



## SIX SENSES VANA ELEVATION MENU

Boost the impact of your stay with optional extras such as Subtle Energies treatments, acupuncture, reflexology, natural alignment, or a mani-pedi.



## AYURVEDA

### AYURVEDIC CONSULTATION, 45 MINUTES/INR 8,000

Restore your natural balance by working with an Ayurvedic Doctor to understand your dosha and current state of imbalance. With a personalized program, you will be set on a path to reset while you are with us and learn how to maintain that balance when you go back home.

### KAIUZICHIL, 60 MINUTES/INR 9,500

A therapeutic oil-based Ayurveda body massage, in which your therapist will use firm hand pressure to work on your vital points (marmas) and alignment using medicinal oil, moving you towards energetic balance.

### ABHYANGA, 60 MINUTES/INR 14,000

An Ayurvedic full-body four handed massage, where two therapists treat you with Ayurvedic oil suiting your constitution using synchronized, free-flowing strokes to relieve fatigue and rejuvenate your senses.

### SHIROBHYANGA, 60 MINUTES/INR 9,500

A mind-lifting head, neck, and shoulders, using firm hand pressure to improve your energy channels and work on your vital points in the upper body and mind.

### PADABHYANGA, 60 MINUTES/INR 9,500

A grounding foot massage using Ayurvedic oils to relieve tension on your foot and lower leg. Padabhyanga is most relaxing and stress relieving procedure. It helps to ease fatigue and promoting sleep.

## TIBETAN MEDICINE

### SOWA RIGPA CONSULTATION, 45 MINUTES /INR 8,000

Six Senses Vana is one of the few places where you can access alumni of the Men-Tsee-Khang who offer authentic Sowa Rigpa diagnostic and treatment methods that embrace your well-being in its entirety.

### KU NYE, 60 MINUTES/INR 9,500

Walk in and float out with this ideal nurturing treatment to help you settle after a long journey using therapeutic oils prepared as prescribed in ancient Tibetan medicine texts. It reduces physical and mental stress and eases lethargy.

### GOM MEDITATION, 45 MINUTES/INR 8,000

Gom is the Tibetan word for meditation, which means to become familiar with a mental habit. Learn to find the sweet spot between concentration and relaxation, starting with a gentle breathing exercise and concluding with a mantra to induce compassion, patience, and awareness. Let the good vibes flow.



# NATURAL HEALING THERAPIES, FOR YOUR BODY AND MIND



*Elevate your Six Senses Vana experience through the ancient healing practices offered by practitioners with profound intuition.*

## **FIVE ELEMENTS ACUPUNCTURE, 60 MINUTES/INR 14,000**

Step into the realm of acupuncture as you go on a personal journey to activate your energy center, release blockages, and strengthen the immune system. The acupuncture points on your body are carefully chosen to achieve maximum therapeutic effect.

## **SKIN REJUVENATION ACUPUNCTURE, 30 MINUTES/INR 9,500**

This facial treatment nourishes underlying tissues, enhances collagen and elastin production, and reduces the appearance of wrinkles and fine lines.

## **REFLEXOLOGY, 60 MINUTES/INR 14,000**

Settle back and let an expert master remove stubborn energy blocks and improve organ functions as they work through the median lines on your feet.

## **SOUND HEALING, 60 MINUTES/INR 12,000**

From chanting to singing bowls, gongs and bells, sound has an ancient kinship with meditation and healing. Give yourself to this treatment and allow the sound waves to rebalance body and mind.

## **NATURAL ALIGNMENT, 60 MINUTES/INR 9,500**

Modern life leaves our body hunched in ways that are unnatural and, over time, harmful. Reset your alignment to improve your posture, enhance your range of movement and agility, and assist the healing process following injury.

## **WATSU, 60 MINUTES/INR 14,000**

Held by a specialist in the warmth of the Watsu pool, the experience is like nothing else. It combines energy healing, massage, and stretching techniques while you float weightlessly on the surface of water. Some compare it to rebirthing, others feel like they are flying through the water.





# TREATMENTS

## FOR YOUR BODY

### SWEDISH, 60/90 MINUTES INR 9,500/13,000

Combining flowing, rhythmical, and medium pressure movements on specified areas of concern to improve circulation and lymphatic flow and soothe the nervous system.

### DEEP TISSUE, 60/90 MINUTES INR 9,500/13,000

Focused on the deepest layers of muscle tissue, suitable pressure and trigger point techniques are applied to release stress, ease tension, and improve mobility. Silicone cups, hot stones or warm compresses may enhance the treatment benefits.

### PREGNANCY, 90 MINUTES/INR 12,000

Combining Eastern and Western techniques, this full-body massage includes gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

### TENSION SOOTHER, 30/60MINUTES/INR 5,000/9,500

A reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

### RELAXED FEET, 30/60 MINUTES/INR 5,000/9,500

Restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

### HOT AND COLD STONE THERAPY,

#### 90 MINUTES/INR 13,000

Inducing deep relaxation with hot stones, while reducing inflammation and aiding muscle recovery with cold stones, this two-for-one massage improves the body's metabolism, muscle tone, and ability to flush out toxins.

### YOGAYAM, 60 MINUTES/INR 9,500

Taking classic yoga teaching into a therapeutic environment, this energizing treatment combines Thai massage techniques with gentle stretching movements to reawaken your body and mind and invigorate deep seated marmas (energy points).

### ALCHEMY BAR SCRUB, 60 MINUTES/INR 9,500

This interactive experience is highly personalized and lots of fun. We can use a variety of ingredients from our organic herb gardens to address your needs in the present moment.

### DETOX BODY BUFF, 60 MINUTES/INR 9,500

Detoxify and stimulate the adrenals to provide clarity and grounding. Your skin cells are buffed away to help reduce cellulite, so you'll leave the treatment looking as good as you feel.

*Using Subtle Energies.*

### PEARL REMINERALIZING BODY WRAP,

#### 90 MINUTES/INR 12,000

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results, followed by a express facial.

*Using Subtle Energies.*

### RASAYANA BODY WRAP, 75 MINUTES/INR 11,000

Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation followed by a mineral-rich clay mask, which has been infused with powerful herbs to detoxify the skin.

*Using Subtle Energies.*



# TREATMENTS

## BIOHACKING

**FAST RECOVERY WITH COMPRESSION BOOTS, 60 MINUTES/INR 3,500 (IN ROOM EXPERIENCE)**

This therapy takes compression recovery to the next level. These leg boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal making them the ideal pick me up after a flight, fitness session or hike.

**LOWER BACK PAIN RELIEF WITH VENOM BELT, 60 MINUTES/INR 3,500 (IN ROOM EXPERIENCE)**

Amplify the soothing power of heat with compression and vibration to melt away stress and tension on your core and lower back.

## FOR YOUR FACE

**24K AGE DEFYING FACIAL, 60 MINUTES/INR 9,500**

Invigorate the skin and restore emotional balance with this exotic facial to boost collagen production and stimulate cell renewal. This treatment uplifts the spirit and creates a positive glow from inside and out.

*Using Subtle Energies.*

**SOOTHE AND ENRICH ADVANCED ANTI-AGING FACIAL, 60 MINUTES/INR 9,500**

Designed for dry, sensitive, or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin.

*Using Subtle Energies.*

**WILD KASHMIR FACIAL, 60 MINUTES/INR 9,500**

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types and a great option for men, leaving skin more revitalized, supple and resistant to the effects of urban living.

*Using Subtle Energies.*

## BEAUTY

**MANICURE, 60 MINUTES/INR 7,000**

**PEDICURE, 60 MINUTES/INR 8,000**

**WASH AND DRY/INR 3,000**

## YOGA AND MINDFULNESS

**RAAG THERAPY, 45 MINUTES/INR 4,500**

Music influences most facets of our well-being, and this moving experience also serves as a simpler way to meditate for busy minds. Sit back and listen to the tranquil, hypnotic sounds of the flute and let each note bring out positive emotions.

**PRIVATE YOGA, 60 MINUTES/INR 9,500**

**GUIDED MEDITATION, 60 MINUTES/INR 8,000**

**BREATHWORK, 60 MINUTES/INR 8,000**

**YOGA NIDRA, 60 MINUTES/INR 8,000**

## FITNESS

**PRIVATE TRAINING, 60 MINUTES/INR 9,500**

**PRIVATE STRETCH AND TENSION RELEASE WITH HYPERVOLT MASSAGE GUN, 30 MINUTES/INR 5,000**

**AQUA FITNESS, 60 MINUTES/INR 9,500**



## EXPERIENCES

### RISHIKESH AARTI, HALF A DAY

INR 15,000

Recommended time to start your journey from  
Six Senses Vana 3:00 pm

Witness the beautiful “Ganga Aarti” (a fire offering, or ritual performed on the Ganges). It is an opportunity to connect with deep rooted tradition in Indian culture.

Excursion to the ashram town of Rishikesh, known as “City of Divine”. Rishikesh has been magnet for spiritual seekers, and today it styles itself as a ‘Yoga Capital of the world’.

The river Ganga or ‘Ganges’ as it is referred to in English, and it is believed that the Alaknanda and Mandakini rivers add medicinal properties to the waters of the Ganga as they pass through the rich Himalayan forests. As per Indian culture the Ganga is sacred and has the power to forgive one’s wrongdoings. Millions visit this holy place each year with a sense of devotion and strong belief, creating a unique energy that evokes contemplation, interpretation and a feeling of gratitude.

### PRIVATE PUJA, 60 MINUTES/INR 7,000

A puja for health, well-being and peace performed on a day auspicious to you by a priest (pandit ji).

The charges are towards the cost of organizing the puja, arranging for materials and the offerings to the priest.

We require an advance notice of 24 hours to make necessary arrangements.

### JABARKHET NATURE RESERVE, 5 HOURS

INR 10,000

The Jabarkhet Nature Reserve is a private eco-initiative in the higher Mussoorie hills to conserve and protect the rich diversity of native flora and fauna. The journey, albeit windy, offers sweeping vistas of the Shivalik range. About 40 species of ferns and grasses, over 60 species of fungi and mushroom (in monsoons), over 300 species of flowering plants and 100-plus species of birds have been observed at Jabarkhet. Although the fauna population is hard to spot during the day, there have been documented visitations by barking deer, goral, wild boar, yellow-throated marten, porcupines and leopards, mostly at dawn and dusk.

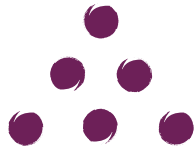
The reserve features eight short trails that are well-marked. They loop through the undulating landscape, intersecting one another at various points. Each season, spring, summer, autumn and winter promises interesting variations of sight, smell and sound, making it ideal for photography, bird watching, meditation or simply being.

### ALCHEMY BAR WORKSHOP, 30 MINUTES/INR 3,500

Head to the Alchemy Bar to discover potions of herbs, salt, fruits, and a range of exotic ingredients that you can blend up to make aromatic scrubs and masks. Take 30-minute hands-on workshop to learn how to make your own cosmetics using fresh, seasonal and 100 percent organic ingredients from our garden and take your creations back to your room to treat you skin or hair.



All price exclude government taxes.



SIX SENSES

VANA