



SPA AND WELLNESS MENU

[sixsenses.com](https://www.sixsenses.com)

RITUALS

THAI ANCIENT, 2 HOURS/THB 6,500

This is the ultimate experience by combining the ancient Thai Boran massage with the magic of a Thai herbal compress ball to stimulate blood circulation and relieve muscle strain, tension, and stiffness in the joints.

SLEEPING ENHANCEMENT, 2 HOURS/THB 6,500

A journey to recharge your body, rest your mind and enhance your soul. This is an experience that allows the three minds of head-thinking (cognitive), heart-feeling (affection), and gut-awareness (intuitive) to relax and become one through guided breathing. It also enhances the subtle energy body to relax and unwinding through healing sound frequency of Tibetan chakra singing bowls that resonates with the body fluid; hence, the body's energy is cleansed and rejuvenated. This sleeping enhancement helps slow down the brain wave frequencies and allow the mind to rest. The package includes Reiki Energy, Senses of Element, and ending with Full Moon Singing Bowl.

SAMUI RITUAL, 2.5 HOURS/THB 7,500

Treat your senses and your skin to a tropical hydration and relaxing pampering. Ultra healing coconut removes dead skin cells and strengthens new skin tissue enzymes to address dryness, sun damage and pigmentation. Your skin will be glowing leaving you feeling completely refreshed. Package includes a coconut scrub, coconut wrap, and coconut aromatic massage.

CLEANSING RITUAL, 2.5 HOURS/THB 7,500

This therapeutic spa package will nourish, detoxify, and rejuvenate your body inside and out. It is a pampering solution to today's stressful living. The package includes Herbal Steam Sauna, Aromatic Marine salt scrub, and a Hideaway Retreat massage.

NOURISHING RITUAL, 2.5 HOURS/THB 7,500

A journey designed to completely restore and replenish your whole self. This ritual supports the Oriental approach to holistic beauty for inner and outer self by applying natural elements to specifically suit your body's needs, release tension, improve circulation and create harmony. The package includes an Oriental Blend massage, Foot Acupressure ending with a Daily Natural Facial.



SIX SENSES

SAMUI

9/10 Moo 5, Baan Plai Laem, Bophut, Koh Samui, Suratthani 84320 Thailand

E reservations-samui@sixsenses.com T +66 7724 5678

SIGNATURE THERAPIES

SECRET LA STONE FOUR HANDS, 90 MINUTES/THB 7,900

Melt tension away with a hot stone massage using smooth, heated basalt stones. The warm stones are placed on tension-prone areas that will be soothed with the right amount of pressure to encourage muscles to warm up and relax. This is the ideal remedy for chronic muscle tension, complemented with Reiki.

AMAZING SENSES FOUR HANDS, 90 MINUTES/THB 7,900

Performed by two therapists, this synchronized massage is the ultimate indulgence. With our own unique massage techniques, this therapy will leave you in total relaxation and complete bliss, complemented with Reiki.

HARMONIC SENSES THERAPY, 90 MINUTES/THB 4,800

This is a calming and soothing therapy over the full body to achieve an overall sense of well-being. It is a combination of Chakra Balancing Energy and Harmonic Healing Chime techniques. This therapy will allow your energy to flow smoothly by removing old blockages and stagnant energy. The treatment is energizing, revitalizing, balancing and deeply relaxing.

HIDEAWAY RETREAT, 90/120 MINUTES, THB 4,800/ 5,800

Melt away accumulated stress, restore balance and vitality to the body, mind and spirit and leave with a renewed level of relaxation. We combine the techniques of Thai & Western style massages, ending with a Thai Herbal Compress.

ORIENTAL FUSION, 90/120 MINUTES, THB 4,800/ 5,800

Our Fusion Massage is the ultimate customized treatment for your body, assessing your personal energy and tension levels. The therapist uses a variety of massages to soothe, relax and rejuvenate your body. This massage is all about our specific needs, bringing your body, mind, and spirit back to balance.



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MASSAGE THERAPIES

**SENSES OF ELEMENT, 60/90/120 MINUTES,
THB 3,300/4,400/5,200**

This is a calming and soothing massage over the full body to achieve an overall sense of well-being.

**ANTI-STRESS, 60/90/120 MINUTES,
THB 3,300/4,400/5,200**

Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension, combine with Thai Herbal compress.

**FOOT ACRUPRESSURE, 60/90/120 MINUTES,
THB 3,300/4,400/5,200**

Reflex points on the feet correspond to every organ and gland in the body. Through the feet, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Experience true relaxation when combining with an Indian Head massage.

A recommendation for the above Spa Therapies is to begin or end with Chakra Balancing or Harmonic Healing Chime for half an hour. In this special introduction, we apply Reiki to the seven major chakras and end with Chakra Balancing. This powerful healing treatment deals with all the internal organs on a physical and emotional level before the treatment

ANCIENT THAI WISDOM

**THAI BORAN (NUAD THAI), 60/90/120 MINUTES,
THB 3,300/4,400/5,200**

Out with stress and in with relaxation. Warmed and stretched muscles heal energy flow with the aim to increase overall vitality levels, giving greater flexibility, prevention of injury, relief from sore and aching muscles and joints. Enjoy a general state of well-being. No oils are used in Nuad Thai.

**THAI HEALING THERAPY, 90/120 MINUTES,
THB 4,800/5,900**

A therapeutic journey inspired by over 700 years of local intuition. This personalized body massage focuses on neck, shoulder, back, and legs. Our highly-skilled therapists will knead and roll tension away.



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SPECIALIZED THERAPIES

INDIAN HEAD MASSAGE, 60 MINUTES/THB 2,800

Traditionally known in India as "Champissage", this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck, and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm. We finish with Chakra balancing energy / Sound healing from Singing bowl. It is popular to combine with Foot Acupressure therapy.

PREGNANCY, 90 MINUTES/THB 4,400

Massage has great benefits during pregnancy. It can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps, and back pain, and soothe the nervous system. Ending with chakra balancing energy. Recommended between 4 to 7 months pregnancy only.

HEALING ENERGY THERAPIES

HARMONIC HEALING, 30 MINUTES/THB 1,900

During a Harmonic Healing, energy chimes are placed on or near your body and played in intuitive combinations, emitting intriguing sound pulsations. In this deep state of relaxation, you are slowing the brain waves, shifting energy blockages, balancing chakras, and realigning both your physical and light bodies with the Universal Resonance.

CHAKRA BALANCING, 30 MINUTES/THB 1,900

In this special introduction, we apply Reiki to the seven major chakras individually. We also include a final balancing to all the chakras. For a better result, three consecutive sessions are recommended.

SOUND RELEASING, 30 MINUTES/THB 1,900

When the body is unbalanced for a long time, a fascia will be formed in common areas such as shoulder, back, or waist, causing it hard for the energy to circulate. Vibrations of Tibetan singing bowl will help release the stiffness and make you feel lighter.

REIKI THERAPY, 60 MINUTES/THB 2,800

Universal Life Energy is transmitted through the hands of the practitioner to the recipient to support the body's own ability to heal itself. Allow your own energy to flow smoothly in harmony by removing old blockages and stagnant energy. It is energizing, revitalizing, balancing and deeply relaxing.

ENERGY ENHANCING (7 FULL MOON SINGING BOWLS), 60 MINUTES/THB 2,800

Awaken the chakra energy with precious healing oils that activate the body's subtle energy flow. Enhanced with the restorative sound vibration from Tibetan singing bowls that resonates with the body fluid, the body's energy is cleansed and rejuvenated. This treatment helps to slow down the busy mind and able to rest the mind to a pre-meditation experience.

7 CRYSTAL HEALING STONES, 60 MINUTES/THB 2,800

A perfect combination of the energy sent from Mother Gaia through the seven chakra stones, which will help absorb negative energy and balance your mind, body, and emotions. When the sound from Tibetan Bowl blends in, this treatment will be even more effective, as it goes down to the spiritual level and bring you a deeper relaxation.



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BODY THERAPIES

BODY SCRUB, 45 MINUTES/THB 2,500

Aromatic Marine Salt Scrub

Rich in minerals and liquor ice to heal and re-mineralize your skin.

Tamarind Honey Scrub

Removal of excessive dead skin cells and Strengthens new skin tissue.

Thai Coconut Butter

Removal of excessive dead skin cells and Strengthens new skin tissue.

BODY WRAP, 45 MINUTES/THB 2,500

After Sun Soothing Wrap

With healing Aloe Vera any sunburn or skin irritation is reduced. This body wrap is done without heating blanket and will create a very cool sensation.

Coconut Body Masque

Soothing to the skin, it draws out impurities, improves the complexion and protects against harmful UV.

FACIALS

By Dermalogica

HYDRATING SPA FACIAL, 60 MINUTES/THB 3,900

For tired, dry, and thirsty skin! Maximize nourishment, hydration, and protection for dry, dehydrated, and ultra-dry skin. With firming botanicals and vitamins your skin will appear moisturized, revitalized, and supple.

SENSITIVE SKIN FACIAL, 60 MINUTES/THB 3,900

Handle this with care! Gentle cleansing, mild exfoliation and carefully selected anti-inflammatory products that provides nourishment, protection, and hydration for maximum healthy skin.

SKIN BRIGHTENING FACIAL/PIGMENT RELIEF, 60 MINUTES/THB 3,900

Revolutionary treatment to even out pigmentation and dark spots caused by sun exposure, age spots, hormonal imbalance, oral contraceptives, or pregnancy. With multi active botanicals of bearberry, licorice and Vitamin C that will together reduce pigmentation for a brighter, healthier, more glowing skin.

MULTI-VITAMIN POWER SKIN TREATMENT, 60 MINUTES/THB 4,200

Energize tired overworked skin. This treatment is designed to revitalize pre-mature damaged skin. An effective vitamin power exfoliation followed by a vitamin recovery masque to improve skin's texture. The POWER facial massage increases surface firming, reduces fine lines, and instantly revitalizes and regenerates showing off your beautiful skin within.

REVITALIZING EYE RESCUE, 30 MINUTES/THB 2,500

A high-performance eye treatment packed with vitamins A-C-E and Red Seaweed to firm and accelerate repair of our delicate eye area. Together with a gentle head massage, you will feel truly revitalized.

JUNIOR MENU

KIDS MASSAGE, 30 MINUTES/THB 2,200

REIKI FOR KIDS, 30 MINUTES/THB 1,900

SOUND THERAPY, 30 MINUTES/THB 1,900

Age Limitations: Spa is a relaxing and tranquil experience. Teen services are available for ages 10 to 12. We also offer limited services for kids ages 6 to 9, and a parent or guardian must accompany them through the duration of their service



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PRIVATE ACTIVITIES

PERSONAL TRAINER, 60 MINUTES/THB 2,500

Start fresh, as our Personal Trainer devises a customized exercise plan to help you achieve your goals. Beginning the session with a consultation and setting your personal plan for physical improvement.

BODY BUILDING WORKSHOP, 60 MINUTES/THB 3,000

Do you want to feel powerful? Put on muscle through working out and get some tips to achieve your ideal physique. During your workout, our Personal Trainer will share the knowledge on muscle building exercises and nutrition with you.

MUAY THAI AT THE CAMP, 60 MINUTES/THB 1,200

If you are passionate about Thai boxing, we would like to introduce you to a special Muay Thai Training Camp – only 10 minutes away from the resort. The trainers are experienced fighters with a lot of knowledge of the national sport.

PRIVATE WELLNESS SESSIONS

BODY STRETCHING, 60 MINUTES/THB 2,500

Feel the deep stretch in this exercise that tones the muscles and improves the muscle's elasticity. It may also help your muscles to work most effectively.

INTRO TO TAI CHI, 60 MINUTES/THB 2,500

Harness your “qi” (life force) and start your day with our Tai Chi session, which helps increase the energy in both your body and mind.

YOGA FOR BEGINNER, 60 MINUTES/THB 2,500

Would you like to start your day with an activity that increases your blood circulation and improves your flexibility while learning to calm your mind? Then this yoga session is just for you!

ADVANCED YOGA, 60 MINUTES/THB 4,000

For those who practice yoga regularly at an intermediate or advanced level, our professional yoga instructor from Samui is available for private classes.

NOTE:

- THB 1,000 will be applied for an additional adult or THB 500 for a child in any private class, except for Muay Thai at the Training Camp.
- Kindly consult your GEM for scheduling and checking availability of all our scheduled and private activities and wellness sessions.
- All rates are quoted in Thai Baht and are subject to 10 percent service charge and seven percent applicable government tax.
- Six Senses Samui reserves the right to change this program without prior notice.



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SPA ETIQUETTE

PRIOR TO YOUR ARRIVAL

We recommend that you leave all jewelry and valuables in your villa before coming to the spa. We recommend using the sauna and steam prior to any treatment, as this will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment. Advance reservation is recommended.

ARRIVAL

Please arrive at our spa 15 minutes prior to your appointment 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 ARRIVAL

Out of respect to other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATION

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 as cancellation fees. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR TREATMENT

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Our 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 or body treatment. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.



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