

SIX SENSES SPA DOURO VALLEY

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SIX SENSES SPA

DOURO VALLEY

SPA MENU

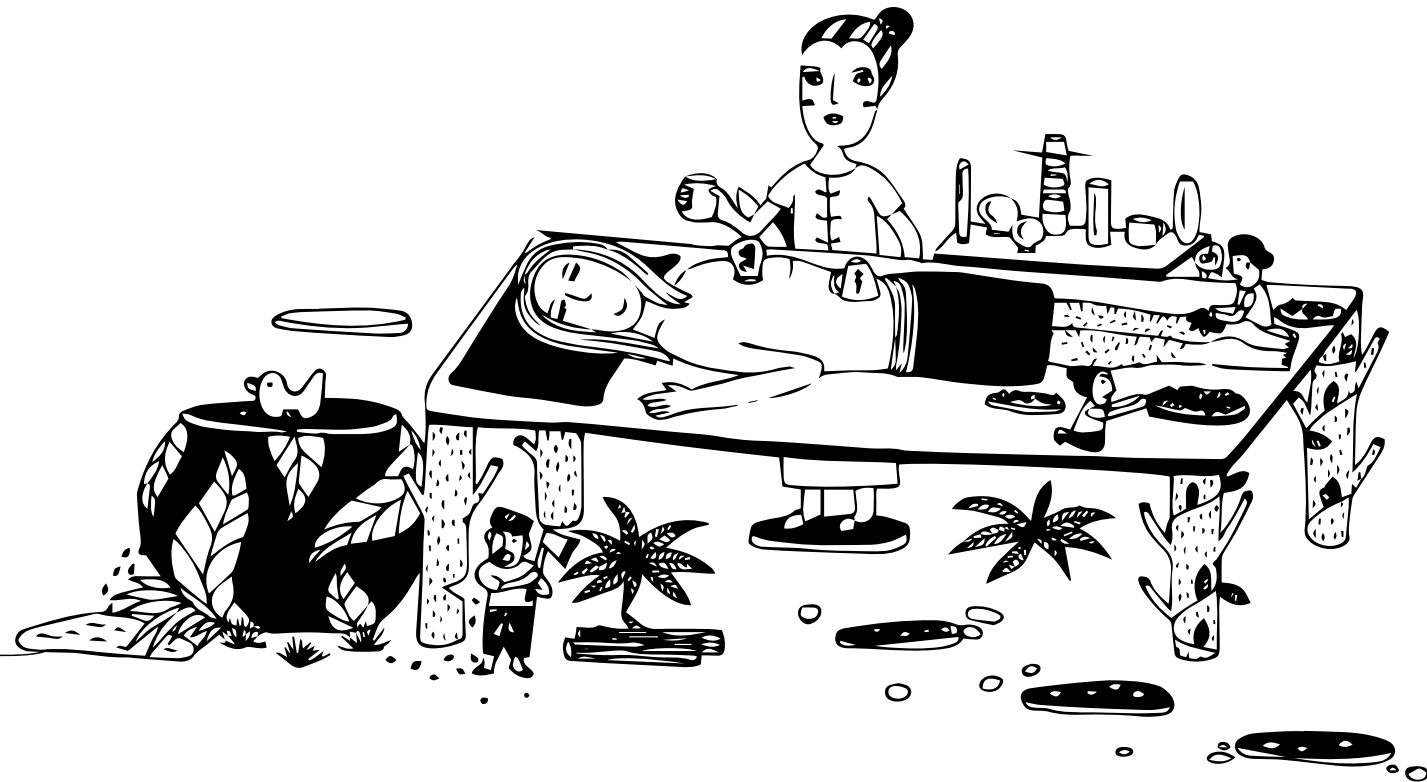
Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.





# MASSAGES




## SIX SENSES SIGNATURE MASSAGES, 60/90 MINUTES

**Deep Tissue** - a deep oil-based massage to ease muscle tension and reawaken your senses.

Silicone cups are used to lift connective tissue and improve blood flow to stagnant skin and muscles.

**Detox** - a stimulating massage using firming and toning oils to reduce the appearance of cellulite, uneven skin tone and fluid retention. Silicone cups are used to drain toxins and residues out of the body, boosting circulation and the flow of energy.

**Energizer** - a reviving upper body massage to relieve muscle tension.

**Holistic** - a soothing massage designed to evoke deep relaxation. 

## FOOT ACUPRESSURE, 30/60 MINUTES

This treatment involves the application of pressure to reflex points on the feet helping to treat specific ailments and restore the body to a healthy balance.

## HOT STONE MASSAGE, 90 MINUTES

Tibetan full body and face treatment using basalt stones to massage away muscle tension, remove blockages and eliminate stress.

## INDIAN HEAD MASSAGE, 60 MINUTES

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

## ORIENTAL MASSAGE, 60/90 MINUTES

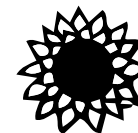
A stress relieving treatment combining a full body massage with acupressure and stretching techniques

## THAI HERBAL COMPRESS, 90 MINUTES

A full body massage using warm poultices which are applied to specific pressure points, using gentle and rolling movements, to condition skin and induce a sense of well-being.

## THAI MASSAGE, 90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.



# FACIALS BODY TREATMENTS





**PURIFYING FACIAL, 60 MINUTES**

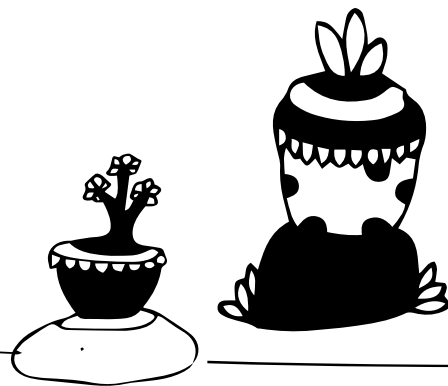
Deep clean and brighten the skin to reveal clearer, fresher and renewed skin. This cleansing and hydrating facial includes two clay masks and a deep cleanse to remove dead cells, pollution and dull skin. *Using The Organic Pharmacy.*

**ROSE CRYSTAL LYMPHATIC FACIAL, 60/90 MINUTES**

A deep cleansing facial followed by the application of three masks to decongest, brighten and hydrate the skin. It continues with lymphatic drainage and acupuncture massage to firm and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes a deep sense of relaxation, leaving the skin fresh and glowing. *Using The Organic Pharmacy.*

**VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 60 MINUTES**

Target age spots, pigmentation, fine lines and uneven skin with this facial combining deep cleansing and fruit acid exfoliation to reveal a brighter, nourished and exceptionally smooth complexion. Drainage massage and a hydrating mask stimulate new skin cells and elasticity, leaving the skin with a rejuvenated glow. *Using The Organic Pharmacy.*

**CITRUS ENERGIZER, 60 MINUTES ✿**

This invigorating body treatment begins with a citrus peel scrub using ingredients from local oranges and lemons together with raw sugar to cleanse and soften the skin. It continues with an olive oil butter wrap infused with citrus essential oils to nourish the body and uplift all the senses. An ideal energy booster after an active day or traveling.

**COMPLETE GRAPE REJUVENATION, 90 MINUTES ✿**

An antioxidant body treatment drawing upon the powerful health benefits of grapes. Dry skin brushing is followed by a gentle and re-mineralizing body exfoliation with grape pulp and grape seed oil. The body is then wrapped in a vineyard soak to stimulate the renewal of cells and collagen, leaving the skin more refined and with a youthful appearance. A relaxing scalp massage completes this treatment.

**SCHIST STONE AND ALMOND BODY SOOTHER, 90 MINUTES ✿**

Release muscle fatigue with this soothing treatment during which warmed schist stones are placed on various chakras. Synonymous with port wine production, the dark color of the schist absorbs the heat of the day and slowly releases it during the night, adding to an ideal microclimate for growing grapes. It continues with a deep tissue massage, using sunflower oil blended with an almond essence known for its anti-inflammatory and anti-oxidant properties. The treatment concludes with a wrap and a cooling face compress.

**DETOX CLEANSING RITUAL, 90 MINUTES**

Regulate fat metabolism in the body with an intense full-body scrub with a stimulating and detoxifying blend of salt, seaweed and lemon. It continues with a potent wrap of seaweed and eucalyptus with rare fossil mud, leaving the skin deeply enveloped, cleansed and stimulated. *Using The Organic Pharmacy.*

**GREEN COFFEE BODY SCULPTING, 60 MINUTES**

Reduce puffiness, bloating and improve circulation for a firmer and slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment starts with dry skin brushing followed by the thermogenic salon-strength chili and coffee oil massage to help break down fat cells. Stimulate the circulation and metabolism with a final application of Resculpting Body Gel. *Using The Organic Pharmacy.*

**ROSE RENEWAL, 90 MINUTES**

A rejuvenating treatment including a salt scrub and purifying wrap that envelopes the body with the nourishing essences of rose and jasmine for the perfect balance. *Using The Organic Pharmacy.*

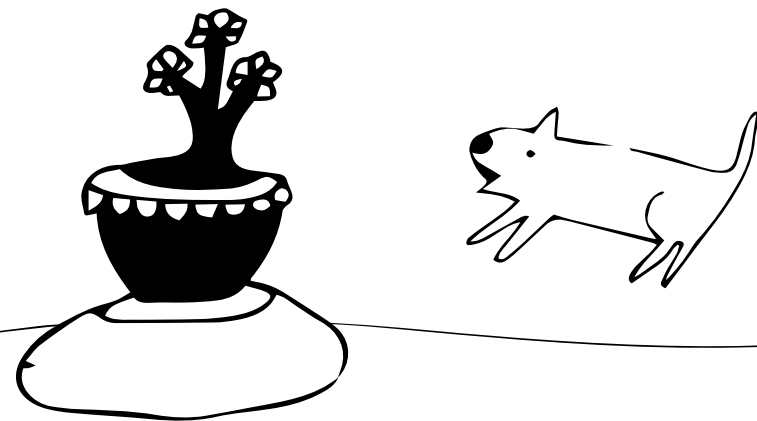
*Recommended as an addition to any spa treatment:*

**SIX SENSES SIGNATURE SCRUBS, 25 MINUTES** ✿

**Calming** - ideal for sensitive skin, this scrub uses crushed almonds with olive oil.

**Clarity** - ideal for combination and oily skin, this revitalizing scrub uses citrus peel and sugar.

**Vitality** - this cleansing and invigorating scrub with wine pulp is ideal for all skin types.



# RITUALS





BEAUTY, 4 HOURS

*Calming Body Scrub  
Signature Massage  
Vitamin C and Papaya Facial  
Manicure and Pedicure*

COUPLES JOURNEY, 2 HOURS 30 MINUTES

*Foot Cleansing Ritual  
Signature Massage  
Facial Treatment  
Spa Refreshments*

DE-STRESS, 3 HOURS

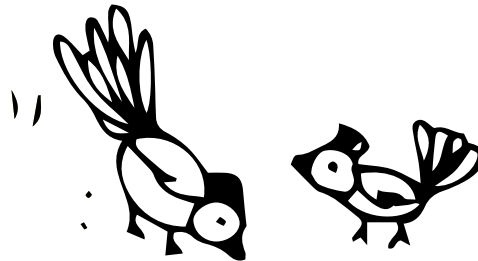
*Steam Bath  
Signature Holistic Massage  
Indian Head Massage  
Hand and Foot Treatment*

DETOXIFIER, 2 HOURS 30 MINUTES

*Steam Bath  
Detox Cleansing Ritual  
Purifying Facial*

ENERGIZER, 2 HOURS

*Citrus Body Scrub  
Energizer Massage  
Foot Acupressure*



# BEAUTY FITNESS



MEN'S MANICURE, 30 MINUTES

SPA MANICURE, 60/ 90 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

MEN'S PEDICURE, 45 MINUTES

SPA PEDICURE, 60/90 MINUTES

HIGH INTENSITY INTERVAL TRAINING,  
45 MINUTES

FOREST CIRCUIT TRAINING, 60 MINUTES

PERSONAL TRAINING ASSESSMENT,  
30 MINUTES

PERSONAL TRAINING, 60 MINUTES

POWER PLATE, 30 MINUTES

# SPA ETIQUETTE



### SPA OPENING HOURS

Daily 10:00 am to 8:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please ask your GEM or contact the spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

We recommend using the sauna and steam, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

### ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

### CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

### LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### CANCELLATIONS

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

### DURING YOUR STAY

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

Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

### PAYMENT

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Major debit and credit cards are accepted.

### CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

### GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 16 years old must be accompanied by an adult when using gym equipment.



