



SIX SENSES SPA

SAMUI



**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.

**Our Mission is *Balancing Senses*.**

Dear Guests,

Welcome to our Six Senses Spa Samui!

We are delighted to have you at our beautiful Six Senses Spa with spread out individual treatment villas and salas to give you privacy. The emphasis of Six Senses Spa is to offer de-stress treatments that focus on bringing out your inner beauty by pampering to your body's needs. Our therapists are fully trained to provide "high touch", not "high tech" treatments. We can help you select the most suitable treatments and packages which can be fine tuned to suit your needs. We respect guest confidentiality and privacy and trust you will enjoy your Spa experience. Surrounded by spectacular ocean views we are confident you will leave feeling invigorated, energized and full of "vitality".

We work with a team of highly skilled spa therapists and another team of selected holistic practitioners from all over the world. We have put together a great understanding and passion for physical, emotional and spiritual health resulting in great well-being. We care not only about ourselves, but also about others and our environment. Together with the resort of the Six Senses Hideaway Samui we support many charity projects and environmental support.

We also offer a herbal steam, sauna, showers, changing and relaxation areas. In house guests are free to use a fully equipped gymnasium along with a yoga room complete with mats to utilize for private classes or your own personal practice.

The spa is open from 10 am to 10 pm every day of the year. For any questions or information regarding the spa, please dial Spa extension 1301 or press the 'spa' button on your telephone display or consult your GEM.

Feel free to contact us for a complimentary spa consultation to help you customize your spa journey according to your individual needs.

*Keerana Sripongpunkul*  
*Wellness & Spa Manager*



## **CANCELLATION POLICY**

We request that you cancel your reservation at least **five hours** (5 hrs.) before your appointment time. If the cancellation is made less than five hours prior to the appointment, we apply a cancellation fee of 50%. For cancellations with less than two hours' notice and no-shows, we apply a 100% cancellation fee.

The Spa environment is one of tranquility and relaxation for all of our guests and it is our mission to ensure that all our guests reap the benefits of this peacefulness. We kindly ask all guests to refrain from smoking or using mobile phones when in the spa.

Thank you – and enjoy your journey to well-being with a Six Senses Spa.



## Spa Menu Index

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2. Signature Therapies
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## Spa Indulgence

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Thai Ancient	2 hours/THB 3,600
Zen Na Tai Ritual	2 hours/THB 4,500
Samui Sensation	2 hours/THB 5,400
Cleansing Ritual	2.5hours/THB 5,400
Nourishing Ritual	2.5 hours/THB 6,700

## Signature Therapies

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Secret La Stone 4 hands	90 minutes/THB 5,900
Amazing Senses 4 hands	90minutes/THB 5,700
Harmonic Senses Therapy	90 minutes/THB 3,500
Hideaway Retreat*	
Hideaway Fusion *	90 minutes/THB 3,500
	120 minutes/THB 4,000

## \*Massage Therapies

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Senses of Aroma	*60 minutes/THB 2,500
Oriental Blend	*90 minutes/THB 3,200
Swedish Aromatic	*120minutes/THB 4,200
Lymphatic Drainage	
Anti Stress	
Foot Acupressure	

## Thai Scent

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Thai Boran	90 minutes/THB 2,800
	120 minutes / THB 3,400
Thai Healing	120 minutes/THB 3,900
Num Phung (Facial)	45 minutes/THB 1,500
Thai Facial	60 minutes/THB 2,500
Thai Silk Facial	60 minutes/THB 2,500
Tamarind Skin Exfoliation	30 minutes/THB 1,500
Oriental Body Glow	30 minutes/THB 1,500



## Specialized Therapies

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Zen Na Tai	60 minutes/THB 2,500
3 Days Zen Na Tai	THB 6,700
Indian Head Massage	60 minutes/THB 2,500
Pregnancy	90 minutes/THB 3,500
Harmonic Healing	30 minutes/THB 1,000
Chakra Balancing Energy	30 minutes/THB 1,000
Our 4 Days Chakra	30 minutes per day* 4 days/THB 3,500
Reiki	60 minutes/THB 2,500

## Bath Therapies

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Soothing Milk Bath	30 minutes/THB 1,500
Foaming Red Wine Milk Bath	

## Body Therapies

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After Sun Soothing Scrub	30 minutes/THB 1,600
Aromatic Marine Salt Scrub	
Thai Coconut Butter	
After Sun Soothing Wrap	40 minutes/THB 1,900
Detoxifying Seaweed Body Wrap	
Coconut Butter Body Masque	

*\* Combination for Body Scrub & Body Wrap will receive a 10% deduction\**

## Facial Therapies

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### **BY DERMALOGICA**

Hydrating Spa Facial	60 minutes/THB 2,990
Sensitive Skin Facial	60 minutes/THB 2,990
Soothing Facial Therapy	60 minutes /THB 2,990
Skin Brightening	60 minutes/THB 3,200
Multi-Vitamin Power Skin	60 minutes/THB 3,200
Revitalizing Eye Rescue	30 minutes/THB 1,500
Eye treatment & facial combination	15 minutes/THB 1,000

### **BY PEVONIA**

Miracle Caviar	70 minutes/THB 4,900
Lift & Glow	60 minutes/THB 3,900
White Brilliance	60 minutes/THB 3,900
Skin fit For Men	60 minutes/THB 4,500
Escutox Eye Treatment Mask	30 minutes/THB 1,900
Eye treatment & facial combination	15 minutes/THB 1,500

### **BY CLARINS**

- **Facials**

Moisture Infusion	60 minutes/THB 2,990
Purifying Perfection	60 minutes/THB 2,990
Gentle Glow	60 minutes/THB 2,990
Anti-Aging	60 minutes/THB 2,990
Clean Skin Facial (For Him)	60 minutes/THB 2,990
Revitalizing Boost (For Him)	60 minutes/THB 2,990

- **Body Treatment**

Shapely Silhouette	60 minutes/THB 3,200
Beautifully Firm	60 minutes/THB 3,200

*\*Clarins combination for face & body will receive a 10% deduction\**

*\*Any combination of 3 time spa facial will receive a 10% deduction \**

## Hand and Foot Care

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Deluxe Manicure	60 minutes/THB 1,700
Deluxe Pedicure	60 minutes/THB 1,700
Hand Rejuvenator	30 minutes/THB 1,200
Foot Recovery	30 minutes/THB 1,400

## Gel Nail

Manicure	60 minutes/THB 2,000
Pedicure	60 minutes/THB 1,800
Removal	30 minutes/THB 900

## Junior Menu

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Kids Massage	30 minutes/THB 1,300
Foot Relaxation	20 minutes/THB 700
Coconut Body Scrub	20 minutes/THB 900
Express Manicure & Pedicure	30 minutes/THB 1,000
Reiki for Children	20 minutes/THB 700
Soothing Milk Bath	30 minutes/THB 1,500

## Holistic Body, Mind & Spirit

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### Dr. Serge Landrieu M.D. PhD

Sport for Life	60 minutes/THB 3,000
Myotherapy	60 minutes/THB 3,500
Face Yoga	60 minutes/THB 3,500
Acrobatic Yoga	60 minutes/THB 3,500
Realignment Package	120 minutes/THB 6,500

### Omesh Langmann

Astrology & Palmistry	60 minutes/THB 4,000
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### Wayne Walker

Releasing	120 minutes/THB 6,000
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## Wellness Activities

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Yoga (Private Class)	60 minutes/THB 3,500
Pilates	60 minutes/THB 3,500
Meditation	60 minutes/THB 2,500
Tai chi	60 minutes/THB 2,500



## **Yoga & Vitality Retreat**

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3 days/THB 45,000

**In Villa Massages** - Massage can be provided in the privacy of your villa, between the hours of 10am to 8pm with additional charge of **20%** from the menu price.

*All rates are quoted in Thai Baht and are subject to 10% service charge and 7% applicable government tax. We reserve the right to any change in this menu without prior notice.*

## SPA INDULGENCE

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### **Thai Ancient**

2 hours

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

### **Zen Na Tai Ritual**

2 hours

Created to stimulate lymphatic flow and helping to detoxify the body. Brings comfort and relief to the abdomen with a deeper state of relaxation and a peaceful mind. The session will end with a Reiki Therapy leaving you totally energized, revitalized, balanced and deeply relaxed.

### **Samui Sensation**

2 hours

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

### **Cleansing Ritual**

2.30 hours

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

### **Nourishing Ritual**

2.30 hours

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

## SIGNATURE THERAPIES

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### **Secret La Stone 4 hands**

90 minutes

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

### **Amazing Senses 4 hands**

90 minutes

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

### **Harmonic Senses Therapy**

90 minutes

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

### **Hideaway Retreat**

90 minutes or 120 minutes

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

### **Hideaway Fusion**

90 minutes or 120 minutes

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

## MASSAGE THERAPIES

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### **Senses of Aroma**

60/90/120 minutes

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

### **Oriental Blend**

60/90/120 minutes

This unique massage combines medium and strong pressures of Thai and Shiatsu techniques. A touch of Swedish and Aromatherapy influences give you the ultimate soothing and pampering experience.

### **Swedish Aromatic**

60/90/120 minutes

This classic form of massage relaxes the body, improves muscle tone and stimulates circulation. It provides feelings of tranquility and heightened senses of well-being.

### **Lymphatic Drainage**

60/90/120 minutes

Stimulate the body's lymphatic system. A fluid filled network, which circulates fats, proteins and immune cells, while it removes bacteria, viruses and cholesterol.

### **Anti Stress**

60/90/120 minutes

Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension, ending with Thai Pra Kob.

### **Foot Acupressure**

60/90/120 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. Experience true relaxation when combined with an Indian Head massage.

*\*A Recommendation for above Spa Therapies is to begin or ending with Half hour of Chakra Balancing or Harmonic Healing Chime. In this special introduction we apply Reiki to the 7 major chakras and ending with a final chakra balancing. This powerful healing treatment deals with all the internal organs on a physical and emotional level before the treatment\**

## THAI SCENT

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### **Thai Boran**

90 minutes or 120 minutes

Help to relief from stress, deep relaxation, warmed and stretched muscles, healing energy flow, greater flexibility, increased and focused energy levels, prevention of injury, relief from sore and aching muscles and joints, detoxification, and a feeling of confidence and well-being. No oils are used in Nuad Thai.

### **Thai Healing**

120 minutes

Focuses on the experience of the whole body, it works on the major energy lines, known as 'Sen'. These Sen run throughout the body. By loosening blockages, the massage will help harmonize the body and recoup any deficiencies of the energy lines. Just as Chinese medicine uses acupuncture to help revive health, Traditional Thai massage uses a similar system of pressure points to help heal and relieve stress. The Prana, or life energy, is allowed to freely circulate through the body.

### **Num Phung - Facial**

45 minutes

It is a wonderful ingredient to use to fight dry skin and to help rejuvenate the skin, which leads to less fine lines and fine wrinkles. Honey also contains alpha hydroxy acids, which helps to gently exfoliate the skin. It is an ideal product for people with sensitive skin and is often used to combat the formation of pimples. It is no wonder why it is used as facial masque recipes.

### **Thai Facial**

60 minutes

The traditional Thai Facial uses a blend of natural ingredients to cleanse, exfoliate and massage. Finish with a masque and beautifully refreshed skin. (Hydrating or Whitening)

### **Thai Silk Facial**

60 minutes

The traditional way of improving facial skin texture is by utilizing natural silk cocoons, nourishing skin with natural Sericin essential protein to firm and tone your skin complex. Experience special meridian facial lifting techniques thus releasing muscle tension.

### **Tamarind Skin Exfoliation**

30 minutes

This is a mixture of tamarind, honey, fresh milk and sea salt. This treatment uplifts and revives whilst exfoliating the skin with sea salt.

### **Oriental Body Glow**

30 minutes

This is a soft mixture of honey and sesame seed to exfoliating and hydrating. It is very suitable for sensitive skin.

## **SPECIALISED THERAPIES**

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### **Zen Na Tai**

60 minutes

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

### **Indian Head Massage**

60 minutes

Traditionally known in India as ‘Champissage’, this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm will ending with Chakra balancing energy . It is popular to combine with Foot Acupressure therapy.

### **Pregnancy**

90 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 also make the return to your optimal fitness easier. Recommend for 4-7 months pregnancy only. Ending with chakra balancing energy.

### **Harmonic Healing**

30 minutes

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

### **Chakra Balancing Treatment**

30 minutes

In this special introduction, we apply Reiki to the 7 major chakras individually. We also include a final balancing to all the chakras.

### **Our 4 Days Chakra**

30 minutes\*4 days

Consecutive Treatments (30 minutes per day), we apply Chakra Balancing Treatments for 4 consecutive days. This releases any major stress and harmonised the body.

### **Reiki Treatment**

60 minutes

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

## **BATH THERAPIES**

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In our spa you can book this beautiful bath therapy in a private open air villa overlooking the tropical surroundings. If you require a romantic set up in your own villa, please ask our spa receptionists for advice.

### **Milky Soothing Bath**

30 minutes

Get the softest and silkiest skin with Cleopatra milky bath.

### **Red Wine Milky Foaming Bath**

30 minutes

Enter to the luxury experience of the most indulging, pampering and rejuvenating bath with the potent anti-oxidant and skin regenerative power of Red Wine.

## BODY THERAPIES

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### **Body Scrub**

#### **Aromatic Marine Salt Scrub**

30 minutes

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

#### **Thai Coconut Butter**

30 minutes

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

#### **After Sun Soothing Scrub**

30 minutes

Gentle removal of excessive dead skin cells , rich in moisturizer , help to antioxidant and anti irritate skin.

### **Body Wrap**

#### **After Sun Soothing Wrap**

40 minutes

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

#### **Detoxifying Seaweed Body Wrap**

40 minutes

Detoxifies and improves circulation.

#### **Coconut Body Masque**

40 minutes

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

## FACIAL THERAPIES

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### **BY DERMALOGICA**

#### **Hydrating Spa Facial**

60 minutes

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

#### **Skin Brightening Facial/Pigment Relief**

60 minutes

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

#### **Sensitive Skin Facial Treatment**

60 minutes

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

#### **Multi-Vitamin Power Skin Treatment**

60 minutes

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

#### **Soothing Facial**

60 minutes

Ideal for skin environmentally sensitized. Helps reduce skin irritation and damage caused by environment assault. A powerful treatment to help skin recover from damage while enhancing barrier properties and promoting healthy tissue regeneration.

#### **Revitalising Eye Rescue**

30 minutes

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

## **BY PEVONIA**

### **Miracle Caviar** (Deep Wrinkles/Sagging)

70 minutes

This opulent anti-aging treatment lavishes your skin with pure Caviar & Pearl Extract and a revolutionary blend of phyto-extracts called Escutox. This luxurious mask increases skin oxygenation, suppleness & elasticity. Promoting rejuvenation, it visibly resurfaces the skin and dramatically reduces facial lines and wrinkles.

### **Lift & Glow** (Anti-aging, Up-Lift, Wrinkles)

60 minutes

For visible radiance proven to perform with the latest generation of repairing peptides and outstanding lightening actives, this treatment is formulated with a collection of the latest high-tech cosmetic ingredients.

### **White Brilliance** (Brightening / Wrinkles)

60 minutes

A potent blend of vitamin “C” and freeze-dried Seaweed. This treatment is ideal for reducing fine lines, strengthening skin elasticity and providing relief for dull, sun-damaged skin.

### **Skin fit** (for Him)

60 minutes

Rejuvenation Caviar and freeze-dried Escutox replenishes the skin while counteracting aging aggressors. This mask for men visibly resurfaces the skin & promotes a healthy youthful look.

### **Escutox – Anti-Wrinkle Eye Mask**

30 minutes

Pevonia’s exclusive patented blend of oligosaccharides, oligopeptides, French seaweed extract and phyto-squalane. This exclusive formulation has been freeze-dried to preserve the active ingredients to deliver outstanding results. Designed to stimulate the nerve endings, Escutox will repair the skin, relax wrinkles, increase hydration and the skin's suppleness, resulting in a visibly youthful skin. The natural alternative to botox.

**BY CLARINS**

**CLARINS SENSORIAL FACIAL TREATMENT**

**Moisture Infusion**

60 minutes

Best for dry or dehydrated skin.

A refreshing splash of hydration and vitality ideal for dry or dehydrated skin. Deeply and gently nourished, the skin is smoother, fresh and more radiant instantly. This pampering facial is a Beauty-must after a long flight or exposure to the sun.

**Purifying Perfection**

60 minutes

Best for oily, lackluster skin.

Instantly transform oily skin into shine-free skin that's smooth, fresh and beautifully flawless. Thanks to detoxifying and regulating ingredients minimise and purify pores and refine skin's texture.

**Gentle Glow**

60 minutes

Best for sensitive skin.

Delicate skin needs the gentlest care. This ultra-soothing treatment envelops skin with a pampering combination of botanical extracts which works deep within to rebalance, nourish and restore its natural defences. The skin rediscovers its suppleness, translucence and comfort.

**Anti-aging**

60 minutes

Best for fighting the first signs of aging.

Breathe youthful life into your skin with this made-to-measure vitality-restoring treatment. Using high-performing concentrates, this customised anti-aging facial helps to preserve skin's natural life force and offer an extra-lift of youthfulness.

**Clean Skin Facial** (For Him)

60 minutes

For active men always out and about, this treatment removes impurities, leaving the skin cleaner & fresher while offering optimal moisture and protection.

**Revitalizing Boost Facial** (For Him)

60 minutes

A relaxing yet effective skin booster for him designed to deeply nourish and revitalise tired and dull skin. It immediately erases signs of fatigue and early wrinkles due to stress and  make way for a younger-looking and re-energised skin with brighter complexion.



## *CLARINS SENSORIAL BODY TREATMENTS*

### **Shapely Silhouette**

60 minutes

Best for streamlining and maintaining a slim silhouette. Rediscover your body's shapely contours with this body treatment which detoxifies, drains excess fluids and firms. Concerted massage movements gently sculpt your body for a more streamlined silhouette.

### **Beautifully Firm**

60 minutes

Best for all-over revitalizing results. A 3-in-1 body treatment that will stimulate, lift and rid your skin of toxins and impurities. Special hand movements expertly work a unique cocktail of plant extracts to firm and tone, the skin is beautifully radiant.

## HAND AND FOOT CARE

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### **Deluxe Manicure**

60 minutes

Your nails will be shaped and your cuticles tidied and hydrated, followed by a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied on request.

### **Deluxe Pedicure**

60 minutes

Transform your feet with our nail and cuticle care, then relax and enjoy a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation and relieving tired or swollen feet. Nail varnish is applied on request.

### **Gel nails** (Manicure or Pedicure)

60 minutes

Gel nails are durable, painted-on nails that closely resemble real nails. Regular gel nails are more durable but soak-offs are easier to remove.

### **Hand Rejuvenator**

30 minutes

Rejuvenated, healthy and professional looking hands are our goal with this treatment. This includes exfoliating hand scrub, hand masque and massage.

### **Foot Recovery**

30 minutes

Sit back and enjoy our complete foot treatment, which includes an exfoliating foot scrub, foot masque and massage.

*\*Hair Dresser, Make up, Waxing, and eyebrow shaping treatments are all available upon request. Please ask our receptionist for more details\**



## JUNIOR MENU

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<b><u>Kid Massage</u></b>	30 minutes
<b><u>Foot Relaxing</u></b>	20 minutes
<b><u>Coconut Body Scrub</u></b>	20 minutes
<b><u>Express Manicure &amp; Pedicure</u></b>	30 minutes
<b><u>Reiki for Children</u></b>	30 minutes
<b><u>Milky Soothing Bath</u></b>	30 minutes

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

## HOLISTIC BODY, MIND & SPIRIT

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### ***Dr. Serge Landrieu M.D. PhD***

Serge has been practicing yoga since the age of 10. His medical background and passion for food, sports, science and health makes him very capable as a practitioner and teacher. He is fluent in French, German, English and Dutch.

#### **Myotherapy**

60 minutes

This is a unique manipulation technique to remove chronic or acute pain in muscles, joints or ligaments.

#### **Sport for Life**

60 minutes

Find out what sport and exercise is right for you and the secret not to lose interest in it.

#### **Face Yoga**

60 minutes

Face yoga is a series of exercises that promise to do for your face what yoga does for your body. Relax and tone muscles. So! Set out to investigate if making these targeted facial expressions can really prevent – and even reverse – wrinkles and sagging.

#### **Acrobatic Yoga**

60 minutes

Acrobatic Yoga is a physical practice which blends elements of yoga acrobatics performance with healing arts. Acrobatic Yoga is a form of partner yoga where two yogis work together for therapeutic release and acrobatic fun.

#### **Realignment Package**

120 minutes

We offer a one-hour private Pilates session with Serge after an assessment of your physical needs, to readjust alignment, symmetry and tone in the whole body structure. After that Dr. Serge will loosen the tensioned or painful muscles and ligaments using his technique of Myotherapy. Expect to feel changes in your body starting the day after until up to two weeks after the treatment.



## ***Omesh Langmann***

Omesh is our freelance Astrology & Palmistry and meditation Healer. Omesh Langmann was born in Germany in 1957. He studied theologies, philosophies in university for 5 years and later psychology.

### **Astrology & Palmistry**

60 minutes

The birth chart is an image of the energy constellation at the moment you took your first breath as an independent, individual being. The first imprint when you entered this body as a – let's say – blank canvas. It is a picture of the basic vibration that surrounds you all your life. We look at the birth chart to see direction and destiny, your talents and difficulties, your opportunities, and any challenges in life.

## ***Wayne Walker***

Wayne is a clairvoyant channel and spiritual healer and teacher. He combines his clairvoyant abilities with the **RELEASING** technique to identify energy patterns in people and assist them to release these painful blockages. His approach is very gentle, non-judgmental and loving. He is also available to teach meditation and yoga for beginners.

### **Releasing**

120 minutes

This is a powerful technique to let go of mental and emotional baggage, so we can easily access our natural state of deep peace and love. **RELEASE** requires no touching of the physical body, only a willingness to touch the depth of your being and your soul. Wayne is divinely guided which makes **RELEASING** a gentle yet very strong technique.

## WELLNESS ACTIVITIES

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We offer various complimentary classes and workshops, plus private sessions customised to your individual needs. Please refer to the weekly calendars.

### **Yoga**

60 minutes

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 advanced guests who want to learn how to counteract the physical and mental stresses of daily life.

### **Pilates**

60 minutes

Physical activity on a blow up large ball. A fun tool in your exercise that will give you balance, strength and improve alignment. An excellent way to improve poor posture and strengthen muscles that are weak.

### **Meditation**

60 minutes

Provides a chance to calm your mind and to take time to focus on your own self. Your instructor will guide you through a sitting and walking meditation technique, allowing your mind and body to relax. You will leave the meditation session feeling relaxed and at peace with yourself.

### **Tai chi**

60 minutes

It is a noncompetitive, self-paced system of gentle physical exercise. To do tai chi, you perform a defined series of postures or movements in a slow, graceful manner. Each movement or posture flows into the next without pausing. Originally developed in China as a form of self-defence, this graceful form of exercise has existed for about 2,000 years. Health benefits include stress reduction, greater balance and increased flexibility for people of all ages.

## YOGA & VITALITY RETREAT

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Join us for 3 days for Yoga and Vitality retreat to wellness. Our body is constantly targeted both by physical and mental aggressions that seem to pass us by without any importance, due to the daily routine, stress and pressure accumulated in our lives. As time passed our body provides small signs to let us know too many aggressions have been taking over. A detox programme is fundamental for our bodies to restore its health, and thereby freeing itself from life's daily aggressions.

Recharging energies with moments dedicated only to you for meditation, relaxation or simply to enjoy and feel pure calmness and tranquillity.

Inclusions in the 3 days Yoga & Vitality Retreat:

- Morning Yoga & Meditation class
- Afternoon Pilates class
- Lifestyle Evaluation
- Personal Consultations
- Follow up evaluation and support
- Daily spa treatment for 2 hrs
- Healthy nutritious meals, juices and smoothies throughout the retreat