



The Six Senses Spa Pyramid symbol visually represents the inspiration 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, with the apex symbolising the unique sensory experience of a Six Senses Spa. This pyramid is a visual testimonial to our belief that the spa experience may only be achieved once all five senses have been nurtured.

Dear Guest,

Welcome to our Six Senses Spa at Soneva Gili,

With a unique Maldivian touch, the six specially designed spa treatment rooms offer well-being care through Six Senses signature treatments, SLOW LIFE treatments, outdoor Ayurvedic champa and lifestyle programmes by specialist visiting practitioners. All treatments are administered by our 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, a breathtaking yoga champa, fitness centre, and a Six Senses Spa shop to enable 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.

Dewa Ambara  
Spa Manager

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- Guests staying in our Spa Suites enjoy a range of unique benefits. Please ask your Butler if you are interested in upgrading.

# *six senses slow life treatments* *- the essence of six senses*

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Six Senses SLOW LIFE treatments support Six Senses' commitment to SLOW LIFE: Sustainable, Local, Organic, Wellness, Learning, Inspiring, Fun, Experiences. By utilising ingredients, plants and herbs that are indigenous to the local area, we treasure local tradition as the very Essence of Six Senses in order to offer you a truly natural and authentic Six Senses experience.

## **Kurumbaa Kaashi Coconut Rub, 1 hour 30 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.

## **Natural Sunburn Soother, 40 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.

## **Soneva Bliss, 1 hour 50 minutes**

Enjoy a Maldivian inspired massage with coconut oil, and a warming wrap of ginger, cloves and nutmeg applied to your body. Follow with a relaxing head massage. A cucumber conditioner application will help to cool and refresh the skin. Emerge with smooth, hydrated skin.

## **Soneva Combo, 1 hour 30 minutes**

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

## **Soneva Massage, 1 hour**

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.

## *sensory therapies* *- the soul of six senses*

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

This personalised hand massage treatment begins with a spa consultation, where the guest instinctively selects a “Mandala card” to determine the flower essence to be used during the treatment. A pressure points massage combined with the chosen flower essence is then performed on the meridian lines of the hands and arms to release any tension and generate a sense of deep relaxation and optimum energy flow.

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

A divine signature spa treatment with two therapists performing a unique head to toe treatment at the same time! You will experience a luxurious footbath, a nontraditional Aromatherapy massage using long strokes, a facial massage and cleansing, 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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### **Balinese Massage, 1 hour / 1 hour 30 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.

### **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 on the upper back, shoulders, neck and scalp - improves blood flow, nourishes the scalp and induces a deep sense of calm. Ideal when combined with Foot Acupressure.

**Shiatsu, 1 hour / 1 hour 30 minutes**

This time-honoured and invigorating full body massage applies pressure along the meridian lines to release trapped energy and restore natural balance and well-being.

**Thai Herbal Massage, 1 hour 50 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.

**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.

**Vietnamese Massage, 1 hour**

This traditional Vietnamese 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 rejuvenate the body.

## *ready-made packages - the journey of six senses*

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### **Asian Fusion Journey, 5 hours 50minutes**

Kurumbaa Kaashi Coconut Rub; Your choice of: Holistic or Balinese Massage; Aroma Skin Facial; Thai Massage; Indian Head Massage.

### **Couples Journey, 1 hour 30 minutes**

In-spa choice of Six Senses Signature Massage for two people; In-room candlelit setup; Bottle of sparkling wine.

### **Detoxifier Journey, 5 hours**

Steam and Sauna; Detoxifying Body Wrap; Purity Facial; Holistic Massage; Foot Acupressure.

## *facial therapies - nurturing with six senses*

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Glowing skin reflects good health and to help you achieve this, 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**

Choice of:

*Aroma Skin*

a balancing facial, ideal for all skin types.

*Soothing*

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

### **Six Senses Signature Facial, 1 hour / 1 hour 30 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.

### **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.

# 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.

Six Senses signature massage therapies are designed with your specific needs in mind.

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 wishes.

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

Choice of:

### *Detox*

a stimulating massage with firming, toning oils to help reduce the appearance of cellulite.

### *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.

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

A combination massage including popular techniques from the world's most renowned massage styles of Swedish, Thai, Aromatherapy and Sport's Massage.

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

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

A rebalancing treatment that stimulates 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, 1 hour**

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.

*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, 1 hour**

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 Wrap, 1 hour 30 minutes**

Choice of:

#### *Body Refiner*

A gentle jojoba scrub with white clay wrap. Finish with a richly scented moisturiser to replenish the skin. This treatment is recommended for sensitive skin and improving the skin's tone and texture.

#### *Body Toner*

Enliven yourself with a ground jasmine rice exfoliation. Firm, tone & tighten the skin with pink clay and plant essences blended with peppermint and lemon. Also recommended for those concerned with stretch marks.

#### *Detoxifier*

A natural coconut shell exfoliation is followed by green clay to detoxify. An excellent treatment to repair the skins cellular level. Instantly aiding in removing toxins and excellent for those concerned with improving weight loss.

*energy balancing therapies  
- a sense of inner calm*

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### **Reiki, 1 hour / 1 hour 20 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.

## **Complimentary Consultation**

A brief consultation with Dr. Sanjeev Pukar who will determine your constitution or 'dosha' type. You will be advised as to which treatments might benefit you to rejuvenate and avoid ill-health. Complimentary with an Ayurvedic treatment.

## **Abhyanga, 1 hour 10 minutes**

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

## **Dinachariya, 1 hour 30 minutes**

A healing, holistic approach to well-being featuring a full body oil application. The treatment also includes gentle cleansing of the eyes and application of oil to the ears. Nasal passages are cleared with medicated smoke and the mouth is rinsed with medicated oils – a tonic for all the senses.

## **Mukhalepam, 1 hour**

The secret to 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.

## **Nasyam, 30 minutes**

This intensive treatment is done only after consultation with the Ayurvedic Doctor. Medicated oils are poured into the nostrils with healing effects to help treat sinus conditions, eye disorders, chronic headaches and cervical spondylitis. This is highly recommended to be taken as a course of treatments.

## **Padadhara, 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.

### **Pichu, 40 minutes**

Let us ease you into a state of well being and relaxation as medicinal oils are applied to the crown of your head in this treatment to reduce nervous tension, anxiety headaches and help treat insomnia.

### **Podikizhi, 50 minutes**

The healing gift of heat is employed in this traditional tonic, highly effective in the treatment of backache and general joint disorders. A bundle of linen filled with medicated powder is used as a warm compress and applied to areas of discomfort, reducing stiffness and swelling.

### **Shiroabhyanga, 45 minutes**

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

### **Shirodhara, 2 hours / course of 2 hour treatments**

Shirodhara includes a head and body massage (Abhyanga) a profound, spiritual treatment that relaxes the nerves and benefits the immune system. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland, which produces serotonin and melatonin. These hormones enhance a person's emotional balance, helps to delay ageing and enhance well being. This treatment is recommended taken as a course of treatments.

### **Ayurveda Aromatherapy – Abhyanga, 1 hour 30 minutes**

This exquisite and deluxe full body treatment is the ultimate in holistic luxury, encompassing a unique marriage of techniques from ancient and modern therapies. Carefully created signature blends for the body are used, with full head and facial treatments and rituals addressing the chakras, nadis and marmas. You will wake up feeling completely cleansed, balanced and rejuvenated on all levels.

### **Ayurveda Aromatherapy – Padabhyang, 1 hour**

Addressing the entire body, this in depth foot and leg treatment works on the various marmas or energy centres, as our fortifying signature Ayurveda Aromatherapy foot blends hydrate and invigorate. This 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 creams or lotions. Melt away as this treatment addresses every part of your being!

### **Ayurveda Aromatherapy – Shiroabhyang, 1 hour**

Maintaining the old traditional Champi of India, with our warm Ayurveda Aromatherapy Indian Hair Care Blend leaving you feeling grounded and relaxed. An experience with a difference, come and feel pampered while your scalp, neck and shoulders are worked on, totally relaxing you into another frame of mind.

\*We would not recommend this treatment for people with high blood pressure or in first trimester of pregnancy

### **Ayurveda Aromatherapy – Shirodhara, 1 hour**

A very Ancient technique of pouring of oil on the forehead, catered specifically 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, repair, with crystal clear eyes and a fresh youthful glow.

*spa beauty  
- a sense of touch*

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### **Eyelash Tinting, 45 minutes**

Especially suited to those with an active lifestyle or who love watersports. This treatment is also great for those who are normally allergic to mascara. For those with allergies, a Pat skin-test will assess suitability before-hand.

### **Hair Hydration, 50 minutes**

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 Manicure, 50 minutes / 1 hour with polish**

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 / 1 hour with polish**

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 upon request.

### **Waxing, 30minutes – 1 hour**

For a full list of available waxing treatments, see spa menu index at front of menu.

## *activities* *- energising with six senses*

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### **Massage Workshop, 2x 1 hour 20 minutes / 4x 1 hour 20 minutes**

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.

### **Meditation, 1pax 45 minutes / 2pax 45 minutes**

Learn a few simple techniques in the art of meditation. 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.

### **Yoga, 1x 1 hour / 2x 1 hour**

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 personal well-being, improve posture and counteract the physical and mental stresses of daily life.

## *spa alfresco*

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### **'Under the Stars', 2pax / 1 hour**

Relax & complete your well being with this romantic getaway for you and your partner. Especially set up to invigorate the mood, this full body deluxe massage appeals to all the senses and is enhanced as the therapist will personalise the pressure according to your preference. Relax after the treatment with a bottle of Champagne.

*Location: Sahara Beach*

### **Sand Massage, 1 hour**

Renew and refresh your body with this unique island treatment. Starting with a sand massage by the beach with fine wet sand pressing all over the body, this stimulates blood circulation and helps those with arthritis. Continue with a Maldivian coconut oil massage that helps to rejuvenate and leaves the body glowing and moisturised.

*Location: Spa Beach*

### **Thalasso Foot Bath, 1 hour**

Experience this unique treatment using salt water minerals to reduce water retention. Start with a natural salt & honey exfoliate, in preparation for a seaweed wrap to improve circulation. Moisturiser is then gently applied with a stimulating foot massage. *Location: Pool side*

### **'Getaway', 2pax / 2 hours**

You are welcomed into a wedding champa that is a haven of calm and rejuvenation. Starting with a meditation allowing time of uninterrupted escapism, experience a full body massage and the regenerative power of aromatic oils with the healing touch of skilful therapists. *Location: Wedding Champa*

## *in-villa bath rituals*

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### **Aphrodite Bath, 2 pax**

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

### **Six Senses In-Villa Bath Rituals, 1 pax / 2 pax**

Choice of:

#### *Calming Bath*

for sweet dreams, treat yourself with a blend of pure dreamtime essential oils.

#### *Jongrang Royal Milk Bath*

a traditional Sumatran Royal Court recipe using goat's milk and essential oils. This moisture rich bath treat is filled with nutrients for your skin.

#### *Sunburn Relief*

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

\* All Baths are available in-villa and we recommend a five-hour notice period for the preparation of in-villa baths.

## *in-villa treatments*

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Enjoy the benefits of the spa in the comfort and privacy of your villa.

Please press the 'Spa' button on your telephone or ask your Butler for assistance.

# *spa suite treats*

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Guests staying in our Spa Suites enjoy a range of unique benefits.  
Please ask your Butler if you are interested in upgrading.

## **Complimentary Treatments**

Spa Suite guests are entitled to two complimentary treatments per day.

Choice of :

*Six Senses Signature Massage (1 hour), Jet Lag Recovery, Thai Massage, Balinese Massage, Indian Head Massage, Foot Acupressure*

## **In-villa Treatments**

In addition to the complimentary treatments, Spa Suite guests are also entitled to any other in-villa treatment at the regular spa menu price, with no surcharge.

## **Unique Spa Suite Packages**

Special Spa Suite treatment packages available only to our Spa Suite guests. Ask spa reception for details.

## **Additional Benefits**

Our Spa Suite guests also enjoy a range of additional benefits:

*Lifestyle Consultation in the privacy of your villa,*

*Spa music & scent in-villa.*

*Spa Mini-bar - Healthy 'at your fingertips' alternatives upon request,*

*Additional discounts on spa-related: Retail, Treatments, Classes, Activities*

\* Contact Spa for full details

# *spa for your convenience*

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

Please arrive 15 minutes prior to your treatment, in order to complete your lifestyle consultation form and take time to relax in our tranquil surroundings before your treatment.

## ***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***

For men, we recommend a shave prior to all facial treatments to ensure that maximum results are achieved.

## ***Gym iPod***

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

## ***Gym Policies***

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

## ***In-villa Treatments***

For in-villa treatments we add an additional 20% service charge per treatment. For treatments in the Private Reserve, we add an additional 30% service charge per treatment.

## ***Jewellery and Valuables***

Please 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 – 9am to 9pm Daily

### ***Payment***

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

### ***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, please dial the 'Spa' button as marked on your telephone display. Alternatively please ask your Butler for assistance

### ***Smoking***

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

### ***Swim and Sun***

We advise against sunbathing for the first 6 hours after a waxing or aromatherapy treatment.