



SIX SENSES SPA

Ayurvedic Program

Ayurveda is the ancient Indian science dating back over 4000 years that literally translated from Sanskrit means “the science of LIFE”. It considers the whole person, body, mind and spirit in a most holistic and natural manner. A series of synchronized traditional Ayurvedic therapies, which have been practiced for thousands of years combining with Ayurvedic Dosha Specific Cuisine and lifestyle tips which will reduce stress, improve sleep and delay the ageing process.

Inclusions	5 nights	7 nights	10 nights	14 nights	21 nights
Ayurvedic Consultation	1	1	2	2	2
Abhyanga Massage (60 mins)	2	3	4	6	8
Pranayama per villa (60 mins)	1	1	2	3	4
Udwarthana Powder Massage (60 mins)	1	1	2	3	5
Choornaswedana (60 mins)	1	1	2	3	5
Yoga Nidra (60 mins)	1	1	2	3	4
Kati Vasti (60 mins)	0	1	1	2	4
Signature Facial (60 mins)	1	1	1	2	2
Shirodhara (60 mins)	1	2	2	3	5
Personalised Yoga per villa (60mins)	1	2	2	4	5
Debriefing about Lifestyle	1	1	1	1	1
Price per person spa only for upgrade	\$1,420	\$2,105	\$2,845	\$4,540	\$6,994
Price per 2 people spa only for upgrade (sharing a villa)	\$2,513	\$3,753	\$5,037	\$7,969	\$11,905

About the practitioner

Dr Amit is a highly qualified Ayurvedic Doctor and Wellness Consultant from Goa, the Western region of India. Having explored many avenues within Ayurveda and other Holistic Spa therapies in past decade, Dr Amit provides consultations introducing Ayurveda, diagnosing your body type or dosha. Exploring your physical, mental and emotional health, to recommend treatments, exercise, activities and dietary advice that will help bring more balance, energy and peace of mind.

Prices are quoted in US dollars and include tax and service charge.

Six Senses Spa at Soneva Kiri

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