



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, 60/90 MINUTES**

*Deep Tissue* - 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* - 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* - relieve muscle tension with this reviving upper body massage.

*Holistic* - this soothing massage uses long and flowing movements to evoke deep relaxation. 

**HIMALAYAN SINGING BOWL MASSAGE, 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.

**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.

**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.



**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**

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.

**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.

**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.



Suitable for pregnancy



Locally-inspired



Suitable for pregnancy



FACIALS  
BODY TREATMENTS  
WELLNESS THERAPIES



**SIX SENSES SIGNATURE FACIALS, 60 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 treatment 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. 

**ANTI-AGING 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.

**MEN'S ESSENTIAL FACIAL, 60 MINUTES**

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

**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 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.

**SIX SENSES SIGNATURE WRAPS, 60 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.



**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.







#### 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 JOURNEY, 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.

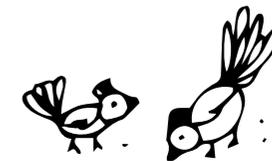
#### HERBAL EXPLORER, 120 MINUTES ✿

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 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

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.





## JUNIOR SPA EXPERIENCES

### JUNIOR MASSAGE, 30 MINUTES/THB 900

Let that hard day of fun and play be eased away with a soothing massage using hydrating coconut oil.

### JUNIOR FACIAL, 30 MINUTES/THB 900

Delicate skin needs gentle care and this facial is formulated to enhance and create total balance. It uses only natural ingredients from the organic spa garden.

### PRETTY HANDS & FEET, 60 MINUTES/THB 950

Nail shaping is followed by a foot and hand scrub and nail polish application.

### OATMEAL & HONEY BODY SCRUB, 30 MINUTES/THB 950

Remove surface impurities with a gentle exfoliation using oatmeal and honey. This treatment also restores natural levels of skin hydration.

*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.*



## TREATMENTS

## DURATION/MINUTES

## PRICE/THB

### MASSAGES

Six Senses Signature Massages: <i>Deep Tissue/Detox/Energizer/Holistic</i>	60/90	1,800/2,300
Himalayan Singing Bowl Massage	90	2,500
Indian Head Massage	60	1,800
Foot Acupressure	60	1,800
Express Massage	30	950
Hot Stone Massage	90	2,500
Jet Lag Recovery	90	2,500
Pregnancy Massage	60/90	1,800/2,300
Oriental Massage	90	2,300
Thai Massage	90	1,800
Thai Herbal Compress	90	2,500

### FACIALS

Six Senses Signature Facials: <i>Nourishing/Purifying/Soothing</i>	60	1,700
Anti-aging Facial	60	1,700
Men's Essential Facial	60	1,700
Express Facial	30	950

### BODY TREATMENTS

Six Senses Signature Scrubs: <i>Calming/Clarity/Vitality</i>	45	1,700
Six Senses Signature Wraps: <i>Body Refiner/Body Toner/Detoxifier</i>	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

### RITUALS

A Touch of Nature	2 hrs 30 mins	4,000
Couples Journey	2 hrs 30 mins	7,700
Herbal Explorer	120	3,200
Puriti Detox Program	3 days	14,500

### BEAUTY

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

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

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

