

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 9,000
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 11,000
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 16,000
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 fatique and rejuvenate your senses.

SHIROBHYANGA, 60 MINUTES/INR 11,000
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 11,000
A grounding foot massage using Ayurvedic oils to relieve tension on your foot and lower leg. Padabhyanga is most relaxing and stress releiving procedure. It helps to ease fatique and promoting sleep.

TIBETAN MEDICINE

SOWA RIGPA CONSULTATION, 45 MINUTES /INR 10,000
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 12,000
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 9,000
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.

All price exclude government taxes.

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 17,000

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 11,000

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

SOUND HEALING, 60 MINUTES/INR 14,500

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 11,000

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 18,000

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.

All price exclude government taxes.

TREATMENTS

FOR YOUR BODY

SWEDISH, 60/90 MINUTES/INR 11,000/15,000
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 11,000/15,000
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 14,000
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 6,000/11,000
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 6,000/11,000
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 15,000
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 11,000
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 11,000
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 11,000
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 14,000
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 13,000
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.



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TREATMENTS

BIOHACKING

FAST RECOVERY WITH COMPRESSION BOOTS, 60 MINUTES/INR 4,000 (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 4,000 (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 11,000

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 11,000

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 11,000

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 8,000

PEDICURE, 60 MINUTES/INR 9,000

WASH AND DRY/INR 4,000

YOGA AND MINDFULNESS

RAAG THERAPY, 45 MINUTES/INR 5,000

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 12,000

GUIDED MEDITATION, 60 MINUTES/INR 9,000

BREATHWORK, 60 MINUTES/INR 9,000

YOGA NIDRA, 60 MINUTES/INR 9,000

FITNESS

PRIVATE TRAINING, 60 MINUTES/INR 11,000

PRIVATE STRETCH AND TENSION RELEASE WITH HYPERVOLT MASSAGE GUN, 30 MINUTES/INR 6,000

AQUA FITNESS, 60 MINUTES/INR 12,000



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EXPERIENCES

RISHIKESH AARTI, HALF A DAY
INR 22,000

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 15,000

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 17,500

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.

BINOG WILDLIFE SANCTUARY, 7 HOURS, INR 20,000

HIKE TO KANDAJHAK, 7 HOURS, INR 20,000

ALCHEMY BAR WORKSHOP, 30 MINUTES/INR 4,000

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.



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SIX SENSES

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