take home.

#### **Siam Journey, 3 hours**

A traditional Thai journey using local ingredients to create an exotic experience. A Thai herbal bath, a Thai herbal scrub and a natural facial using fresh ingredients from our spa garden rejuvenate and enliven the body. Complete the journey with a traditional Thai massage and a gift set of a Six Senses Essential Facial Ritual to take home.

### **Soneva Mud Journey, 3 hours 30 minutes**

A fun and innovative mud experience to detoxify, combining a coffee ground scrub with a detoxifying wrap where heated mud is gently massaged onto your skin. Sit in the glass steam room surrounded by nature to maximise detoxification. Finish with a full body sport massage and a mineral mud facial to purify your skin. A Six Senses Spa Intensive Facial Mask and Essential Eye Lifting Mask are provided as a gift to take home.

### **Sunburn Relief, 2 hours 30 minutes**

Feel the softness of selected seasonal fruits such as papaya blended with jojoba to cleanse and tone your skin. Cool your body with a hydrating aloe vera and lavender, relax yourself in watermelon cucumber bath. Complete with a Thai silk facial using natural silk cocoons for a more radiant glow. Complimentary Six Senses product Sunburn Soother.

### **Touch of Light, 2 hours**

Therapists use warm oil melted from a herbal candle floating in a clay pot to perform a hot “candle oil” massage that eases tension throughout your body. Restore your energy with a scalp massage, nourish your scalp with a hair mask and balance your senses with chakra balancing. Includes a gift set of Six Senses Essential Body Ritual.

\* Please reserve twenty-four hour in advance for preparation of natural ingredients used in the Locally Inspired treatments

## **Sensory Therapies**

### **- The Soul of Six Senses**

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#### **Eye Mask, 30 minutes**

Refreshes, soothes and cools the tired eyes with Six Senses special eye mask, to help reduce puffiness and dark circles, reduce the appearance of fine lines from around the eye area. An ideal addition to another Six Senses Spa treatment.

#### **Hand to Mind, 1 hour**

This personalised hand massage treatment begins with a spa consultation, where the guest will instinctively choose a "Mandala card" to establish the flower essence to use during the treatment. A pressure points massage combined with the flower essence is performed on the hands and arms meridian lines to release tension and generate deep relaxation and good energy flow.

#### **Sensory Spa Journey, 1 hour 30 minutes**

A divine signature spa treatment with two therapists performing a unique facial cleansing ritual and body massage at the same time! You will experience a luxurious footbath, a non-traditional aromatherapy massage using long strokes, a cleansing facial ritual and a stress relieving scalp massage. This will encourage your mind to release the stresses of daily life.

# Asian Therapies

## - The Origin of Six Senses

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### **Assisted Stretching, 1 hour**

Assisted Stretching works on lengthening, the muscles easing muscle tension and helping to remove lactic acid build up, ideal following physical activity. Your therapist will gently ease you stiffness away.

### **Bamboo Massage, 1 hour 30 minutes**

Bamboo has been used for thousands of years as an herbal remedy in Chinese medicine. In Asian culture bamboo represents good luck, long life, friendship, peace and harmony. Bamboo Massage is designed to work on a certain area, bringing deep pressure relief to the back, neck, shoulders and legs. A perfect substitute for a deep tissue massage. Nourishes and soothes the skin with homemade organic coconut oil made at the spa.

### **Chi Nei Tsang (Abdominal Massage), 30 minutes / 1 hour**

Detoxify and stimulate the digestive system using Taoist traditions of balancing the inner and outer forces working directly over the abdominal area whilst balancing the Chi energy of the body.

### **Cupping Massage, 1 hour 30 minutes**

A unique combination of ancient Chinese healing and Western touch. Beginning with a relaxing aromatic massage to warm and relax muscles, followed by fire cupping along the meridian lines to help draw out toxins and stimulate a free flow of energy within your body.

### **Foot Acupressure, 1 hour**

Reflex points on the feet correspond to every organ in the body. Applying pressure to these points, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Ideal when combined with Indian Head Massage.



### **Indian Head Massage, 1 hour**

Traditionally known as 'Champiassage', both gentle and stimulating techniques are used on the upper back, shoulders, neck and scalp. This treatment improves blood flow, nourishes the scalp and induces a deep sense of calm. Combine with Foot Acupressure for the ultimate pampering experience.

### **Thai Herbal Massage, 1 hour 30 minutes**

A traditional form of Thai massage using the classic Thai healing herbal packs. Acupressure works on the meridian lines while the heated herbal compress improves "Prana flow", easing aches and stimulating circulation.

### **Thai Massage, 1 hour / 1 hour 30 minutes**

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.

### **Therapeutic Classical Thai, 2 hours**

Focusing on the whole body, this treatment works on the major energy lines, known as 'Sen'. These Sen run throughout the body. By loosening blockages, toxins are released, imbalances and pain or discomfort from various levels of tissues, are relieved.

## Facial Therapies

### - Nurturing with Six Senses

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Glowing skin reflects good health and a Six Senses signature facial will do more than simply treat the surface. Following a skin analysis, your therapist will perform a balancing facial that includes cleansing, exfoliating, massage, mask and moisturising treatment to suit your skin's individual needs. Each treatment combines the healing properties of Six Senses Skin Care products with the power of touch to encourage lymphatic drainage and improved skin elasticity and clarity.

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

#### **Six Senses Signature Facial, 1 hour / 1 hour 15 minutes**

Choice of:

*Nourishing*

moisturises and improves skin tone and elasticity, beneficial for dry or maturing skin.

*Purifying*

deep-cleansing facial, ideal for eliminating blocked pores and skin blemishes.

*Soothing*

calms sensitive and irritated skin with soothing plant extracts and flower essences.

#### **Anti-Ageing Silk Facial, 1 hour**

Enjoy a traditional natural silk cocoon facial with Sericin essential protein to firm and tone your skin complex and improve its texture.

### **Gentleman's Facial, 1 hour**

For the discerning gentleman who is concerned about the effects of ageing, our deeply cleansing and hydrating facial exfoliates and purifies the skin and decongests pores. This facial provides the full spectrum of skin benefits for men, as nature intended.

### **Sesame Poulitice Facial, 1 hour**

Sesame seeds have long been used as a skin softening and tightening. Oil from Sesame seeds help to control eruptions and neutralized the poisons which develop both on the surface and in the pores.

### **Smooth Silky Skin with Oatmeal, 1 hour**

Oats are an amazing natural beauty enhancer helping to improve tone, soothe and heal the skin, reducing inflammation for radiant skin. Replenishing skin moisture, thereby keeping the skin hydrated and smooth.

## **Massage Therapies**

### **- The Heart of Six Senses**

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

During the spa consultation, we will select with you the most suitable massage techniques and your preferred aromatherapy blend. Whether you favour light or firmer pressure or would prefer a stimulating rather than soothing treatment, we will personalise your therapy to suit your needs.

### **Six Senses Signature Massage, 1 hour / 1 hour 30 minutes**

Choice of:

*Energiser*

a reviving upper body massage, focusing on key areas to relieve muscle tension.

### *Holistic*

a light to medium pressure soothing massage with long, flowing movements.

### *Oriental*

an integrative style of full body massage with acupressure & stretching techniques.

### **Dancing Light Massage, 1 hour / 1 hour 30 minutes**

Melt away accumulated stress, restore balance and vitality to body, mind and spirit. Techniques of Swedish, Lomi Lomi, and Aromatherapy massage with medium pressure massage combine with natural “candle” aromatherapy oils.

### **Deep Tissue Massage, 1 hour 30 minutes**

An experience recommended for those really tense, knotted and painful areas. Using a variety of muscle release techniques, the therapist will work within your pleasure/pain threshold to release and relax tension.

### **Hot Stone Massage, 1 hour 30 minutes**

A full body and face massage technique that uses Basalt stones to instil a deep level of calm while relaxing tight muscles, removing blockages and dissolving stress.

### **Jet Lag Recovery, 1 hour 30 minutes**

A rebalancing treatment including a body massage with aromatherapy oil to revive your circulation and ease muscle tension, a head massage to re-awaken your senses and a Six Senses herbal tea to reset your internal clock.

### **Sports Massage, 1 hour**

A strong full body massage that releases muscle soreness by using body acupressure techniques with trigger points.

## Body Polishes & Cocoons

### - A Sense of Renewal

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Enjoy a skin brightening experience using Six Senses Skin Care products 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, 45 minutes**

Choice of:

*Calming*

jojoba scrub plus Roman camomile and lavender essences.

*Clarity*

crushed coconut shell scrub plus orange and rosemary essences.

*Vitality*

rice grain scrub plus ylang ylang with patchouli essences.

#### **Six Senses Signature Scrub & Wrap, 1 hour 15 minutes**

Choice of:

*Body Refiner*

a gentle jojoba scrub with a white clay wrap. Finish with a richly scented moisturiser to replenish the skin. This treatment is recommended for sensitive skin.

*Body Toner*

refresh yourself with a ground jasmine rice exfoliation. Pink clay and plant essences blended with peppermint and lemon firm the skin whilst improving circulation.

### *Detoxifier*

a gentle massage to relieve tension is followed by a natural coconut shell exfoliation. Green clay is used to detoxify. An excellent treatment after travelling.

### **Natural Sunburn Soother, 1 hour**

A simply soothing treatment that includes foot acupressure or scalp massage. Calming and soothing ingredients are applied to moisturise and encourage new cell growth.

### **Organic Detoxifier, 1 hour 15 minutes**

Relieve tension from the whole body and revitalise tired and sore muscles with a gentle massage followed by a organic coffee exfoliation. Allow the body to detoxify with the application of natural mud to drawn out impurities. This is an excellent treatment for detoxification.

### **Tropical Bamboo Mist, 1 hour**

A cooling body polish using tamarind, “som sa”, yogurt and mint leaves under a tropical bamboo shower.

## **Specialist Therapies**

### **- A Sense of Inner Calm**

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### **Cellulite Massage, 1 hour**

This treatment helps to invigorative and stimulating massage with firming and toning oils to help reduce the appearance of cellulite, and strengthens circulation and improves skin tone. Using special essential oils and lymphatic drainage movements you will feel less stiff and more relaxed. This massage only focused on area of concern, such as upper legs, thighs, buttock and stomach. Suitable for someone concerned with cellulite.

### **Chakra Balancing, 20 minutes** (ideal when booked with any other treatment)

Balance the energy centres, or chakras, of your body. This gentle form of healing works to harmonise the energies of your mind, body and emotions. It increases your vital wellbeing and neutralises negativity. The perfect end to any massage treatment.

### **Cupping, 30 minutes**

Fire cupping is an ancient healing technique designed to facilitate improved blood-circulation and release blockages by generating Chi movement in the body. It involves applying pressure by creating a vacuum against the skin.

### **Reiki, 1 hour**

This is a powerful ancient and hands-on healing method of accessing universal energy to release negative patterns of thought and emotion. Gentle pressure is applied to the body over major energy centres to bring about a body and mind balance.

### **Lymphatic Drainage, 1 hour**

Flowing wave-like movements softly stimulating the lymph and fluid circulation to boost up the immune system and to detoxify the body. Ideal after a long flight or while detoxing.

### **Moxibustion, 30 minutes**

Moxibustion uses the herb Moxa, a mugwort herb to facilitate blood flow, tone Chi energy and remove stagnation in the body. A large cigar-shaped roll of compressed Moxa, is held over specific points on the body.

### **Pregnancy Massage, 1 hour / 1 hour 30 minutes**

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 help to reduce anxiety during the delivery process and may also make the return to your optimal fitness easier.

### **Watsu, 1 hour**

Watsu combines gentle stretching and massage as you float in warm water. A profoundly moving and relaxing aquatic therapy, combining therapeutic benefits of warm water with elements from zen, shiatsu, yoga, and meditation.

\* May be limited according to season and therapist availability – please consult the spa reception.

## **Ayurveda**

### **- A Sense of Balance**

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The word Ayurveda is derived from two words Ayu, “span of life,” and Veda meaning “knowledge”. Knowledge of life, Ayurveda, is an ancient Indian system of natural herbal medicine that aiming to prevent disease and helps to live a more healthy fulfilling life.

### **Abhyanga, 1 hour**

A traditional Indian synchronised full body massages also known as “four-handed-massage.” Abhyanga improves physical consistency, helps to liquefy toxins and induces relaxation, whilst normalizing blood pressure and eliminating impurities.

### **Ayurvedic Experience, 1 hour 30 minutes**

A traditional synchronised four hands full body massage “Abhyanga” follow by a soothing Shirodhara. An ideal way to experience traditional Ayurveda.

### **Choornaswedana, 1 hour**

A full body bundle massage with therapeutic sweating. Warm herbal poultices help increase circulation, eliminate toxins, relieve muscle pain, stiffness, arthritis and sports injuries.



**Kati Vasti, 45 minutes**

Practiced to ease lower back pain. A small circle of paste made from flour is placed on the lower back. Warmed oil is poured into the depression soothing muscular tissue, alleviates pain and lubricates the discs and nerves.

**Ksheerdhara, 1 hour**

A full body oil application followed by room temperature coconut milk poured in an even stream on to the forehead to cool, pacify and revitalise. Ideal for those who struggle with heat, or sleeping.

**Njavra Kizhi, 1 hour**

A cooling therapeutic full body massage using poultices or bundles made of rice, local herbs and medicated milk. A rejuvenating massage nourishing and brightening the skin and improving skin elasticity.

**Shirodhara, 1 hour**

A full body oil application followed by luke warm herbal oil poured in an even stream on to the forehead to pacify and revitalize the mind and body. An anti aging treatment which improves memory, sleep patterns; excellent for alleviating stress and disturbed sleep.

## Resident Practitioners

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*Ms. Karlayanee Mathuen (Jang)...*

Jang, a native from Udon-Thani province, is the Holistic Therapist and Resident Practitioner at Soneva Kiri Resort. Besides the treatments listed, K. Jang can perform Moxibustion, Cupping, Reiki, Chakra Balancing, Watsu, Lymphatic Drainage, Thai Yoga massage, and Shiatsu massage. She is also our instructor for Yoga, Mat Pilates, Tai Chi, and Personal training fitness programme.

### **Free Introductory Talk**

Please contact our Spa Reception if you would like to meet our Practitioner to better understand her offerings.

### **Chi Nei Tsang, 1 hour 15 minutes / 1 hour 30 minutes**

Combining the technique of Chi Nei Tsang and bodywork to balance the energy and to identify blockages of the body. Each session is customised to your body's needs and designed to leave you feeling lighter.

### **Foot Reflexology, 1 hour 15 minutes**

Beginning with a warm foot soak with fresh herbs to stimulate circulation, acupressure is applied on reflex points of the feet which correspond to different organs and glands of the body, to stimulate energy flow and restore balance.

### **Healing Series with K. Jang, 3 sessions**

1 x Tok Sen Massage (1 hour 30 minutes)

1 x Restorative Eye and Face Treatment (1 hour 15 minutes)

1 x Foot Reflexology or Chi Nei Tsang (1 hour)

### **Restorative Eye and Face treatment, 1 hour 15 minutes**

Using a combination of Six Senses products and a secret blend of botanical ingredients, the eye area will be massaged using techniques of shiatsu and lymphatic drainage to reduce puffiness and dark circles. Finish with a cranial pressure point massage while your eyes relax under an aromatherapy eye cushion.

### **Tok Sen Massage, 1 hour 30 minutes**

Tok Sen Massage is a traditional healing therapy originated from the ancient Kingdom of Lanna, the north of Thailand back in the 13th century. This treatment combines aroma oil massage with a rhythmic tapping using a special wooden stick to stimulate energy flow and blood circulation. The gentle tapping along the "Sen", or Meridian lines, sends a healing vibration throughout the body and helps balance the entire nerve system.

\* We are delighted to offer in villa spa treatment for your convenience.

### *Melody...*

Melody is a Yoga Teacher and Wellness Practitioner from Mizoram in the far North East of India. Specialising in various forms of Yoga, Ayurveda and Spa therapies, Melody has studied Hatha and Ashtanga Yoga in what is widely considered to be the birth place of Yoga, Rishikesh in the foothills of the Himalayas and later Sivananda in Kerala.

### **An Introduction to Pranayama, 30 minutes**

Stressful lifestyle has profound effects on our breathing. Prana (energy) yama (control) uses different breathing exercises to removes the blockages from the subtle energy channels and enhances vitality and relaxation. It increases the energy flow in the body, strengthens the respiratory system and improves the clarity of the mind.

### **Ashtanga Yoga, 1 hour**

A dynamic and challenging form of posture or asana focused class working on the Primary series of Ashtanga. Each posture will be held for several breaths depending on your individual needs.

### **Fusion Massage, 1 hour / 1 hour 30 minutes**

Create your own massage. Does your back and neck need more attention than your legs? Would you prefer a deep tissue with a touch of reflexology, aromatherapy, or some holistic energy work?

### **Hatha Yoga, 1 hour**

Personalised attention with dialogue and adjustments that is suitable for all levels from beginner to advanced. Focusing on the breath in each posture, understanding the relationships between the muscle groups and body parts being engaged and lengthened.

### **Reflexology, 1 hour**

Reflexology is performed to help restore and maintain the body's natural equilibrium. This gentle therapy encourages the body to work naturally to restore its own healthy balance. Stimulating reflex points to restore energy flow to the body as a whole.

### **Sivananda Yoga, 1 hour**

A traditional form of Hatha yoga which consists of a series of twelve poses with relaxation between which stimulates the nervous and endocrine system.

### **Swedish Massage, 1 hour / 1 hour 30 minutes**

Swedish massage is the manipulation of the superficial layers of the muscles against the bone; it relaxes the body and increases circulation.

### **Yogic Intestinal Cleanse, 1 hour 30 minutes**

Laghoo Shankha Prakshalana is a non invasive full intestinal wash or cleansing using 6-8 glasses of lightly salted water and five specific Yoga postures. A simple, natural and effective way to detox and clean the whole digestive system.

### **Yoga Nidra, 45 minutes**

A guided meditation using visualisation techniques whilst you are in the border between awake and asleep. Literally translated as "Psychic sleep" quiets the mind and awakens the subconscious.

\* Please contact our Spa Reception on 7803 if you would like to meet Melody to better understand her offerings or to make a reservation.

## Spa Beauty

### - A Sense of Touch

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#### **Bergamot and Honey Pedicure, 1 hour**

Transform your feet with our nail and cuticle care. Enjoy a foot exfoliation with bergamot and honey mixed with salt and a lower leg massage to soften and nourish your skin whilst boosting your circulation and relieving tired feet. Nail varnish is applied if requested.

#### **Brown Sugar and Orange Manicure, 1 hour**

Your nails will be shaped and your cuticles tidied and hydrated, starting with a gentle brown sugar and orange exfoliation, 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.

#### **Hair Cleanse and Blow Dry, 1 hour**

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

#### **Hair Hydration, 1 hour**

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.

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

# Wellness Activities

## - Energising with Six Senses

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### **Personal Fitness Training Programme, 1 hour**

Our qualified fitness instructor will work with you to motivate and assist you to achieve your personal health and fitness goals, whether it is cardiovascular fitness, advanced strength, flexibility and/or weight loss. The first session will begin with a fitness evaluation.

### **Pilates, 1 hour**

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.

### **Stretching, 1 hour**

The deliberate lengthening of muscles, in order to increase muscle flexibility and/or joint range of motion. A natural activity often performed and simply pleasurable and beneficial.

### **Tai Chi, 1 hour**

An ancient Chinese healing art of five components in perfect synergy: Slowness to develop awareness, lightness to make movements flow, balance to prevent body strain, calmness to maintain continuity and clarity to focus the mind. This system of physical exercise is excellent to strengthen the cardiovascular system and harmonise chi flow in the body.

### **Yoga, 1 hour**

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

\* May be limited according to season and therapist availability – please consult the spa reception.

## Spa For Your Convenience

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### **Arrival and Lifestyle Consultation Form**

Please arrive 20 minutes prior to your treatment, in order to complete your lifestyle consultation form to assist us with your treatment preferences.

### **Cancellation Policy**

We operate a 5 hour notice period on cancellation on individual 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.

### **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 12-15 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 - 15.

### **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.

### **Late Arrival**

Out of respect for other client's reservations, we advise you that we are unable to extend your treatment time in case of your late arrival.

### **Mobile Phones**

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

### **Opening Hours**

Six Senses Spa Opening Hours - 8.00am to 9.00pm daily.

### **Payment**

All treatments will be charged to your room, and appear on your account at the time of departure from the resort.

### **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.

### **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.

### **Refreshments**

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

### **Reservations**

For any spa enquiries or information regarding the spa, please dial extension 7803, or for your convenience please ask your Butler for assistance. Advanced bookings are highly recommended to secure your preferred time.

### **Smoking**

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

### **Swim and Sun**

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