



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 symbolizes 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 Laamu.

Located on the shores of the island, the Six Senses Spa at Laamu offers two specialized spa consultation rooms, nine secluded treatment rooms including two single and two double uniquely designed treatment "Nests" all with stunning views of the sparkling blue lagoon and nestled within the island's natural vegetation. Highly skilled Six Senses Spa therapists use Six Senses natural products to provide a comprehensive range of award-winning signature treatments plus rejuvenating specialties of the Maldives region. Visiting practitioners offer our guests lifestyle consultations and specialized holistic treatments some of which include acupuncture, cranial sacral therapy, reflexology, acupressure, reiki and shiatsu. Our spa facilities also include herbal steam, outdoor experience showers, breath-taking Yoga Pavilion, 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 customize your spa journey according to your individual needs.

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

Warm Regards  
Six Senses Spa Team  
Six Senses Laamu, Maldives.



# spa menu index

---

## Six Senses Locally Inspired Treatments - The Essence of Six Senses

- Laamu Mineral Sand Poultice Experience, 2 hours / 325
- Laamu Bliss, 2 hours / 325
- Laamu Combo, 1 hour 30 minutes / 220
- Kurumbaa Kaashi Coconut Rub, 1 hour 30 minutes / 220

## Sensory Therapies - The Soul of Six Senses

- Bamboo Massage, 1 hour 30 minutes / 220
- Hot Stone Massage, 1 hour 30 minutes / 220
- Sensory Spa Journey, 1 hour 30 minutes / 395
- Touch of Luxury, 3 hours 30 minutes / 500

## Asian Therapies - The Origin of Six Senses

- Ayurveda Aromatherapy - Signature Mukha Chikitsa, 1 hour / 160
- Ayurveda Aromatherapy - Padabhyang, 1 hour / 160
- Ayurveda Aromatherapy - Abhyanga, 1 hour 30 minutes / 220

## Readymade Packages - The Journey of Six Senses

- Couples Journey, 1 hour 30 minutes / 495
- Detoxifier Journey, 5 hours / 626
- Asian Fusion Journey, 4 hours 30 minutes / 576

## Massage Therapies - The Heart of Six Senses

- Energizer Massage, 1 hour / 155
- Detox Massage, 1 hour / 165 & 1 hour 30 minutes / 200
- Balinese Massage, 1 hour / 155 & 1 hour 30 minutes / 195
- Shiatsu Massage, 1 hour / 165 & 1 hour 30 minutes / 200
- Holistic Massage, 1 hour / 155 & 1 hour 30 minutes / 195
- Oriental Massage, 1 hour / 165 & 1 hour 30 minutes / 200
- Swedish Massage, 1 hour / 155 & 1 hour 30 minutes / 195
- Thai Massage, 1 hour / 165 & 1 hour 30 minutes / 200
- Jet Lag Recovery, 1 hour 30 minutes / 220
- Thai Herbal Massage, 2 hours / 295

## Ayurvedic Therapies - Holistic Wellness

- Dosha Analysis, 15 minutes / Complimentary
- Ayurvedic Lifestyle Consultation, 45 minutes / 50
- Shiro Abhyanga, 45 minutes / 130
- Marmakizhi, 1 hour / 165
- Kati Vasti, 1 hour / 165
- Shirodhara, 1 hour / 180
- Abhyanga, 1 hour 165 / 1 hour 30 minutes / 220
- Abhyanga and Shirodhara, 1 hour 30 minutes / 250 & 2 hours / 330



# spa menu index

---

## Ayurvedic Therapies - Holistic Wellness

- Navarakizhi, 1 hour 30 minutes / 220
- Podikizhi, 1 hour 30 minutes / 220
- Pizhichil, 1 hour 30 minutes / 220
- Udvarthana, 1 hour 30 minutes / 220
- Indian Head Massage, 1 hour / 155

## Specialist Therapies - A Sense of Inner Peace

- Natural Sunburn Soother, 45 minutes / 110
- Foot Acupressure, 1 hour / 155
- Pregnancy Massage, 1 hour / 155
- Indian Head Massage, 1 hour / 155

## Energy Balancing Therapies - A Sense of Inner Calm

- Reiki Therapy, 1 hour / 185 & 1 hour 20 minutes / 225

## Body Polish & Cocoon - A Sense of Renewal

- Body Polish, 1 hour / 160
  - Calming Jojoba Scrub
  - Clarity Rice Grain Scrub
  - Vitality Crushed Coconut Shell Scrub
- Body Refiner, 1 hour 30 minutes / 200
- Body Toner, 1 hour 30 minutes / 200
- Detoxifier, 1 hour 30 minutes / 200

## Facial Therapies - Nurturing With Six Senses

- Soothing Facial, 1 hour / 160
- Purifying Facial, 1 hour / 160
- Men's Essential Facial, 1 hour / 160
- Ayurveda Aromatherapy - Signature Mukha Chikitsa, 1 hour / 160
- Nourishing Facial, 1 hour 30 minutes / 185

## Spa Beauty - A Sense of Touch

- Hair Hydration, 45 minutes / 110
- Spa Manicure, 1 hour / 115
- Spa Pedicure, 1 hour / 115



# spa menu index

---

## Six Senses Locally Inspired - Junior Therapy

- Children's Massage Workshop, 2 x 45 minutes / 250
- Head and Shoulder Massage, 30 minutes / 85
- Head, Hands and Feet, 30 minutes / 85
- Mini Facial, 30 minutes / 85
- Mini Manicure or Mini Pedicure, 30 minutes / 75

## Activities - Energizing With Six Senses

- Massage Workshop, 2 x 80 minutes / 375 & 4 x 80 minutes / 600
- Sunrise Sandbank Yoga Experience, 1 hour / 240 per person or 300 per couple
- Full Moon Sandbank Yoga Experience, 1 hour / 240 per person or 300 per couple
- Personal Fitness Training Program, 1 hour / 120 per person or 150 per couple
- Personal Fitness Training Program, 1 hour 30 minutes / 160 per person or 190 per couple
- Body Blasts, 30 minutes / 40 per person or 70 per couple
  - Ab Blast / Cardio Blast / Kinesis Blast / Lower Body Blast / Upper Body Blast
- Group Fitness Classes, 45 minutes / 1 hour 25 per person
- Private Fitness Classes, 45 minutes / 70 per person or 105 per couple
- Private Fitness Classes, 1 hour / 85 per person or 120 per couple private class
- Private Fitness Classes, 1 hour 30 minutes / 120 per person or 150 per couple

The below fitness classes are available as a group class or private class upon request

- Dynamic Ashtanga Yoga, 1 hour / 1 hour 30 minutes
- Yin Yoga, 1 hour / 1 hour 30 minutes
- Gentle Flow Yoga, 45 minutes / 1 hour / 1 hour 30 minutes
- Hatha Yoga, 45 minutes / 1 hour / 1 hour 30 minutes
- Meditation, 45 minutes / 1 hour
- Interval Training, 45 minutes
- Complete Core, 45 minutes
- Body Blitz, 45 minutes
- Art of Breathing, 45 minutes
- Meridian Stretch, 45 minutes



# six senses locally inspired treatments

## - the essence of six senses

---

Six Senses Locally Inspiring Treatments supports surrounding communities by utilizing ingredients, plants and herbs that are indigenous to the local area, we treasure local tradition as the very Essence of Six Senses to offer you a truly natural and authentic Six Senses experience.

### Laamu Mineral Sand Poultice Experience, 2 hours

Embrace the essence of the Maldives with an innovative steaming sand poultice experience to rejuvenate, detoxify and heal. These healing mineral sand poultices and acupressure on the body's meridian lines help to stimulate and improve blood circulation whilst relieving muscle tension and promote deep relaxation.

### Laamu Bliss, 2 hours

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

### Laamu 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 and or Swedish massage. This treatment will enhance your wellbeing and leave you feeling totally pampered.

### 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 moisturized.

---



# sensory therapies

## - the soul of six senses

---

### Bamboo Massage, 1 hour 30 minutes

Bamboo has been used in Asia as a massage tool for many years, originating from South East Asia the Bamboo tools represent good luck, long life, friendship, peace & harmony. This unique massage relieves muscular aches and pains, assists in lymphatic drainage and induces a deep relaxation.

### 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.

### Sensory Spa Journey, 1 hour 30 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.

### Touch of Luxury, 3 hours 30 minutes

Experience a body scrub, to help detoxify, remove dead skin and make your skin supple and smooth, followed with an Oriental Massage that helps for blood circulation, energy flow bringing you into deep calm and complete the experience to rejuvenate the complexion and reduce fine lines.

---



# asian therapies

## - the origin of six senses

---

### Ayurveda Aromatherapy - Signature Mukha Chikitsa, 1 hour

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 includes 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.

### Ayurveda Aromatherapy - Padabhyang, 1 hour

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.

### Ayurveda Aromatherapy - Abhyanga, 1 hour 30 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.

---



## readymade packages

### - the journey of six senses

---

#### Couples Journey, 1 hour 30 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 treatment can be booked after an early dinner.

#### Detoxifier Journey, 5 hours

Start this journey with a steam followed by a Detoxifier body polish and cocoon, a cleansing Purifying Facial, Detox Massage, completed with a Foot Acupressure and then refresh the palate with a Detox juice.

#### Asian Fusion Journey, 4 hours 30 minutes

Experience to best of Asia with a Kurumbaa Kaashi Coconut Rub, Balinese Massage, Indian Head Massage, Foot Acupressure and complete your experience with a refreshing exotic juice.

---



# massage therapies

## - the heart of six senses

---

### Energizer Massage, 1 hour

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, 1 hour / 1 hour 30 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.

### 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.

### Shiatsu Massage, 1 hour / 1 hour 30 minutes

Shiatsu is a highly therapeutic body therapy that 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.

### Holistic Massage, 1 hour / 1 hour 30 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.

### Oriental Massage, 1 hour / 1 hour 30 minutes

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

### Swedish Massage, 1 hour / 1 hour 30 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.

### Thai Massage, 1 hour / 1 hour 30 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.

### Jet Lag Recovery, 1 hour 30 minutes

A rebalancing treatment that stimulates the circulations 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 Senses herbal tea to reset your internal clock.

### Thai Herbal Massage, 2 hours

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

---



# ayurvedic therapies

## - 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.

### Dosha Analysis, 15 minutes

Be guided through a brief questionnaire to determine your constitution or 'dosha' and recommended treatments.

### Ayurvedic Lifestyle Consultation, 45 minutes

Our in house Ayurvedic specialist will perform a lifestyle consultation to determine your constitution or 'dosha'. You will be advised as to which treatments, diet and exercise will assist in balancing your doshas.

### Shiro Abhyanga, 45 minutes

A synergy of herbal oils combined with a relaxing scalp massage. Shiro Abhyanga increases blood circulation, assists in reducing hair loss, thinning and greying of the hair.

### Marmakizhi, 1 hour

Stimulate marma, the vital points in the body during Marmakizhi. Using herb infused Ayurvedic oils pressure is applied with finger tips and a small heated poultice of medicated powder to the back of the body. Marmakizhi relieves pain, stiffness and sports injuries whilst also stimulating various organs and systems allowing blocked energies to be cleansed.

### Kati Vasti, 1 hour

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

### Shirodhara, 1 hour

Relax your mind and stimulate intuition with Shirodhara, a profoundly spiritual treatment. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland enhancing emotional balance and well-being. The treatment includes a head and shoulder massage and is recommended taken as a course of three or seven treatments.

### Abhyanga, 1 hour / 1 hour 30 minutes

This traditional Ayurvedic massage uses warm herbal medicated oil to massage the whole body. Abhyanga assists to relieve fatigue, improves sight, induces sleep, strengthens the skin and promotes longevity.

### Abhyanga and Shirodhara, 1 hour 30 minutes / 2 hours

Relax your mind and stimulate intuition. Abhyanga, a traditional Ayurvedic massage uses warm herbal medicated oil to relieve fatigue, improves sight, induces sleep, strengthens the skin and promotes longevity. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland enhancing emotional balance and well-being.

---



# ayurvedic therapies

## - holistic wellness

---

### Navarakizhi, 1 hour 30 minutes

A warmed poultice of herbal rice is soaked in medicated milk and compressed over the entire body. Navarakizhi assists rheumatism, joint and muscle pain, back pain, high blood pressure, high cholesterol levels, menstruation, infertility and nervous weaknesses.

### Podikizhi, 1 hour 30 minutes

Podikizhi is the most effective detoxification treatment for the entire body. A unique mix of herbal & medicated powders is bundled together in a poultice which is warmed and used to compress the entire body. This treatment assists the skin to eliminate toxins and also aids in toning of the skin, increased mobility of joints and assists in effective relief from muscular aches and pains.

### Pizhichil, 1 hour 30 minutes

Pizhichil is a gentle massage that is carried out under a constant flow of warm medicated herbal oil. This Ayurvedic 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 and muscle tension. This treatment nourishes nerve tissues and muscles.

### Udvarthana, 1 hour 30 minutes

Specially selected herbal powders are applied to the skin as the body is exfoliated followed by an invigorating body massage. Udvarthana assists reducing fluid retention, visible appearance of cellulite and detoxifies the whole body

---





# specialist therapies

## - a sense of inner peace

---

### Natural Sunburn Soother, 45 minutes

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

### Foot Acupressure, 1 hour

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.

### 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.

### Indian Head Massage, 1 hour

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.

---



# energy balancing therapies

## - sense of inner calm

---

### Healing Hands Therapy, 1 hour

This therapy uses flower essences, based on the Chinese five 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 a state of deep relaxation. This treatment is a wonderful compliment to a massage therapy to enhance body relaxation and wellbeing.

### Reiki Therapy, 1 hour / 1 hour 30 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.

---



# body polish & cocoon

## - a sense of renewal

---

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

### Body Polish, 1 hour

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

- Calming Jojoba Scrub plus roman camomille and lavande essences.
- Clarity Rice Grain Scrub plus ylang ylang with patchouli essences.
- Vitality Crushed Coconut Shell Scrub plus orange and rosemary essences.

### Body Refiner, 1 hour 30 minutes

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

### Body Toner, 1 hour 30 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, 1 hour 30 minutes

Relieve tension from the whole body and revitalize 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.

---



# facial therapies

## - nurturing with six senses

---

### Soothing Facial, 1 hour

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

### Purifying Facial, 1 hour

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.

### Men's Essential Facial, 1 hour

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 revitalize the skin.

### Ayurveda Aromatherapy - Signature Mukha Chikitsa, 1 hour

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 includes a divine facial massage of the marmas or pranic (energetic) centres, with the unique and revitalise blend of the mogra (queen of jasmynes), 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.

### Nourishing Facial, 1 hour 30 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 camomile essential oils and includes a stimulating facial massage.

---



# spa beauty

## - a sense of touch

---

### Hair Hydration, 45 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, 1 hour

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, 1 hour

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.

### Spa Beauty Treatments

Available upon request, please ask our spa receptionist for more details.

- Waxing
  - Eyebrow Shaping
-



# six senses locally inspired

## - junior therapy

---

These treatments are specifically designed for the young adult. The products have been carefully selected to ensure that they are perfect for adolescent skin. Please note the age requirements for each treatment. Appointments are available during spa operating hours and a parent should be present in the room throughout the treatment.

### Children's Massage Workshop, 2 x 45 minutes

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

### Head and 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 Massage (9-16 years), 30 minutes

This therapy is a nice mini 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 Mini 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 varnish is applied upon request.

---



# activities

## - energizing with six senses

---

Massage Workshop, 2 x 80 minutes / 4 x 80 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.

Sunrise Sandbank Yoga Experience, 1 hour

Be guided through Sun Salutations on the Sandbank whilst welcoming the sun's positive energy as it rises over the horizon of the Maldivian ocean.

Full Moon Sandbank Yoga Experience, 1 hour

Allow your inner peace to reveal itself while supporting the "Laamu Hour" with Six Senses Spa. Be guided through Moon Salutations on the Sand Bank under the silvery moon light. Experience a yoga journey tribute to Mother Earth and allow your inward focus to nurture a sense of calm.

Personal Fitness Training Programme, 1 hour / 1 hour 30 minutes

Our 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 weight loss.

Body Blasts, 30 minutes

No need to spend hours in the gym, whether you want to tone your waist line, improve your cardio or learn new techniques on the Kinesis machine, our instructor will tailor make your personal training session to help you get the results you want.

- Ab Blast / Cardio Blast / Kinesis Blast / Lower Body Blast / Upper Body Blast

Fitness Classes, 45 minutes / 1 hour / 1 hour 30 minutes

The below fitness classes are available as a private or group class upon request

Dynamic Ashtanga Yoga, 1 hour / 1 hour 30 minutes

A challenging yoga class recommended for participants with a good level of fitness.

Yin Yoga, 1 hour / 1 hour 30 minutes

A restorative class focusing on deep body & mind relaxation with emphasises on stillness, release and awareness.

Gentle Flow Yoga, 45 minutes / 1 hour / 1 hour 30 minutes

A gentle yet effective yoga for all levels linking mind body and breath.

Hatha Yoga, 45 minutes / 1 hour / 1 hour 30 minutes

When practiced a few minutes each day, Hatha yoga helps you connect with your body by helping you clear your mind and focus your attention inward.

Meditation, 45 minutes / 1 hour

Calm the mind & soul with breathing and concentration techniques help strengthen your mental capabilities, focus and promote self-healing.

---



# activities

## - energizing with six senses

---

### Interval Training, 45 minutes

Scientifically proven as an efficient way to reduce body fat whilst detoxifying and toning the body.

### Complete Core, 45 minutes

Focusing entirely on your core as you are guided to strengthen and tone the stomach, buttocks and thighs.

### Body Blitz, 45 minutes

A circuit class working all the major muscles groups pushing you to the max in this energised fun session.

### Art of Breathing, 45 minutes

Calm the mind & soul with pranayama to help strengthen your mental capabilities, focus and promote self-healing from within.

### Meridean Stretch, 45 minutes

Enhance the circulation of energy and bloodthrough your meridian lines whilst carrying our gentle stretch.

---



# spa for your convenience

---

## Six Senses Spa Opening Hours

- Monday, 9:00am - 9:00pm
- Tuesday, 9:00am - 5:30pm
- Wednesday to Sunday, 9:00am - 9:00pm

## 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 GEM for assistance.

## Arrival and Lifestyle Consultation Form

We recommend that 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, steam and experience shower 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

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 to leave these behind in your room prior to coming to the spa. We recommend that you do not sunbath after facials, aromatherapy treatments and 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 is charged at 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 iPod

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

---



