



SIX SENSES SPA

HUA HIN

# SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond 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,**

**Deep Tissue, 60/90 minutes** - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

**Holistic, 60/90 minutes** - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being. 

**Detox, 60/90 minutes** - an energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicon cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

**Movement Restoration Massage, 90 minutes**  
Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

**Tension Soother, 30/60 minutes** - a reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.



**Head Massage, 30/60 minutes** - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

**Relaxed Feet, 30/60 minutes** - restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

**EXPRESS MASSAGE, 30 MINUTES**

Relax with a massage tailored to a specific area of concern. Choose from: Back, Neck & Shoulder Massage, Scalp Massage, Facial Massage or Foot Massage.

**JET LAG RECOVERY, 90 MINUTES**

Release muscle tension, stimulate circulation and reset the internal clock with this rebalancing massage, using an exclusive blend of aromatherapy oils and fresh Thai herbs. It concludes with a rejuvenating foot mask.

**ORIENTAL MASSAGE, 90 MINUTES**

This stress relieving treatment combines a full body massage with acupressure and stretching techniques.

**THAI MASSAGE, 90 MINUTES** 

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

**THAI HERBAL COMPRESS, 90 MINUTES** 

A full body massage using warm poultices applied to specific pressure points to condition skin and induce a sense of well-being.



FACIALS  
BODY TREATMENTS  
WELLNESS THERAPIES



FACIALS

**24K GOLD AGE-DEFYING FACIAL, 60 MINUTES**

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

**SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60 MINUTES**

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

**THAI SILK FACIAL, 60 MINUTES ✿**

Firm and tone the skin with this hydrating treatment using natural silk cocoons originating from North Thailand. The cocoons contain 12 amino acids that improve skin elasticity, reduce the appearance of wrinkles and repair sun-damaged skin. Suitable for all skin types.

**DETOXIFYING COFFEE SCRUB, 45 MINUTES ✿**

Ideal after traveling, this invigorating treatment involves skin exfoliation with local Thai coffee followed by the application of clay to expel impurities.

**DETOXIFYING COFFEE BODY WRAP, 60 MINUTES ✿**

This purifying body wrap uses Thai coffee blended with carrot and coconut oil to detoxify and firm the skin.

**COCONUT BODY SCRUB, 45 MINUTES ✿**

Reveal softer and smoother skin with this natural body scrub combining freshly grated coconut with a crushed coconut shell and turmeric.

**PAPAYA AND BLACK SESAME BODY SCRUB, 45 MINUTES ✿**

Soften and revitalize the skin with this exfoliating treatment using papaya, dry coconut and a black sesame blend.

**THAI HERBAL BODY WRAP, 60 MINUTES ✿**

This cleansing treatment begins with dry brushing to stimulate circulation and it is followed by exfoliation using a blend of traditional Thai herbs, tamarind juice, lemongrass and turmeric, leaving the skin toned and smoother.



**CHAKRA BALANCING, 90 MINUTES**

Improve the flow of energy throughout the body with this balancing treatment, using colored stones.

**CHI NEI TSANG, 30/60 MINUTES**

Detoxify and stimulate the digestive system with this unique form of bodywork drawing upon Taoist traditions and working directly over the abdominal area to release energy blockages.

**REIKI, 30 MINUTES**

Release tension and energy blockages with this ancient healing method promoting physical, emotional, mental and spiritual well-being.

**YOGIC INTESTINAL CLEANSE, 90 MINUTES**

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water.



# AYURVEDA



## ABHYANGA, 60 MINUTES

This popular Ayurvedic body massage, also known as 'four-handed massage' reduces signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

## SHIRODHARA, 60 MINUTES

A stress-releasing treatment during which warm oil is poured over the third eye to soothe and calm the nervous system. Assists with treating skin conditions and insomnia, whilst also enhancing emotional balance.

## AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

# RITUALS





#### A TOUCH OF NATURE, 2 HOUR 30 MINUTES ✿

Reconnect with nature by savoring locally inspired treatments starting with Thai herbal steam, followed by a coffee and white clay scrub and a signature massage using aroma oils. An express facial completes the journey.

#### COUPLES RITUAL, 2 HOUR 30 MINUTES

Unwind together and awaken all senses with this revitalizing journey, including a fresh herbal scrub and body wrap followed by a signature massage and a complimentary Six Senses Spa product to take home.

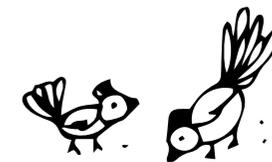
#### HERBAL EXPLORER, 120 MINUTES ✿

Rejuvenate the body and enliven the senses with this traditional Thai journey, using hand-picked local herbs such as lemongrass and plai. A Thai herbal body scrub and a signature massage are included.

#### PURITI DETOX PROGRAM, 3 DAYS

Set off on a path towards a healthier lifestyle with a three-day detox program combining specialist treatments with wellness cuisine and cleansing juices, Thai herbal supplements, fitness and yoga.

*Bookings to be made one day prior to the desired start date.*



# BEAUTY



SIGNATURE MANICURE, 60 MINUTES

SIGNATURE PEDICURE, 60 MINUTES

EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

*Waxing and eyebrow-shaping treatments are available upon request.*

# SPA ETIQUETTE



### SPA OPENING HOURS

Daily 9:00 am to 8:00 pm

### SPA RESERVATIONS

For any enquiries or information regarding the spa, simply dial ext. 8403 on the phone in your villa. 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.

### ARRIVAL

Please arrive 20 minutes prior to your treatment in order to complete your lifestyle consultation 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 three 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

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

### 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. Use of the sauna and steam facilities is restricted to those under adult supervision or those aged 16 and above.







## TREATMENTS

## DURATION/MINUTES

## PRICE/THB

### MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue/Holistic/Detox</i>	60/90	1,800/2,300
<i>Movement Restoration</i>	90	2,300
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	950/1,800
Express Massage	30	950
Jat Lag Recovery	90	2,500
Oriental Massage	90	2,300
Thai Massage	90	2,300
Thai Herbal Compress	90	2,500

### FACIALS

24k Gold Age-defying Facial	60	3,200
Soothe and Enrich Advanced Antioxidant Facial	60	2,400
Thai Silk Facial	60	1,700

### BODY TREATMENTS

Detoxifying Coffee Scrub	45	1,700
Detoxifying Coffee Body Wrap	60	1,700
Coconut Body Scrub	45	1,700
Papaya and Black Sesame Body Scrub	45	1,700
Thai Herbal Body Wrap	60	1,700

*Prices are inclusive of all taxes and service charge.*

## TREATMENTS

## DURATION/MINUTES

## PRICE/THB

### WELLNESS THERAPIES

Chakra Balancing	90	2,500
Chi Nei Tsang	30/60	950/1,800
Reiki	30	950
Yogic Intestinal Cleanse	90	2,500

### AYURVEDA

Abhyanga	60	2,700
Shirodhara	60	2,700
Ayurvedic Experience	90	3,400

### RITUALS

A Touch of Nature	2 hrs 30 mins	4,000
Couples Journey	2 hrs 30 mins	7,700
Herbal Explorer	120	3,200

### BEAUTY

Signature Manicure	60	1,200
Signature Pedicure	60	1,200
Express Manicure	30	800
Express Pedicure	30	800
Nail Polish Application	30	600

*Prices are inclusive of all taxes and service charge.*



