



SIX SENSES SPA

KOH KOOD

# 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, 90 minutes* - 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 Massage, 90 minutes* - 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 stagnation out of the body, boosting circulation and the flow of energy.

*Energizer, 60/90 minutes* - a medium pressure massage to release muscle tension and stress after long international flights.

*Holistic Massage, 60/90 minutes* - a soothing massage designed to evoke deep relaxation. 

**ORIENTAL MASSAGE, 60/90 MINUTES**

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

**JET LAG RECOVERY, 90MINUTES **

This rebalancing massage revives circulation, releases muscle tension and resets the internal clock with an exclusive blend of aromatherapy oils, followed by a heated fresh Thai herbal bag to improve the flow of energy and an eye and foot mask

**THAI MASSAGE, 60/90/120 MINUTES **

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

**THAI HERBAL MASSAGE, 90 MINUTES **

A full body massage using warm poultices which contain local ingredients such as plai, ginger, turmeric and lemongrass. These are applied to specific pressure points, using gentle and rolling movements, to condition skin and induce a sense of well-being.



 **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.

**FOOT ACUPRESSURE, 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.

**HIMALAYAN SINGING BOWL MASSAGE, 60/90 MINUTES**

Balance the body chakras and restore harmony on a cellular level with the healing sound waves and gentle vibrations created by signing bowls placed close to an area of concern.

**LYMPHATIC DRAINAGE, 60 MINUTES**

A detoxifying treatment using wave-like movements to stimulate the lymphatic system, improve circulation and boost the immune system. Ideal after traveling or during detox.

**PREGNANCY MASSAGE, 60/90 MINUTES**

Reduce peripheral swelling, prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system with this relaxing massage. Regular massages assist with an easier return to optimal fitness.

**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.




FACIALS  
BODY TREATMENTS  
WELLNESS THERAPIES



**SIX SENSES SIGNATURE FACIALS**

**Nourishing, 75 minutes** - moisturizes and improves skin tone and elasticity, using geranium, frankincense and chamomile essential oils. Beneficial for dry or maturing skin.

**Purifying, 60 minutes** - a deep-cleansing treatment ideal for eliminating blocked pores and skin blemishes, using flower essences, active clays and plant extracts of lavender, lemon and tea tree.

**Soothing, 60 minutes** - calms sensitive and irritated skin with soothing plant extracts and flower essences. 

**ANTI-AGING FACIAL, 60 MINUTES** 

This anti-aging facial uses natural silk cocoons to firm and tone the skin. Originating from North Thailand, the cocoons contain 12 amino acids which improve skin elasticity, reduce appearance of wrinkles and repair sun-damaged skin.

**GENTLEMAN'S FACIAL, 60 MINUTES**

Deeply cleanses, hydrates and moisturizes the skin, whilst combating the signs of aging.

**EXPRESS FACIAL, 30 MINUTES**

A cleansing and exfoliating treatment followed by a face mask. Choose from: Nourishing, Purifying or Sensitive Mask.

**SIX SENSES SIGNATURE SCRUBS, 45 MINUTES**

**Calming** - this jojoba scrub, infused with chamomile and lavender essences, is ideal for sensitive skin.

**Clarity** - ideal for combination and oily skin, this scrub uses crushed coconut shell with orange and rosemary essences.

**Vitality** - this rice grain scrub, infused with ylang-ylang and patchouli essences, is ideal for all skin types.

**SIX SENSES SIGNATURE WRAPS, 75 MINUTES**

**Body Refiner** - ideal for sensitive skin, this gentle wrap uses jojoba and white clay to exfoliate the skin and a richly scented moisturizer to replenish essential moisture.

**Body Toner** - a balancing wrap using ground jasmine and rice to exfoliate the skin. Pink clay and uplifting plant essences, blended with peppermint and lemon firm the skin while improving circulation.

**Detoxifier** - ideal after long periods of traveling, this treatment involves skin exfoliation with a crushed coconut shell, followed by the application of green clay to expel impurities.

**NATURAL SUNBURN SOOTHER, 60 MINUTES** 

This hydrating and soothing treatment brings together the healing benefits of Aloe Vera and cucumber to soothe the skin after sun exposure. It includes foot acupressure or scalp massage.





#### CHAKRA BALANCING, 20 MINUTES

Release blockages and improve the flow of energy throughout the body with this balancing treatment, using gem 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, 60 MINUTES

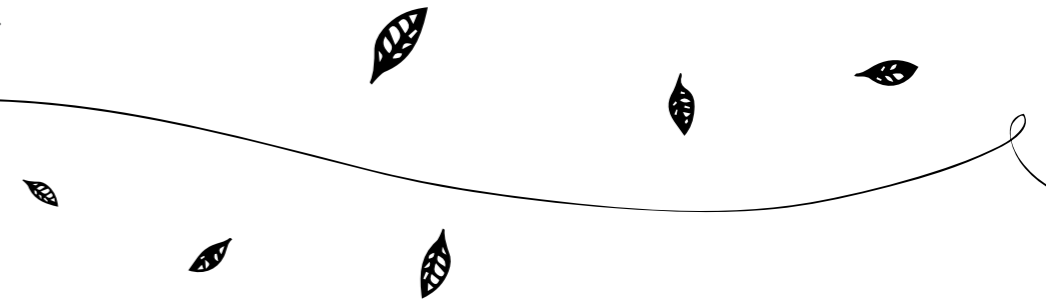
Release tension and energy blockages with this ancient healing method promoting physical, emotional, mental and spiritual well-being.

#### YOGIC INTESTINAL CLEANSE, 90 MINUTES

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

#### WATSU, 60 MINUTES

A profoundly moving and relaxing aquatic therapy, combining therapeutic benefits of warm water with elements of muscle stretching, shiatsu, yoga and meditation.



# AYURVEDA RITUALS





**AYURVEDIC CONSULTATION, 45 MINUTES**

A personal consultation with an in-house Ayurvedic doctor to determine your constitution or 'dosha' type, including treatment and dietary advice.

**ABHYANGA, 60 MINUTES**

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

**KATI VASTI, 45 MINUTES**

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

**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**

*Abhyanga  
Shirodhara*

**PURITI DETOX, 3 DAYS**

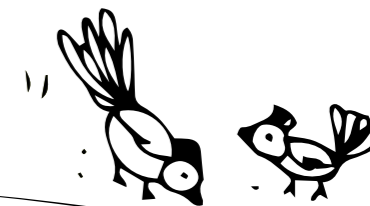
Set off on a path towards a healthier lifestyle with a three-day detox program combining specialist treatments with wellness cuisine and cleansing juices, Thai herbal supplements, fitness and yoga.  
*Bookings are required one day prior to the desired start date.*

**ROMANCE JOURNEY, 2 HOURS 30 MINUTES**

*Thai Herbal Steam  
Six Senses Signature Massage  
Personalized Facial  
Six Senses product to take home*

**SENSORY SPA JOURNEY, 90 MINUTES**

Two therapists perform a facial ritual and body aroma massage in unique synchronicity for this deeply relaxing signature experience, complemented with a soothing footbath and scalp massage to induce a deep sense of calm.



# BEAUTY/ FITNESS



NAIL POLISH APPLICATION, 30 MINUTES

SPA MANICURE, 60 MINUTES

SPA PEDICURE, 60 MINUTES

EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

*Waxing, tinting, eyebrow shaping and hair services are available on request.*

PERSONAL FITNESS TRAINING, 60 MINUTES

FIT BALL DETOX, 60 MINUTES



# SPA ETIQUETTE



### SPA OPENING HOURS

Daily 8:00 am to 9:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please dial ext. 7803 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 villa 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 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

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 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.

### 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.





## TREATMENTS

## DURATION/MINUTES

## PRICE/THB

### MASSAGE THERAPIES

#### Six Senses Signature Massages:

<i>Deep Tissue / Detox</i>	90	7,800
<i>Energizer / Holistic</i>	60/90	5,800/7,800
Oriental Massage	60/90	5,800/7,800
Jet Lag Recovery	90	7,800
Thai Massage	60/90/120	5,500/7,400/9,000
Thai Herbal Massage	90	8,000
Indian Head Massage	60	5,800
Foot Acupressure	60	5,600
Himalayan Singing Bowl Massage	60/90	6,500/8,600
Lymphatic Drainage	60	5,600
Pregnancy Massage	60/90	6,000/8,000
Express Massage	30	3,000

### FACIAL THERAPIES

#### Six Senses Signature Facials:

<i>Nourishing Facial</i>	75	6,600
<i>Purifying / Soothing</i>	60	5,800
Anti-Aging Facial	60	5,800
Gentleman's Facial	60	5,500
Express Facial	30	3,000

### BODY TREATMENTS

Six Senses Signature Scrubs:	45	4,500
<i>Calming/Clarity/Vitality</i>		
Six Senses Signature Wraps:	75	6,900
<i>Body Refiner/Body Toner/Detoxifier</i>		
Sunburn Soother	60	5,800

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

## TREATMENTS

## DURATION/MINUTES

## PRICE/THB

### WELLNESS THERAPIES

Chakra Balancing	20	2,500
Chi Nei Tsang	30/60	3,000/5,700
Reiki	60	5,500
Yogic Intestinal Cleanse	90	7,200
Watsu	60	5,800

### AYURVEDA

Ayurvedic Consultation	45	complimentary
Abhyanga	60	7,800
Kati Vasti	45	5,500
Shirodhara	60	8,500

### RITUALS

Ayurvedic Experience	90	12,000
Puriti Detox Program	3 days	16,000
Romance Journey	2 hrs 30 mins	23,800 for two
Sensory Spa Journey	90	12,950

### BEAUTY

Nail Polish Application	30	2,000
Spa Manicure	60	4,000
Spa Pedicure	60	4,000
Express Manicure	30	2,500
Express Pedicure	30	2,500

*Waxing, tinting, eyebrow shaping and hair services available on request.*

### FITNESS

Personal Fitness Training	60	5,000
Fit Ball Detox	60	5,500

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





## JUNIOR SPA MENU

### **JUNIOR MASSAGE, 30 MINUTES/THB 3,000**

A soothing full body massage with hydrating organic coconut oil prepared by Six Senses spa team.

### **JUNIOR FACIAL, 30 MINUTES/THB 3,000**

Young skin needs gentle care and this facial is formulated to assist the skin's natural ability to function in perfect harmony, with a natural and gentle blend of products from the spa garden.

### **PRETTY HANDS & FEET, 60 MINUTES/THB 3,500**

Enjoy having nails shaped, followed by a foot and hand scrub and nail polish application.

### **MOTHER & DAUGHTER, 90 MINUTES/THB 12,000**

Spend some relaxing time together and indulge in a honey and oatmeal scrub followed by a relaxing full body massage, using homemade organic coconut oil. Alternatively, try the honey and yoghurt facial mask with cucumber eye soother followed by manicure and pedicure, including nail polish.

### **FATHER & SON, 90 MINUTES/THB 9,500**

Unwind after an active day with a full body soothing massage followed by a scalp massage, using homemade organic coconut oil.

*These treatments are specifically designed for the young adult and products have been carefully selected to ensure that they are perfect for their young skin.*

*Appointments are available during spa operating hours and a parent should be present in the room throughout the treatment.*

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

## SIX SENSES SPA AT SONEVA KIRI

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