



SIX SENSES SPA

KUNFUNADHOO

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

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, 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, 45 minutes

This reviving back massage relieves muscle tension.

Holistic, 60/90 minutes 

A soothing massage designed to evoke deep relaxation.

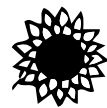
AYURVEDA AROMATHERAPY

-ABHYANG FUSION, 75/105 MINUTES

Calming, detoxifying and rejuvenating, this full body Ayurveda Aromatherapy treatment expertly merges Ayurveda, aromatherapy, marma massage, reflexology, remedial techniques, lymphatic drainage and chakra balancing. Using rich aromatic blends, this treatment is recommended for detoxification, better sleep, strengthening of muscles and joints, reducing the signs of cellulite or as a jetlag relief. *Using Subtle Energies.*

HOT STONE MASSAGE, 90 MINUTES

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



JET LAG RECOVERY, 90 MINUTES

This rebalancing treatment revives circulation, releases muscle tension and resets the internal clock by combining a full body massage with exclusively-blended aromatherapy oils, with a head massage and a Six Senses herbal tea.

PREGNANCY MASSAGE, 60 MINUTES 

Reduce 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.

BALINESE MASSAGE, 60/90 MINUTES

This traditional Balinese massage reawakens the senses and induces a complete state of calm, combining acupressure and skin rolling with firm but smooth massage strokes.

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 deeply relaxing treatment involves the application of pressure to reflex points on the feet helping to restore the body to a healthy balance.



FACIALS
BODY TREATMENTS
WELLNESS THERAPIES



SIX SENSES SIGNATURE FACIALS,
60/90 MINUTES 

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

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

Soothing - calms sensitive and irritated skin with soothing plant extracts and flower essences.

AYURVEDA AROMATHERAPY
-MUKHA CHIKITSA, 75 MINUTES

Purify, hydrate and nourish the skin with this holistic facial treatment, using a blend of rare ingredients such as *mogra* (fragrant flower of South Asia), saffron and rose with anti-aging and relaxing properties enjoyed by the nobility of ancient India and Persia. An aromatic hand and arm ritual is followed by a complete facial cleanse and exfoliation. The treatment includes a hydrating oil mask, together with a deep facial marma massage to rejuvenate on a physical, mental and emotional level. *Using Subtle Energies.*



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 crushed coconut shell, followed by the application of green clay to expel impurities.

GENTLEMAN'S FACIAL,
75 MINUTES (INCLUDING BACK MASSAGE)

Deeply cleanses and hydrates the skin, whilst combating the signs of aging brought on by stress.

ISLAND KAASHI SCRUB, 60 MINUTES 

This rejuvenating, locally inspired treatment uses a natural coconut body scrub to gently exfoliate the skin. Coconut oil is then applied to the entire body, leaving the skin glowing and moisturized.

SIX SENSES SIGNATURE SCRUBS, 45 MINUTES

Calming - this jojoba scrub, infused with Roman 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.

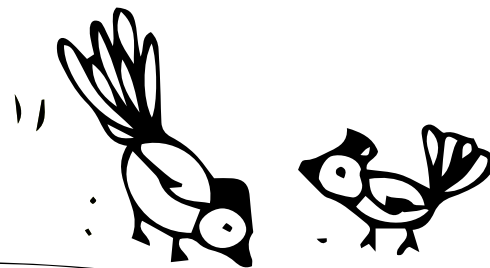
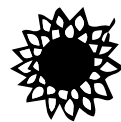
**AYURVEDA AROMATHERAPY – SHIRODHARA,
75 MINUTES**

A stress-releasing treatment during which warm oil is poured over the third eye, forehead and temples to soothe and calm the nervous system. It assists with treating stress, skin conditions and insomnia, while also enhancing emotional balance. The experience starts with a facial marma massage, with Subtle Energies' enriching facial blend, enhancing the benefits of the traditional experience and giving the complexion a fresh and youthful glow.

Using Subtle Energies.

REIKI, 45/ 60 MINUTES

An ancient healing method promoting physical, emotional, mental and spiritual well-being by releasing tension and energy blockages.



AYURVEDA



AYURVEDA

ABHYANGA, 60/90 MINUTES

This popular body massage reduces signs of aging, relieves fatigue, induces sleep, and strengthens the skin and the immune system.

ABHYANGA AND SHIRODHARA, 120 MINUTES

A traditional Ayurvedic massage using warm herbal medicated oil to relieve fatigue, improve sight, induce sleep, strengthen the skin and promote longevity. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland enhancing emotional balance and well-being.

ANCIENT MARMA MASSAGE, 60 MINUTES

Based on an ancient family tradition, the fundamentals of this Ayurveda treatment are based on balancing the marma points, also called vital energy points. The treatment includes body stretching, shaking and acupressure of the marma points.

KATI-VASTI, 60 MINUTES

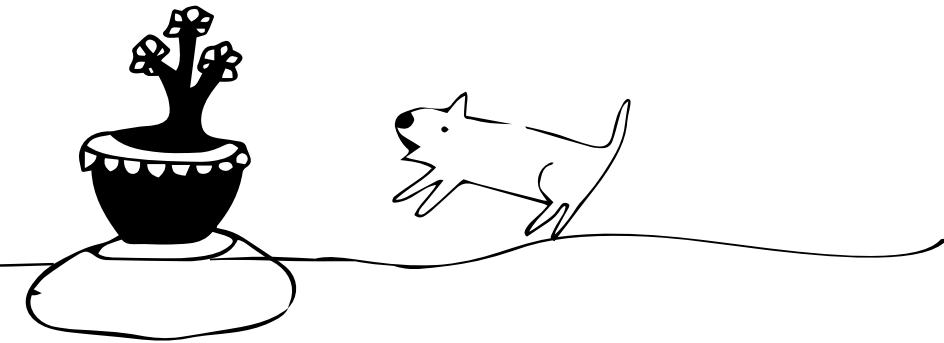
A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti promotes muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

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.

UDVARTANA, 90 MINUTES

Promoting digestion, healthier skin, firmer muscle tone, increased circulation and a breakdown of cellulite, this treatment combines a full body massage with the use of medicinal powders to energize the body.



BEAUTY



HAIR HYDRATION, 45 MINUTES

Rehydrate hair and scalp with this relaxing treatment combining a scalp massage using nutrient-rich oil with a Shea butter hair mask.

MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

Waxing, tinting and eyebrow shaping upon request.



SPA ETIQUETTE



SPA OPENING HOURS

Wed – Mon 9:00 am to 9:00 pm
Tue 9:00 am – 6:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please press the 'spa' button as marked on your telephone or ask your Mr or Miss Friday for assistance. 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 booking the steam and experience shower, 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

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.





TREATMENT

DURATION/MINUTES

PRICE/USD

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue/Detox</i>	90	250
<i>Energizer</i>	45	155
<i>Holistic</i>	60/90	165/ 195
Ayurveda Aromatherapy-Abhyang Fusion	75/105	195/250
Hot Stone Massage	90	250
Jet Lag Recovery	90	250
Pregnancy Massage	60	165
Balinese Massage	60/90	165/195
Indian Head Massage	60	155
Foot Acupressure	60	140

FACIALS

Six Senses Signature Facials:	60/90	175/195
<i>Nourishing/Purifying/Soothing</i>		
Ayurveda Aromatherapy-Mukha Chikitsa	75	210
Gentleman's Facial (including Back Massage)	75	210

BODY TREATMENTS

Island Kaashi Scrub	60	165
Six Senses Signature Scrubs:	45	145
<i>Calming/Clarity/Vitality</i>		
Six Senses Signature Wraps:	75	195
<i>Body Refiner/Body Toner/Detoxifier</i>		

Prices are subject to 12 percent government tax and 10 percent service charge.

TREATMENT

DURATION/MINUTES

PRICE/USD

AYURVEDA

Abhyanga	60/90	195/220
Abhyanga and Shirodhara	120	320
Ancient Marma Massage	60	290
Kati-Vasti	60	145
Shirodhara	60	195
	course of 7 treatments	1,220
Udvaartana	90	220

WELLNESS THERAPIES

Ayurveda Aromatherapy - Shirodhara	75	185
Reiki	45/60	160/185

BEAUTY

Hair Hydration	45	150
Manicure	60	120
Pedicure	60	120
Nail Polish Application	30	50

Waxing, tinting and eyebrow shaping upon request.

Prices are subject to 12 percent government tax and 10 percent service charge.





WELLNESS ACTIVITIES

YOGA FOR YOUR DOSHA, 90 MINUTES / USD 195

One-on-one consultation will identify your dosha (body type) and this information is then used in devising a personalised yoga, pranayama and meditation program to balance the body and mind.

GENTLE YOGA, 60 MINUTES / USD 150 PER PERSON, USD 195 PER COUPLE

Ideal for beginners, this gentle session introduces practitioners to simple yoga techniques and prepares the body and mind for a more advanced level of asanas and meditation. It is ideal for relieving stiffness, muscular tension, stimulating blood flow and promoting overall well-being.

HATHA YOGA, 90 MINUTES / USD 195 PER PERSON, USD 230 PER COUPLE

Suitable for more advanced practitioners, classic and static yoga poses performed in this class have a profound effect on the body and mind, creating strength and endurance, improving circulation and energy flow, cleansing the organs and expanding muscles and joints. It concludes with a short relaxation session.

PRANAYAMA, 60 MINUTES / USD 150 PER PERSON, USD 195 PER COUPLE

Prana (life force) Yama (control) utilizes breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.

Prices are subject to 12 percent government tax and 10 percent service charge.



PREGNANCY YOGA, 60 MINUTES / USD 150 PER PERSON

Conducted in a calm and peaceful environment, this private class enables expectant mothers cultivate breath awareness and strengthen the body in preparation for child birth. It also offers the opportunity to connect with the baby, strengthen the birthing muscles, improve sleep, aid digestion, exercise the spine and increase overall comfort.

YOGA NIDRA, 45 MINUTES / USD 120 PER PERSON, USD 165 PER COUPLE

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

SOHAM BREATH AWARENESS, 45 MINUTES / USD 120 PER PERSON, USD 165 PER COUPLE

In this practice one remains aware of breath and passage of prana (energy) followed by the repetition of the spontaneous inherent mantra of breath - Soham. This practice of meditation enables practitioners to experience inner bliss and joy, and awakening of energy centers in the body.

YOGIC INTESTINAL CLEANSE, 100 MINUTES / USD 220 PER PERSON

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.

3-14 day Yogic Programs are available on request and are tailored specifically to your needs.

Prices are subject to 12 percent government tax and 10 percent service charge.

SIX SENSES SPA AT SONEVA FUSHI

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