



SIX SENSES SPA

Weight Loss

Your journey to achieving your ideal weight will begin during your stay, with this programme addressing the physical and emotional challenges associated with weight loss. Our wellness team will evaluate your current health, provide guidance with your personal fitness schedule and make recommendations on nutrition and positive lifestyle changes for you to enjoy long into the future.

Inclusions	7 nights	10 nights	14 nights	21 nights
Wellness consultation (60 mins)	1	1	2	2
Consultation with Chef (30 mins)	1	1	2	2
Personal Fitness Training (60 mins)	3	5	8	11
Detox Massage (60 mins)	1	2	3	5
3-day Puriti Detox Program or Yogic Intestinal Wash	1	1	1	1
Detoxifier Signature Wrap (90 mins)	1	2	3	3
Detoxifying Coffee Scrub (30 mins)	-	1	2	2
Hot Stone Massage (90mins)	-	1	2	3
Personalised Yoga per villa (60mins)	2	3	4	6
Pranayama per villa (60 mins)	1	2	3	4
Purifying Facial (60 mins)	0	1	2	2
Body Composition Analysis & Lifestyle Recommendations (60 mins)	1	1	1	1
Udwarthana (45 mins)	2	2	3	4
Abhyanga (60 mins)	2	3	3	4
Choornaswedana (50 mins)	1	2	3	4
Briefing about Lifestyle	1	1	1	1
Price per person spa only for upgrade	\$2,372	\$3,667	\$4,940	\$6,770
Price per 2 people spa only for upgrade (sharing a villa)	\$4,070	\$6,352	\$8,675	\$11,450

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

110 Moo 4, Koh Kood Sub-District, Trat 23000, Thailand

T: +66 039 619 834 | E-mail: reservations-kiri-spa@sixsenses.com | www.SixSenses.com