



SIX SENSES SPA
GSTAAD

THE ALPINA
GSTAAD

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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, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Detox, 60 minutes - an energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicon cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

THAI MASSAGE, 60 MINUTES

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

SHIATSU, 60 MINUTES

Restore natural balance and well-being with this invigorating full body massage, using the application of pressure along the meridians to release blocked energy.

FACIALS



MEN'S SKIN FITNESS FACIAL, 60 MINUTES

Ideal for combination to oily skin, this facial begins with a scrub to eliminate impurities, leaving the skin smooth and refreshed. Dr. Burgener's Purity Lotion and Intensive Purity Mask tighten dilated pores and balance sebum excess. *Using Dr. Burgener.*

SWISS ANTI-AGING JEWEL, 60 MINUTES

This deeply cleansing facial starts with bamboo peeling followed by a rejuvenating massage and the application of a nutrient-rich serum. Extracted directly from the Alpine hives, the nourishing royal jelly is applied as a mask, adding that extra dose of vitamins and trace elements that turn back the hands of time. *Using Dr. Burgener.*

Add to any of the above facials from Dr. Burgener:

VITASKIN ULTRASOUND, 30 MINUTES

The VitaSkin ultrasound uses acoustic waves of different frequencies to improve skin conditions and slow down the aging process. It helps reduce dilated pores, remove impurities from the deeper layers, improve skin elasticity and lighten discolorations, leaving your complexion firm and moisturized. *Using Dr. Burgener.*

DERMABRASION, 20 MINUTES

This personalized mechanical micro-peeling and exfoliation system penetrates deep into the layers of the skin, leaving it smooth and without irritations. Ideal for treating hyper pigmentation, wrinkles and other skin imperfections. *Using Dr. Burgener.*

LUXURY GREEN CAVIAR ADVANCE FACIAL, 90 MINUTES

Ideal for skin that needs a regenerative boost, this facial uses the VitaSkin ultrasound, an intense dose of green caviar and gold trace elements to repair and boost the complexion. *Using Dr. Burgener.*

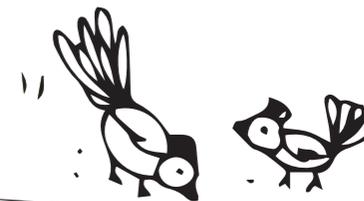
DIVINE FACE, 60 MINUTES

An uplifting facial targeting specific energy points to remove tension and toxins, stimulate the flow of energy and restore beautifully glowing skin. *Using ila.*

PERSONALIZED FACIAL, 60/90 MINUTES

This bespoke facial is designed to suit your skin type and skincare concerns, using products and techniques best suited to deliver desired results.

Using Biologique Recherche.



SECOND SKIN, 60 MINUTES

A genuine alternative to fillers, this exceptional anti-aging facial visibly lifts and treats the signs of aging, while accelerating the healing process. The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour. *Using Biologique Recherche.*

SOIN CRYO 3R, 90 MINUTES

Ideal for mature or damaged skin, this rejuvenating booster uses cryo-sticks to reduce skin temperature and encourage renewal, regeneration and repair. It uses highly active ingredients with powerful firming and lifting properties, and the Remodeling Face machine, leaving the skin visibly smooth, plump and radiant. *Using Biologique Recherche.*

OXYGENATING FACIAL, 60 MINUTES

This luxurious oxygenating and balancing ritual combines micro-exfoliation, oxygenation and bio-energy massage, leaving the skin glowing with health just after one treatment. *Using Biologique Recherche.*

Add to any facial or body treatments:

OCULAR ILLUMINATION, 30 MINUTES

This revitalizing and cooling treatment focuses on diminishing fine lines, puffiness and dark circles in the delicate eye area. *Using Dr. Burgener.*

ANTI-AGING EYE PATCHES

Reduce puffiness and fine lines with this hydrating treatment using marine collagen to hydrate and soothe the under-eye area. *Using Biologique Recherche.*

LIP REPLUMPING

A regenerative cure is highly concentrated in collagen to nourish, hydrate, smooth and re-plump the lips. *Using Biologique Recherche.*



BODY TREATMENTS



VELASHAPE, 45 MINUTES

Contours, tones and reduces the appearance of cellulite by combining vacuum, infrared light and radiofrequency with a roller massage. Suitable for all skin types.

AMETHYST WRAP, 90 MINUTES

This pearl and jasmine Himalayan salt crystal scrub restores vitality and energy levels, mental clarity, strength and a sense of well-being. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation and cell growth. *Using ıla.*

BIORHYTHMS, 120 MINUTES

Restore the body's natural biorhythms and deeply relax the nervous system with this powerful treatment including an ionizing energy scrub and mud wrap, and a soothing face massage. It concludes with a kundalini back massage. Ideal as part of a weight loss program and excellent for treating jet lag. *Using ıla.*

INSTANTLY DETOXIFYING SCRUB, 30 MINUTES

This energizing full-body scrub targets cellulite, stress and fatigue. Drawing on the ionizing properties of Himalayan salt crystals, it stimulates circulation and eliminates toxins, uplifts the mind, body and spirit. *Using ıla.*

MANIPURA BODY TREATMENT, 90 MINUTES

Calming and detoxifying treatment starting with an energizing Himalayan crystal scrub which is followed by a full body massage to stimulate the lymphatic and circulatory system. Toxins and fatigue are eliminated, while the mind and body are restored to natural vibrant energy. Assists with calming anxiety and digestive disorders. *Using ıla.*

KARUNA KAYA DEEP TISSUE TREATMENT, 90 MINUTES

This therapeutic and corrective treatment releases deeply-held patterns of tension, removes toxins and soothes muscles. ıla's Muscle Release Serum warms the areas which need relaxing and releases sore muscles. Vital Energy Body Oil made of juniper berry and lemongrass induces the detoxifying process, while slow strokes with the fingers, thumbs and elbows reach the deeper layers of the muscles. *Using ıla.*

DETOXIFYING TREATMENT WITH SEAWEED, 90 MINUTES

Detoxify, revive and oxygenate the skin with this energizing massage and wrap. Its thermal effect releases marine active ingredients that remineralize, tone and purify the body, leaving the skin feeling smoother. *Using Biologique Recherche.*

SLIMMING BOOSTER, 90 MINUTES

This slimming treatment features a massage using essential oils and botanical complexes to improve the firmness of the skin and microcirculation. The effects of the active ingredients are amplified with a heated blanket. Lastly, a modelling massage with suitable creams prolongs the benefits of the treatment. *Using Biologique Recherche.*

CHARDONNAY ANTIOXIDANT RITUAL, 120 MINUTES

This ritual uses chardonnay grape seed extracts which have powerful anti-aging properties. The body scrub and wrap are followed by a massage using champagne, leaving skin glowing and rejuvenated. *Using Dr. Burgener.*

HYDRATING SWISS MILK, 60 MINUTES

This nourishing body wrap uses powerful casein found in Swiss milk together with a three-clay elixir to hydrate the skin. Results are enhanced with the addition of Dr Burgener active anti-aging body concentrate. *Using Dr. Burgener.*

Add to any body treatments:

ANTI-C WITH MAGIC GLOVE, 20 MINUTES

Visibly improves the appearance of cellulite and reduces the orange peel effect, leaving skin toned, smoother and firmer. *Using Biologique Recherche.*

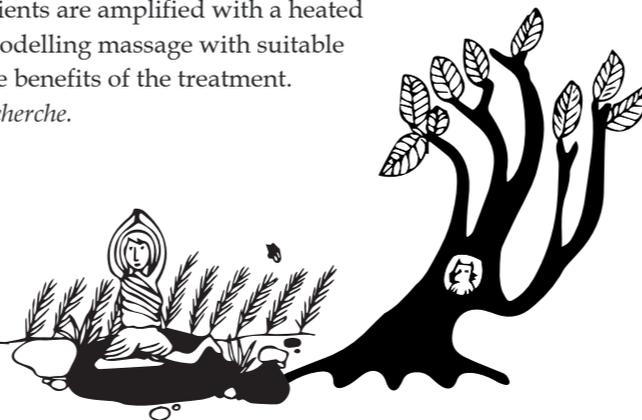
BELLY DETOX MASSAGE, 20 MINUTES

This massage with essential oils and botanic complexes stimulates circulation and eliminates toxins and fats, while regenerating tissues. Ideal for combating engorgement and water retention. *Using Biologique Recherche.*

LEGS RITUAL, 30 MINUTES

This treatment uses Crème Défatigante which is rich in stimulating and toning essential oil. Light ascending movement techniques are combined with thermal effects, leaving your legs feeling light and refreshed. *Using Biologique Recherche.*

Book a course of eight facial or body treatments and receive an extra treatment complimentary.



WELLNESS THERAPIES



TIBETAN HEALING

This holistic system healing encompasses all areas of life. It believes in the wholeness and interdependence of the body, mind and nature, and that the five elements of earth, fire, water, air and space are the common and fundamental principles shared by the body. Together, they produce three humors – wind, bile and phlegm – and when balanced, they bring equilibrium to one's health.

PERSONAL CONSULTATION, 60 MINUTES

It is recommended that you start with a personal consultation with a qualified Tibetan Medicine Amchi-Naturopath which includes visual assessment, pulse reading and a questionnaire, enabling the practitioner to identify your body constitution and suggest a selection of treatments and lifestyle adjustments.

The complementing treatments address the physical and energy levels using hot stones, poultices, moxibustion and cupping to rebalance and rejuvenate the body and mind.

One or a series of the following treatments are recommended to address your specific concerns:

TIBETAN SPACE ELEMENT MASSAGE, 60 MINUTES

TIBETAN SINGING BOWLS, 60 MINUTES

MOXIBUSTION, 30 MINUTES

CUPPING, 30 MINUTES

HOR-ME THERAPY, 75 MINUTES

FOMENTATION AND MASSAGE, 90 MINUTES

KU NYE MASSAGE, 75 MINUTES

**WELLNESS SCREENING, 60 MINUTES**

A personal consultation during which we measure key physiological biomarkers of health, including body composition, metabolism, oxygen distribution, heart function and circulation, as well as stress parameters. Based on the results, a wellness program is recommended to your specific needs.

CHAKRA BALANCING WITH ABSOLUTE WELLNESS, 90 MINUTES

Balance your chakras with a full body massage using crystals and gems.

REIKI/ENERGY HEALING, 60 MINUTES

These healing treatments promote physical, emotional, mental and spiritual well-being by releasing tension and energy blockages.

COLONIC CLEANSING, 60 MINUTES

A cleansing treatment to help the body expel unnecessary waste and toxins, boosting the immune system and inducing a sense of lightness.

COLONIC REJUVENATION, 120 MINUTES

Release blocked waste and toxins with this detox journey combining a colonic cleansing treatment with a colon massage.

COUPLES HAMMAM, 90 MINUTES

Unwind together with this traditional Turkish experience combining cleansing and invigorating treatments, whilst inducing deep relaxation. *Includes: Hair & Scalp Cleansing, Refreshing Body Cleanse, Moroccan Mask, Hammam Steam, Kese Scrub and Massage with Stretching.*



BEAUTY FITNESS



MANICURE, 60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

PEDICURE, 60 MINUTES

MOVEMENT EFFICIENCY TEST BY FUSIONETICS,
45 MINUTES

PERSONAL FITNESS TRAINING, 30/60 MINUTES

PADDLE, 60 MINUTES



SPA ETIQUETTE



SPA OPENING HOURS

Daily: 7:00 am to 9:00 pm

Treatment time: 10:00 am to 8:00 pm

Children are welcome to use spa facilities from 7:00 am to 6:00 pm

EXTERNAL GUESTS AND DAY SPA ADMISSIONS

Daily: 9:00 am to 9:00 pm upon request and availability

Children are welcome to use spa facilities from 9:00 am to 4:00 pm

FITNESS CENTER

Guests must be older than 16 years to use the gym.

CHILDREN

We love children; however, we recommend that all children under 16 years are accompanied by an adult when using spa facilities. Young guests, 13 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

SPA RESERVATIONS

For spa enquiries or reservations, please dial the spa button as marked on your telephone display or call the spa directly. 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 using Six Senses Spa facilities prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 30 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

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 hotel. Otherwise, major credit cards or cash are accepted at the spa reception. All treatments include VAT of 8 percent.



