



SIX SENSES



Spa



The Six Senses Spa Pyramid 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.

Our Mission is Balancing Senses.

Dear Guest,

Welcome to our Six Senses Spa at Soneva Fushi,

With a unique Maldivian touch, the nine specially designed spa treatment rooms offer well-being care through Six Senses Signature treatments, SLOW LIFE treatments, traditional indoor and outdoor treatment champas and lifestyle programmes by specialist visiting practitioners. All treatments are administered by a team of fully qualified multi-national therapists to ensure that every treatment has an optimum effect on your health and well-being.

Our spa facilities also include Sauna, Steam, Breathtaking Yoga Pavilion, Watsu Pool, Fitness Centre, and a Six Senses Spa shop to enable our guests to prolong their enjoyment of our spa products after their treatment.

Please contact us for a complimentary spa consultation to help you customise your spa journey according to your individual needs.

We look forward to welcoming you to our Six Senses Spa.

Warm Regards

Tracey Poole
Area Spa Director
Maldives



spa menu index and price list

Six Senses Slowlife Treatments – The Essence of Six Senses; Page 4

Soneva Massage, 60mins / 265
Kurumbaa Kaashi Coconut Rub, 90mins / 200
Soneva Bliss, 110mins / 285
Soneva Combo, 90mins / 220

Massage Therapies -The Heart of Six Senses; Page 4

Holistic Massage, 60mins / 155, 90mins / 195
Fusion Massage, 60mins / 165, 90mins / 200
Swedish Massage, 60mins / 155, 90mins / 195
Energiser Massage, 60mins / 155
Detox Massage, 60mins / 155

Asian Therapies - The Origin of Six Senses; Page 5

Balinese Massage, 60mins / 155, 90mins / 195
Thai Massage, 60mins / 165, 90mins / 200
Thai Herbal Massage, 120mins / 295
Shiatsu Massage, 60mins / 165, 90mins / 200
Indian Head Massage, 60mins / 140

Specialist Therapies - A Sense of Inner Peace; Page 6

Foot Acupressure, 60mins / 140
Hot Stone Massage, 90mins / 260
Natural Sunburn Soother, 40mins / 95
Jet Lag Recovery, 90mins / 225
Pregnancy Massage, 60mins / 155

Energy Balancing Therapies – A Sense of Inner Calm; Page 7

Healing Hands Therapy, 60mins / 140
Reiki Therapy, 60mins / 180, 80mins / 225
Meditation, - 45mins / 1 person / 75, 2 persons / 95
Ear Candling, 60mins / 165

Ready Made Packages; Page 7

Sensory Spa Journey, 90mins / 395
Detoxifier Journey, 5 hrs/ 560
Asian Fusion Journey, 5 hrs 50mins / 765
Couples Journey, 90mins / 495

Body Polish & Cocoon - A Sense of Renewal; Page 8

Body Polish, 60mins / 145
Sensitive Skin: Jojoba Scrub
Normal Skin: Rice Grain
Oily Skin: Crushed Coconut
Body Refiner, 90mins / 200
Body Toner, 90mins / 200
Detoxifier, 90mins / 200

Spa Beauty - A Sense of Touch; Page 8, 9

Spa Manicure, 50mins / 105, 60mins / 115
Spa Manicure with Paraffin Bath, 90mins / 160
Spa Pedicure, 50mins / 105, 60mins / 115
Spa Pedicure with Paraffin Bath, 90mins / 160
Hair Hydration, 50mins / 130



spa menu index and price list

Facial Therapies – Nurturing with Six Senses; Page 9

Soothing Facial, 60mins / 160

Purifying Facial, 60mins / 160

Aroma Skin Facial, 60mins / 160

Nourishing Facial, 90mins / 185

Men's Essential Facial, 60mins / 160

Ayurveda – Holistic Wellness; Page 10, 11

Shirodhara, 120minutes - 1 time / 330

Shirodhara, 120minutes - 7 times, 120mins / 2,100

Abhyanga, 90minutes / 175, 120 minutes / 230

Mukhalepam, 60minutes / 130

Shiroabhyangam, 45minutes / 95

Udvaartana, 120minutes / 240

Kati Vasti, 60minutes / 130

Pada-abhyangam, 45 minutes / 110

Podikizhi, 120minutes / 250

Pizichil, 120minutes / 350

Subtle Energies – Ayurveda Aromatherapy; Page 11, 12

Ayurveda Aromatherapy, Padabhyang, 60mins / 160

Ayurveda Aromatherapy, Signature Mukha Chikitsa, 60 minutes /140

Aromatherapy Ayurveda, Abhyang, 120mins / 250

Ayurveda Aromatherapy, Shirodhara, 60mins / 175

Ayurveda Aromatherapy, Shiroabhyang, 60mins / 160

Activities - Energizing with Six Senses; Page 12, 13

Massage Workshop, 2 person - 80 min session / 375

Massage Workshop, 4 person - 80 min session / 600

Yoga, 1 person x 60 min session / 85

Yoga, 2 person x 60 min session / 95

Personal Training Program upon request

In Villa Bath Rituals; Page 13

Aphrodite, Couple / 175

Sunburn Relief, 1 person /60, 2 persons / 90

Jongrang Royal Milk Bath, 1 person /60, 2 persons / 90

Calming Bath, 1 person /60, 2 persons / 90

Thai Herbal, 1 person /60, 2 persons / 90

Six Senses “Slowlife” Junior Therapy Spa Menu; Page 13, 14

Children's Massage Workshop, 2 x 45 min sessions / 250

Head & Shoulder Massage, 30mins / 75

Head, Hands and feet, 30mins / 75

Mini Facial, 30mins / 75

Mini Manicure or Pedicure, 30mins / 55

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*"slowlife" treatments – the essence of
six senses*

Soneva Massage, 60 minutes

Experience the healing touch of two therapists working in harmony. This treatment is a unique blend of five different massage styles – Lomi Lomi, Shiatsu, Thai, Swedish and Balinese. The synchronisation of the two therapists makes it a sublime experience.

Kurumbaa Kaashi Coconut Rub, 90 minutes

Renew and refresh your skin with this unique island treatment. Starting with a natural coconut body scrub your skin is gently exfoliated in preparation for a soothing wrap of honey and papaya. Coconut oil is then gently applied to your entire body leaving your skin glowing and moisturised.

Soneva Bliss, 110 minutes

Enjoy a Balinese massage using oil before a warming blend of ginger, cloves and nutmeg wrap applied to your body follow with a relaxing head massage while you enjoy the wrap. A cucumber conditioner application will help you to refresh and cooling the skin. Luxuriate in a purifying bath to detoxify and cleanse your body. Emerge with smooth, hydrated skin.

Soneva Combo, 90 minutes

A truly ultimate treatment combining a full body massage with a rejuvenating foot acupressure therapy. Select from your choice of a Balinese, Holistic and or Swedish massage. This treatment will enhance your wellbeing and leave you feeling completed pampered.

*massage therapies - the heart of
six senses*

Holistic Massage, 60 minutes/ 90 minutes

A tailor-made therapeutic full body and scalp massage including face reflexology. By using long, slow stroking movements your therapist will put you into a deep state of relaxation. This is a very popular massage treatment.

Fusion Massage, 60 minutes / 90 minutes

For your therapeutic benefit, your therapist will skilfully perform a combination of therapy techniques of popular techniques from the world's most renowned massage therapies of Swedish, Thai, Aromatherapy and Sport's Massages.



Swedish Massage, 60 minutes / 90 minutes

Traditional European full body massage techniques are applied to relax aching muscles, stimulate circulation and eliminate toxins so that you look great and feel even better.

Energiser Massage, 60 minutes

Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension. Ideal for those requiring focused attention on the back whilst enjoying a complete face, scalp and shoulder massage.

Detox Massage, 60 minutes

This treatment helps in the elimination of toxic build-up and excess fluid in the muscle tissues. Using essential oils and lymphatic drainage movements you will feel less stiff and more relaxed. Please inform spa receptionist of your pressure choice as the detox massage is generally a more delicate pressure to work on the upper lymphatic area of the skin.

*asian therapies – the origin of six
senses*

Balinese Massage, 60 minutes / 90 minutes

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

Thai Massage, 60 minutes / 90 minutes

Thai massage offers a fully-clothed, strong, dry pressure massage combined with gentle yoga-style stretching techniques that re-awaken the body's energy flow.

Thai Herbal Massage, 110 minutes

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.

Shiatsu Massage, 60 minutes / 90 minutes

Shiatsu is a highly therapeutic body therapy based on the beliefs of Traditional Chinese Medicine and combines a pressure point massage along the body's meridian system (system of energy pathways) and the five-phase theory system (five elements). In addition, Shiatsu also incorporates a number of mobilization exercises for the body leaving you feeling completely rejuvenated.

Indian Head Massage, 60 minutes

Traditionally known in India as 'Champi', 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. This treatment is wonderful combined with a Foot Acupressure.



specialist therapies – a sense of inner peace

Foot Acupressure, 60 minutes

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. We recommend combining this therapy with an Indian Head Massage for true relaxation.

Hot Stone Massage, 90 minutes

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

Natural Sunburn Soother, 45 minutes

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

Jet Lag Recovery, 90 minutes

A rebalancing treatment that stimulates the circulation reduces swelling and eases muscle tension. This includes a body massage with aromatherapy oil to revive your circulation, a head massage to re-awaken your senses and a Six Sense's herbal tea to reset your internal clock.

Pregnancy Massage, 60 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.

energy balancing therapies – a sense of inner calm

Healing Hands Therapy, 60 minutes

This therapy uses flower essences, based on the Chinese 5 element theory. The essences are applied on pulse points and combined with Massage on the palm and arm meridians and completed with cranial touch. This promotes the equilibrium of body constitution, releasing any blockages to generate healing, allowing the body to unwind into state of deep relaxation. This treatment is a wonderful complimentary to a massage therapy to enhance body relaxation and wellbeing.



Reiki Therapy, 60 minutes / 80 minutes

This is an ancient powerful, safe, 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 you into wholeness.

Meditation, 1 person and couples / 45 minutes

Learn a few simple techniques in the art of meditating. Calm the mind, expand the soul, and ground the body. Bring awareness into your breath and your life. Focus on the miracle of today and the presence of the moment.

Ear Candling, 60 minutes

A gentle ancient healing therapy that helps to promote a very soothing and relaxing effect on the mind by reducing stress and tension and restoring emotional balance. This treatment is safe, effective, natural and relaxing cleansing method and may assist to improve lymphatic circulation, alleviate ear infections, headaches and sinus congestion. The treatment combines with a gentle and relaxing shoulder and facial massage.

*ready made packages – a journey
of six senses*

Sensory Spa Journey, 90 minutes

A divine Signature Spa treatment with two therapists performing a unique facial 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.

Detoxifier Journey, 5 hours

Start this journey with a Steam and Sauna followed by a Detoxifying body wrap, a cleansing Purity Facial, relaxing Holistic Massage, completed with a Foot Acupressure and then refresh the palate with a cleansing tonic spa juice.

Asian Fusion Journey, 5 hours, 50 minutes

A totally pampering treatment including a Kurumbaa kashi coconut scrub, Holistic or Balinese massage of your choice, Aroma skin facial, Thai Massage, Indian head massage and sip away on a refreshing sense of exotic juice.

Couples Journey, 90 minutes

This romantic getaway for two is a nurturing and truly relaxing massage. Our special Aphrodite mix of essential oils sets the mood and a bottle of Champagne completes the experience. For a special evening together, this Honeymoon treat can be booked after an early dinner.



body polish and cocoon – a sense of renewal

Pamper yourself with a touch of beauty, allowing you to indulge in the herbal recipes specifically designed for beauty and vitality.

Body Polish, 60 minutes

The natural healing process of the body removes dead skin to promote healthy, smoother skin. Your holistic body care starts with a customised body polish customised to your skin's needs.

Sensitive skin: jojoba scrub plus Roman camomille 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.

Body Refiner, 90 minutes

A gentle scrub with jojoba exfoliates the skin whilst with the nurturing benefits of white clay. To finish, a richly scented moisturiser is applied to leave your skin vibrant and replenished. This treatment is recommended for sensitive skins.

Body Toner, 90 minutes

Enliven the mind and body with a ground jasmine rice exfoliation. Pink clay and uplifting plant essences blended with peppermint and lemon firms and balances the skin whilst improving circulation.

Detoxifier, 90 minutes

Relieve tension from the whole body and revitalise tired and sore muscles with a gentle massage followed by a natural coconut shell exfoliation. Allow the body to detoxify with the application of green clay to draw out impurities. It is an excellent treatment following long periods of travel.

spa beauty - a sense of touch

Spa Manicure, 50 minutes / 60 minutes / 90 minutes with paraffin bath

Your nails will be shaped, cuticles tidied and hydrated, followed by a sea salt exfoliation, 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 upon request.

Spa Pedicure, 50 minutes / 60 minutes / 90 minutes with paraffin bath

Transform your feet with our nail and cuticle care, and then enjoy an invigorating sea salt polish to refresh and relax with a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation relieving tired or swollen feet. Nail varnish is applied if requested.



Hair Hydration, 50 minutes

The hair and scalp are rejuvenated. The hair and scalp is massaged and rejuvenated with nutrient rich hair oil and then followed by a hair mask with shea butter to re-hydrate the hair and the scalp.

Spa Beauty Treatments, available upon request

Waxing Eyebrow and Eyelash Tinting

Eyebrow Shaping

Please ask our spa receptionist for more details

*facial therapies - nurturing with
six senses*

Soothing Facial, 60 minutes

Ideal for soothing sensitive and irritated skin by using plant extracts, and Roman chamomile, rose and lavender flower essences. Your skin is re-hydrated and your shoulders massaged for additional relaxation.

Purifying Facial, 60 minutes

This purifying and deep-cleansing facial is ideal for eliminating blocked pores, skin break-outs and signs of city pollution exposure by using flower essences, active clays, and plant extracts of lavender, lemon and tea tree. A facial lymphatic drainage massage is included.

Aroma Skin Facial, 60 minutes

Ideal for all skin types, this facial balances the skin by combining ylang ylang, patchouli, lavender plant extracts and flower essences with deep cleansing, exfoliation, masking and warm compress techniques.

Nourishing Facial, 90 minutes

Beneficial for mature skin that is losing its tone or elasticity and skin that may be suffering from dryness and dehydration. Your skin is rejuvenated, revitalised and moisture levels restored using geranium, frankincense and chamomile essential oils. This therapy includes a stimulating facial massage.

Men's Essential Facial, 60 minutes

An instant booster for tired and stressed complexions, this facial is specifically formulated for the male complexion and all skin types. This skin-nourishing, tension dissolving treatment uses natural plant extracts and flower essences to help purify and revitalise the skin.



'ayurveda'- holistic wellness

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.

Consultation, 30 minutes & 60 minutes / complimentary

Our in house Ayurveda Doctor will do a brief lifestyle consultation to determine your constitution or ‘dosha’ type. You will be advised as to which treatments might benefit you to rejuvenate and compliment health and avoid ill-health.

Shirodhara, 120 minutes

Shirodhara includes a head and body massage (Abhyanga) a profound, spiritual treatment relaxing the nerves and benefiting the immune system. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland, promoting serotonin and melatonin, these hormones enhance a person’s emotional balance, helps to delay aging and enhance well being. Treatment is recommended taken as a course of treatments.

Abhyanga, 90 minutes / 120 minutes

This is a popular body massage in Ayurveda. It assists anti-ageing, relieves fatigue, improves sight, induces sleep, provides longevity, strengthens the skin, and provides resistance against diseases and disharmony reduces ailments caused by Vata and Kapha.

Mukhalepam, 60 minutes

The secret to achieving a naturally glowing skin. The treatment includes a full facial massage and face pack with medicated oils serving to enhance tone and texture, prevent blemishes and ease general skin conditions. You will radiate healthy skin.

Shiro-abhyangam, 45 minutes

This remedy gets to the root of hair and scalp complaints, increasing blood circulation, reducing hair loss, limiting thinning and greying and control dandruff; the mix of herbal oils combines their powers in this highly relaxing scalp massage.

Udvartana, 120 minutes

The treatment is performed by two therapists simultaneously applying specially selected herbal powders to the skin as a gentle exfoliating body scrub and then this will be followed by a soothing and relaxing body massage applied using upward strokes and finished with a warm shower.

Kati Vasti, 60 minutes

In this nurturing back treatment, warm medicated oil is pooled on the lower back within a herbal paste boundary. Kati Vasti promotes the strength of the muscles and ligaments that support the spine, lubricating the joints and relieving lower backache and spinal conditions.



Pada-abyhangam, 45 minutes

The perfect pick me up before and after flying. Ease the discomfort of tired, swollen legs and feet with this application of herbal oil. Also excellent for healthy eyes, the warmed oil is poured onto the feet and gently rubbed for optimum results.

Podikizhi, 120 minutes

Podikizhi is the most effective Detoxification treatment for the entire body. A unique mix of various herbal & medicated powders are bundled together in a muslin cloth, these poultices are then warmed and used to massage the entire body. This treatment promotes increased perspiration, helping the skin to eliminate maximum amount of toxins from the body and also aids in toning of the skin. A superbly relaxing process and apart from being an excellent Detox treatment, other benefits of Podikizhi therapy include increased mobility of joints and effective relief from muscular aches & pains

Pizichil, 120 minutes

Pizhichil is a special form of treatment which is a combination of oil massage and heat treatment. It is a relaxing, soothing and rejuvenating treatment with medicated warm oil used in a continuous stream for a definite period over the whole body (excluding head & neck) and an excellent remedy for optimum relaxation in Ayurveda. A gentle, synchronized massage is carried out under a constant flow of warm herbal oil. This Ayurveda treatment also involves squeezing a cloth soaked in oil over the body. Pizhichil is beneficial for various ailments such as nervous weakness, hypertension, joint problems, muscle tension, loss of body's strength and nourishes nerve tissues and body muscles.

subtle energies - ayurveda
aromatherapy

Subtle Energies Signature Padabhyang, 60 minutes

Ayurveda Aromatherapy Indian Foot and Leg Massage

Ancient Indian scriptures state that "Diseases do not go near one who massage his feet before sleeping", our signature Subtle Energies Padabhyang, involve rare techniques to address the whole body as we work on the various marmas or energy centres of the feet and legs, with one of our fortifying signature Ayurveda Aromatherapy foot blends. The treatment also includes a foot soak with our mineral rich Himalayan crystal salts and Ayurveda Aromatherapy essential oils, a heavenly foot exfoliation and compress, ending with an application of one of our luxurious double cream, melt away as this treatment addresses every part of your being.

Subtle Energies Signature Mukha Chikitsa, 60 minutes

Ayurveda Aromatherapy Facial

A luxurious facial treatment involving cleans and exfoliation with Ayurveda Aromatherapy cleanser, toner and a facial scrub with rich oils such as the saffron, used by royalty for facial care in India. This treatment will allow you to experience our signature facial Mukha Chikitsa, a divine facial massage of the marmas or pranic (energetic) centres, with the unique and revitalise blend of the Mogra (Queen of Jasmines), Rose (Queen of Oils), rejuvenating on mental, physical and emotional level. This ritual includes hot compress and a refreshing cooling mud mask, ending with an experience of Mogra and Indian Rose Gold Cream, as 24k gold seeps into the skin with extravagant blends of essential oils providing a youthful glow to the skin.



Subtle Energies Signature Abhyang, 120 minutes

Ayurveda Aromatherapy Deluxe Full Body Treatment

This deluxe and exquisite signature full body treatment is the ultimate in body, mind, spirit connection which will take you into a state of complete equilibrium. It involves a ritual of hot compress of the face and feet, a full Padabhyang treatment combines with Ayurveda Aromatherapy Lymphatic drainage and different massage techniques. Carefully created signature blends for the body are used, with full head and facial treatments and ritual addressing the chakras, nadis and marmas. You will wake up feeling completely cleansed, balanced and rejuvenated on all levels.

Subtle Energies Signature Shirodhara, 60 minutes

Ayurveda Aromatherapy Shirodhara Treatment with Mukha facial marma massage

A very ancient technique of pouring of oil on the forehead, catered specially to individual body types, taking you into ripples of deep relaxation and meditation, connecting you with your inner self, Mukha marma massage (facial marma massage), prior to the Shirodhara, enhances the treatment further, adding to your state of inner harmony and bringing about a total well being for the body mind and emotions. Come out of this unique journey of rest, relax, and repair with crystal clear and a fresh youthful glow.

Subtle Energies Signature Shiroabhyang, 60 minutes

Ayurveda Aromatherapy Indian Head Massage

Subtle Energies Signature Shiroabhyang (hair and scalp massage techniques) maintain the old traditional Champi of India, with warm SE's Indian Hair Care blend, leaving you feeling grounded and relaxed, yet invigorated. This helps to balance you on a physical, mental, emotional and spiritual level, working on the upper sensitive chakras, assisting to treat negative emotions and anxieties. The treatment also includes your choice of either a nurturing hand or foot soak in our mineral rich Himalayan crystal salts, followed by a heavenly exfoliation and warm invigorating compress. An experience with a difference, come and feel pampered while your scalp, neck and shoulders are worked on, totally relaxing you.

*activities - energizing with six
senses*

Massage Workshop, 2 x 80 minute sessions / 4 x 80 minute sessions

During two guided sessions, you will learn to massage your partner using basic Swedish massage strokes. A four session master class will offer advanced techniques and will equip you with a unique set of skills to take away with you.

Yoga, private classes for one or two persons or group classes

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 or advanced guests who want to enhance their wellbeing, improve posture and counteract the physical and mental stresses of daily life.



A Personal Fitness Training Programme, 60 minutes

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.

in villa - bath rituals

Aphrodite Bath

Slip into the scented waters as the goddess of love and the essence of ylangylang unite. Champagne on ice and a dish of dark chocolate delights are served in order to enhance the mood.

Sunburn Relief

Aging effects are reduced with a watermelon mix, plus cucumber to soothe and aloe vera to cool.

Jongrang Royal Milk Bath

This traditional Sumatran royal court recipe uses goat's milk and essential oils. This moisture rich bath treat is filled with nutrients for your skin.

Calming Bath

For sweet dreams, pamper yourself with a blend of pure dreamtime essential oils.

Thai Herbal Bath

Thai Herbal Bath is not only helping to clean the body but also to cure certain ailments like skin diseases, muscle stress, strains and common cold. In addition it also helps to relax your mind and body.

*All Baths are available In Villa and is charged per person. We recommend 5 hour notice period for the preparation of in-villa baths.

six senses "slowlife" junior spa menu

These treatments are specifically designed for the young adult. The products have been carefully selected to ensure that they are perfect for their adolescent skin. Please note the age requirements for each treatment. Appointments are available between 9am to 9pm and an adult may be present in the room throughout a treatment.

Children's Massage Workshop, 2 x 45 minute sessions

During two guided sessions, you will learn to massage your parents using gentle basic massage techniques.



Head & Shoulder Massage (13-16 years), 30 minutes

Relax and let that hard day of fun and play be eased away by having a soothing massage to the shoulders and the head.

Mini Facial (13-16 years), 30 minutes

Adolescence and hormonal changes go hand in hand and this can lead to congested skin. Young skin needs gentle care and maintenance to enhance and create total balance. This facial is formulated to **assist the skin's natural ability to function in perfect harmony, with a natural and gentle blend of products.**

Head, Hands and Feet (9-16 years), 30 minutes

This therapy is a good introduction to the benefits of massage. A gentle massage to the scalp, neck, hands and feet will leave you revived and ready for a busy day.

Mini Manicure or Pedicure (9-16 years), 30 minutes

A gentle exfoliation, relaxing hand or foot massage and attention to nails leaves the hands or feet looking and feeling great. Nail polish is optional.

in-villa treatments

Experience the pampering benefits of the spa in the comfort and privacy of your villa. We have created a tantalising selection of treatments which are performed by our talented therapists for your ultimate relaxation.

Holistic Massage, 60/90 minutes
Swedish Massage, 60/90 minutes
Thai Massage, 60/90 minutes
Energiser Massage, 60 minutes
Jet-Lag Recovery Massage, 90 minutes
Hand Rejuvenator, 30 minutes
Foot Recovery, 30 minutes
Balinese Massage, 60 minutes
Indian Head Massage, 60 minutes
Detox Massage, 60 minutes
Foot Acupressure, 60 minutes
Body Polish, 60 minutes

* Please note that there is a 20% additional charge for all In-Villa treatments. Additional charge does not apply for Spa Suite Packages.

spa suite packages

When booking a Spa Suite Package, kindly note all in villa spa treatments are 50 minutes duration and include the following spa treatments:-

Energiser massage, Holistic massage, Swedish massage, Indian Head massage and Foot acupressure.

Please note that all prices are subject to a 10 percent service charge plus 3.5 % GST.



*Kindly note this offer is only available to our villas with a private spa suite. You are welcome to book any other In-villa Treatments not available as part of the Spa Suite Package, and that these will be charged as a separate treatment.

spa for your convenience

Six Senses Spa Opening Hours – 9am to 9pm Daily

Spa Reservations

For any enquiries or information regarding the spa, Please dial the Spa button as marked on your telephone display or for your convenience please ask your Mr. Friday or GRO for assistance.

Arrival and Lifestyle Consultation Form

We recommend you arrive at least 15 minutes prior to your treatment time. On arrival we ask that you take a few moments to complete a lifestyle consultation form to assist us with your treatment preferences.

Heat Experiences

We recommended booking a hydrotherapy session including a sauna, steam and cold plunge pool prior to any of your treatments. This helps to enhance the benefits of your treatments and stimulate blood and lymphatic circulation. This is Complimentary.

Preparation for your Six Senses Spa Journey

The Six Senses Spa is a sanctuary of peace and harmony providing a healthy, relaxing environment so please do not use active mobile phones and no smoking. Treatments are conducted free of jewellery, so we recommend if possible you leave these behind in your room before coming to the spa. We recommend that you do not sunbath after Facials, Aromatherapy treatments and depilatory waxing treatments for a minimum of up to 6 hours. For Men – please shave at least 24 hours prior to facial treatments to ensure maximum results are achieved.

Payment and Cancellations

All Treatments will be charged to your room, and appear on your account at the time of your departure. 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. No show charged 100 % of treatment price.

Gym Policies For your personal safety, we ask that you wear sports shoes. We can provide Gym shoes for your convenience if required so please enquire at Six Senses Spa. When using Gym equipment, children under 16 years of age must be accompanied by an adult.

Gym I Pod

We have an iPod available for use in the gym. Please enquire at the Six Senses Spa.