



SIX SENSES SPA

ZIGHY BAY

WELLNESS AND SPA MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience and becomes a joyful way of life.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.



LOCALLY INSPIRED SIGNATURE TREATMENTS



WONDERS OF OMAN, 2 HOURS

This locally-inspired cleansing journey begins with a nourishing date, honey and almond scrub to buff the skin. A personalized full body signature massage follows and is complemented by a refreshing ginger, lemon-grass and carom seed tonic.

ZIGHY BAY EXPERIENCE, 2.5 HOURS

Begin your Arabian journey with a herbal poultice massage using freshly dried herbs from our garden. Experience a traditional cleansing facial with natural ingredients of fig and local honey before enjoying a refreshing cup of Omani tea.



THE ALCHEMIST'S BODY SCRUB, 75 MINUTES

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse yourself in the varied textures, extraordinary aromas and create your unique body scrub which will be used for your top to toe body polish in the treatment room.





ROYAL MOROCCAN HAMMAM, 90 MINUTES

Cleanse and nourish the body with a personalized experience starting with Moroccan steam and body wash with a black soap enriched with eucalyptus essential oil. The body is then exfoliated on a heated marble bed and swathed with a detoxifying and exfoliating body balm, allowing for impurities to rise to the skin's surface. It continues with the application of hair strengthening oil, a face and foot treatment; completing with a gentle massage and the application of hydrating body milk. *Using MarocMaroc.*

TRADITIONAL MOROCCAN HAMMAM, 60 MINUTES

A cleansing and refreshing treatment commencing with a warm herbal steam, body wash with a black soap and gentle exfoliation using the kese mitt. It continues with the application of a detoxifying and exfoliating body balm enriched with argan oil, orange peel and honey. After rinsing, body milk is applied, leaving the skin supple and enriched. *Using MarocMaroc.*

PERSONALIZED WELLNESS



WELLNESS SCREENING, 45 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity?

Rest the mind and rejuvenate the body by combining practical advice from our inhouse wellness team with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body.

This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments

FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns?

This program focuses on assessing your fitness level and blends high and low intensity training and corrections of muscular imbalances with soothing treatments.



DETOX

Do you want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies, wellness food and personalized wellness activities.

WEIGHT MANAGEMENT

Could you do with shedding a few pounds and boosting your energy levels? In this program, you'll learn the importance of balanced nutrition, exercise and a healthy mind; and how to sustain this routine once you return home.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being. If you are not sure about any of the above programs our team of wellness experts will be happy to design a personalized program based on your needs.



BOOST YOUR IMMUNITY

This one-day spa takeover is a great immunity reboot if you're feeling sluggish, sniffly or fatigued from a stressful few months or long-haul flight.

LOVE YOUR HEART

This is a day of reflection, letting go of old baggage, setting a new purpose and learning how to connect with your heart and true purpose to find greater zest for life and meaning.

MIND YOUR BRAIN

A one-day program to help you care for and improve the state of your brain and how it works through ancient practices from yoga and meditation and modern biohacks including brain games, developmental drawings and binaural beats



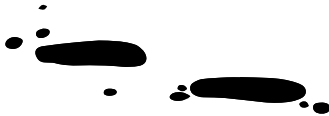
WELLNESS THERAPIES







MASSAGES





SIX SENSES SIGNATURE MESSAGES:

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

Detox, 60/90 minutes - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone 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.

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.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure 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 pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

Pregnancy Massage, 60/90 minutes - a full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.



HOT AND COLD STONE THERAPY, 90 MINUTES

When used along with hot stones that induce deep relaxation, cold stones have a stimulating effect. This helps increase the body's metabolism, muscle tone and ability to flush out toxins. This soothing massage is complemented by the placement of healing crystals on the body to bring about balance and harmony.

BALINESE MASSAGE, 60/90 MINUTES

This traditional Balinese massage reawakens the senses and induces a complete state of calm, combining acupressure and skin rolling with firm but smooth massage strokes.

THAI HERBAL MASSAGE, 90 MINUTES

A full body massage using warm poultices applied to specific pressure points to condition skin and induce a sense of well-being.

THAI MASSAGE, 60/90 MINUTES

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



FACIALS



24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

Combining collagen and elastin boosting actives, this age-defying facial features potent ingredients, such as Mogra, Queen of Jasmines and 24k Gold that will penetrate into the dermal layers of the skin renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reduce fine lines and wrinkles whilst while addressing emotional needs such as stress, anxiety and hormonal balance. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for sun exposed, dry, sensitive, or damaged skin, this intense enriching facial therapy delivers an exceptional nutrient rich elixir that revitalizes tired, ageing skin. Infused with advanced antioxidants and essential fatty acids to fight free radical damage and protect the skin from the visible signs of ageing. The marma massage delivers an impressive active serum to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. Finish this restorative treatment with smooth, vitamin enriched skin that is deeply hydrated. *Using Subtle Energies.*

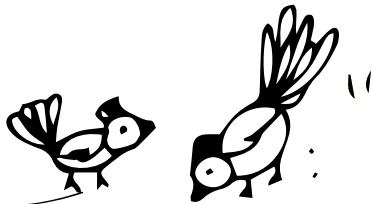


GENTLEMEN'S FACIAL, 30/60 MINUTES

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines the nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalized, supple and resistant to the effects of urban living. *Using Subtle Energies.*

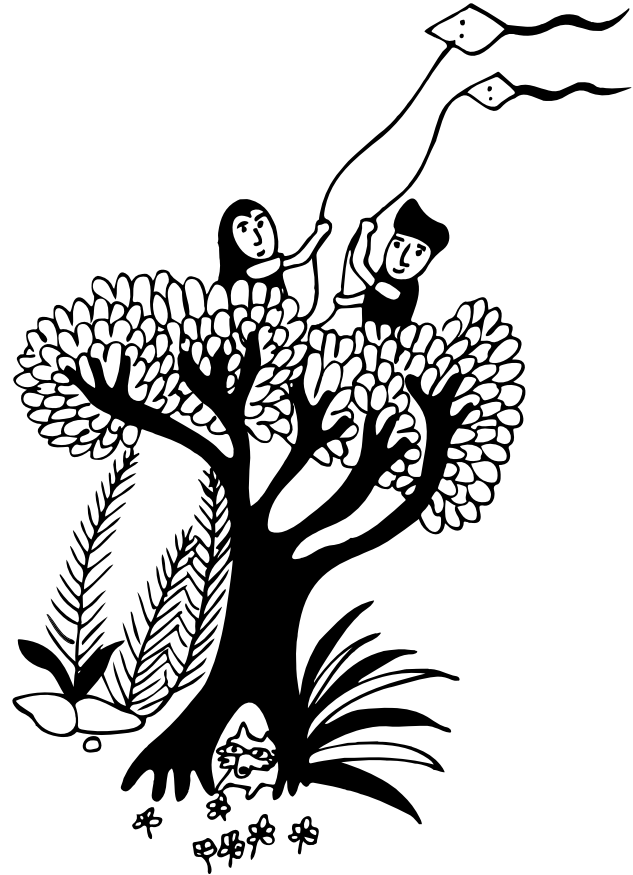
ROSE CRYSTAL LYMPHATIC FACIAL, 60/90 MINUTES

The ultimate signature experience starting with deep cleansing and followed by the application of three masks to decongest, brighten and hydrate the skin. It continues with lymphatic drainage and acupressure massage to firm and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes deep sense of relaxation, leaving the skin fresh and glowing. *Using The Organic Pharmacy.*



FLAWLESS COMPLEXION, 60 MINUTES

Target age spots, pigmentation, fine lines and uneven skin with this facial combining deep cleansing and fruit acid exfoliation to reveal a brighter, nourished and exceptionally smooth complexion. Drainage massage and a hydrating mask stimulate new skin cells and elasticity, leaving the skin with rejuvenated glow. *Using The Organic Pharmacy.*



BODY TREATMENTS

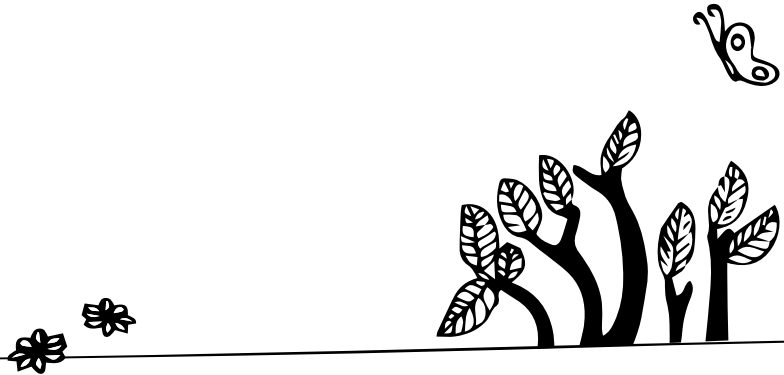


PEARL INFUSED REMINERALISING WRAP, 90 MINUTES

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results. Starting with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. While being cocooned in the mineral mask, the signature facial marma massage releases tension and stress, using potent anti-aging actives of mogra and Indian rose. *Using Subtle Energies.*

DETOX CLEANSING RITUAL, 90 MINUTES

Regulate fat metabolism in the body with an intense full-body scrub with a stimulating and detoxifying blend of salt, seaweed and lemon. It continues with a potent wrap of seaweed and eucalyptus with rare fossil mud, leaving the skin deeply enveloped, cleansed and stimulated. *Using The Organic Pharmacy.*



AYURVEDA





ABHYANGA, 75 MINUTES

This popular Ayurvedic body massage, reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 60 MINUTES

This stress-releasing treatment involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

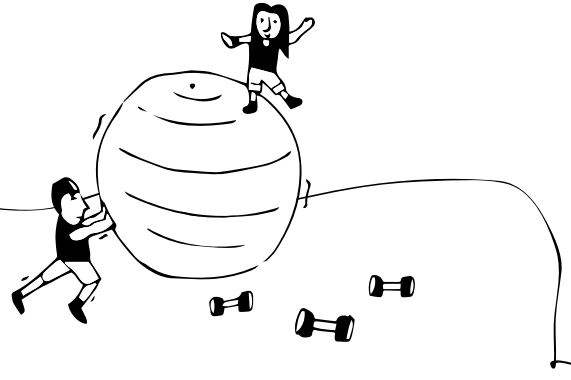
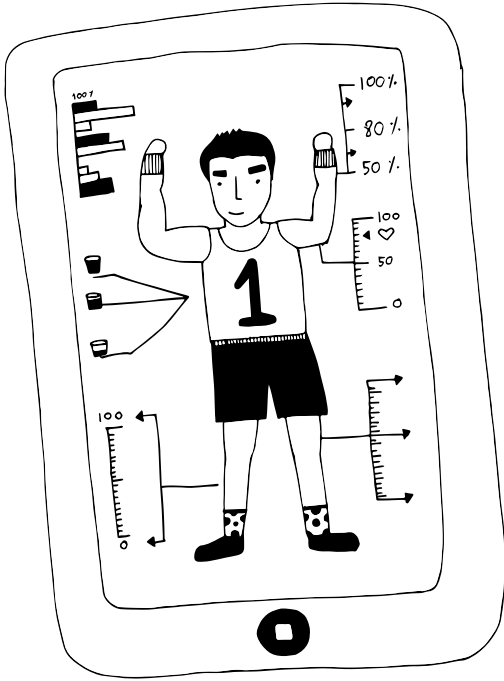
FITNESS AND MINDFULNESS



YOGA, 60/90 MINUTES

MEDITATION, 45 MINUTES

PRANAYAMA, 45 MINUTES



BEAUTY

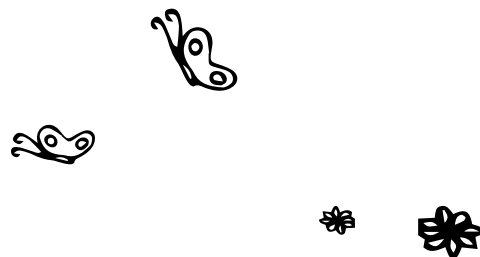




MANICURE 30/60 MINUTES

PEDICURE 30/60 MINUTES

GEL APPLICATION, 20 MINUTES



SPA TO SPAAHH

Make the most of your spa time





OPENING HOURS

Daily 9:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly or the front desk. 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 30 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

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 retail store.

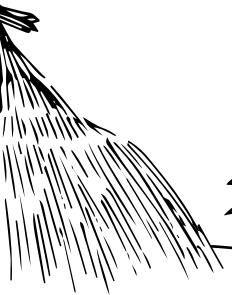
PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs and we offer two types of services: private treatments and therapies in an open room/group setting.

For private (one on one) treatments with children below 14 years, we recommend that the parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.





SIX SENSES SPA ZIGHY BAY

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WELLNESS AND SPA MENU PRICELIST

**TREATMENT****DURATION/MINUTES****PRICE/OMR****LOCALLY INSPIRED
SIGNATURE TREATMENTS**

Wonders of Oman

2 hrs

140

Zighy Bay Escape

2 hrs

140

ALCHEMY BAR

The Alchemist's Body Scrub

75

75

WELLNESS

Wellness Screening

45

62

All above prices are inclusive of service charges and taxes (as applicable in Sultanate of Oman).

WELLNESS PROGRAMS

SLEEP

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	1
Yoga nidra or pranayama (45 mins)	1	2	3
Private activity: Yoga (60 mins)	1	2	3
Personalized Holistic Massage (60 mins)	2	3	3
Shirodhara (60 mins)	1	2	3
Sleep tracking throughout the stay	3	5	7
Total price	OMR 450	OMR 753	OMR 1,053

All above prices are inclusive of service charges and taxes (as applicable in Sultanate of Oman).





WELLNESS PROGRAMS

DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yoga Consultation	1	1	1
Personalized Yoga (60 mins)	1	2	4
Pranayama (45 mins)	0	1	1
Guided Meditation (45 mins)	1	1	1
Signature Massage (60 mins)	2	3	4
Total price	OMR 281	OMR 371	OMR 532

FITNESS

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	2	2
Consultation with Trainer	1	1	2
Personalized Training (60 mins)	2	3	5
Deep Tissue Massage (60 mins)	1	1	1
Thai Massage (60 mins)	1	1	1
Private Stretching Session (45 mins)	0	1	2
Signature Massage (90 mins)	0	1	1
Total price	OMR 236	OMR 462	OMR 552

All above prices are inclusive of service charges and taxes (as applicable in Sultanate of Oman).

WELLNESS PROGRAMS

DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	1
Private Activity: Fitness Training or Yoga (60 mins)	2	2	3
Private Activity: Meditation or Pranayama (45 mins)	0	1	2
Personalized Detox Massage (60 mins)	1	2	3
Moroccan Hammam (60 mins)	1	1	1
Yogic Intestinal Cleanse (90 mins)	1	1	2
Detox Wrap (90 mins)	0	1	1
Total price	OMR 459	OMR 657	OMR 1,027

WEIGHT MANAGEMENT

	5 NIGHTS	7 NIGHTS	14 NIGHTS
Wellness Screening (45 mins)	1	1	2
Fitness Assessment	1	1	1
Yogic Intestinal Cleanse (60 mins)	1	2	2
Private Activity: Fitness Training or Yoga (60 mins)	3	4	8
Private Activity: Meditation or Pranayama (45 mins)	1	2	3
Personalized Detox Massage (60 mins)	3	4	8
Moroccan Hammam (60 mins)	1	2	2
Total price	OMR 630	OMR 906	OMR 1,441

All above prices are inclusive of service charges and taxes (as applicable in Sultanate of Oman).





TREATMENT	DURATION/MINUTES	PRICE/OMR
WELLNESS DAYS		
Boost Your Immunity	One Day	265
Love Your Heart	One Day	122
Mind Your Brain	One Day	170
MINDFULNESS		
Yoga	60/90	57/85
Yoga Nidra	45	49
Meditation	45	49
Pranayama	45	49
MASSAGES		
Deep Tissue	60/90	85/110
Detox	60/90	85/110
Holistic	60/90	85/110
Movement Restoration	90	102
Tension Soother	30/60	42/75
Head Massage	30/60	42/75
Relaxed Feet	30/60	42/75
Pregnancy Massage	60/90	85/110
Hot and Cold Stone Therapy	90	110
Balinese	60/90	85/110
Thai Herbal Massage	90	115
Thai Massage	60/90	90/115

All above prices are inclusive of service charges and taxes (as applicable in Sultanate of Oman).

TREATMENT**DURATION/MINUTES****PRICE/OMR****FACIALS**

24K Gold Age-Defying Facial	60/90	105/120
Soothe & Enrich Advanced Antioxidant Facial	60/90	75/102
Gentleman's Facial	30/60	75
Rose Crystal Lymphatic Facial	60 /90	95/115
Flawless Complexion	60	95

BODY TREATMENTS

Pearl Infused Remineralizing Wrap	90	115
Detox Cleansing Ritual	90	115

HAMMAM

Royal Hammam	90	130
Traditional Hammam	60	90

BEAUTY

Manicure	30/60	30/50
Pedicure	30/60	35/55
Gel Application	20	27
Gel Removal	30	22

AYURVEDA

Abhyanga	75	95
Shirodhara	60	95
Ayurvedic Experience	90	125

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