



SIX SENSES SPA

LA SAGESSE

WELLNESS AND SPA MENU



Sign up for a journey to repose at Six Senses Spa on the beautiful spice isle. Your senses will escape stress and step into delight with the scents of cinnamon, nutmeg, and palo santo.

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 and practitioners to our unique blend of high-tech biohacking and high-touch therapies. From the food you eat to the way you sleep; wellness is integrated into your whole Six Senses experience.

We invite you to start your journey in our heat and water experiences to aid relaxation before any treatment.

CONTENT

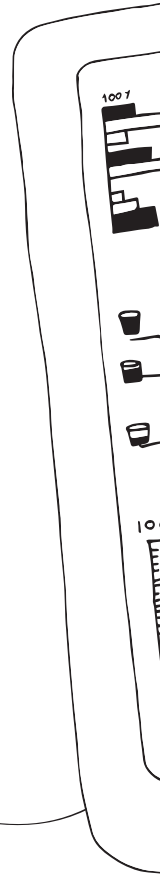
- Biohacking
- Locally Inspired Signature Treatments
- Wellness Programs
- Massage
- Facials And Body Treatments

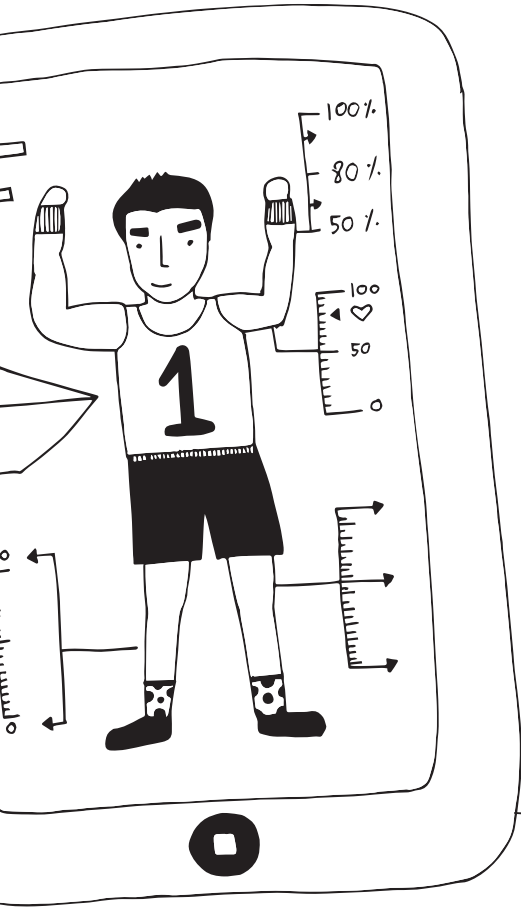
Using Subtle Energies. Backed by over 25 years of clinical research, the treatments and products use results-based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.

- Reconnection
- Fitness
- Beauty
- Tips to make the most of your spa time



BIOHACK RECOVERY LOUNGE





Recovery for muscles and minds

Biohacking sounds futuristic, but it's simply a way to quickly recover from travel or exercise and get the most out of your stay.

Our biohacking bundles are named to address certain concerns and when hacks are used together it makes the most of your time too. You just need to sit back and relax.

ENERGY BOOSTING HACK 30 MINUTES

Turn stress and tension into a light mood, leading to good sleep with PEMF, Hypervolt and LED Face Mask.

TRAVELER'S HACK 30 MINUTES

Soothe leg and lower back tension with compression and vibration therapy. Ideal post travel. Using Normatec and Venom technology.

SINGLE BIOHACKS

CELLGYM INTERMITTENT HYPOXY TRAINING, 20 MINUTES

Enhance your energy production using a specialized breathing mask, to consume a combination of normal oxygen air and oxygen-reduced air. It is a revolutionary wellness option for longevity and athletic performance.

PULSED ELECTROMAGNETIC FIELD THERAPY, 30 MINUTES

The Infrared PEMF Mat combines two powerful healing technologies to create the ultimate recovery tool. PEMF therapy emits electromagnetic waves that mimic natural frequencies found in nature, stimulating, and encouraging your body's natural recovery process.



FAST RECOVERY WITH COMPRESSION THERAPY, 30 MINUTES

This therapy takes compression to the next level. These boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

EASE TENSION WITH VENOM BACK WRAP, 15 MINUTES

Digitally controlled heat and vibration to soothe sore muscles and relax stiff joints.

ICARO FAR-RED & NEAR-INFRARED LIGHT RECOVERY PAD, 15 MINUTES

Icaro is a natural treatment that utilizes the power of light technology to increase blood flow and healing. Experience numerous health and wellness benefits from post-workout recovery to injury prevention and pain reduction.

RED LIGHT FACE MASK, 15 MINUTES

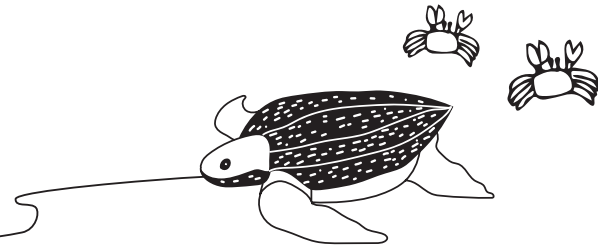
Red light therapy targets signs of aging such as fine lines and wrinkles while promoting glowing skin.

HYPERVOLT PERCUSSION MASSAGE DEVICE, 15 MINUTES

Muscle relief that's quick and easy, targeting any areas that need a self-soothe.

SLEEP TRACKING

Wear our sleep tracking ring overnight to get handy intel on your current sleeping patterns. Talk to our sleep expert the following day to discuss your results and what to do next.



LOCALLY INSPIRED SIGNATURE TREATMENTS







We recommend you experience these unique journeys with a loved one in our Six Senses Sensory Suites.

CARIBBEAN CLEANSING RITUAL, 180 MINUTES

cleanse/Alchemy bar/scrub/mask/massage/tea

With island culture at its heart, this ritual embraces the elements of water, air, fire, and earth to gently release negative energies and bring about balance. Palo santo aura cleansing and intention-based painting set intention, which is followed by an interactive Alchemy session where you will create a purifying body scrub and mask. These products will be used in preparation for a warm virgin coconut oil massage tailored. Enjoy a local bush tea and organic chocolate to round it off!

JOURNEY TO REPOSE, 150 MINUTES

Foot ritual/sound healing/stone massage/biohack

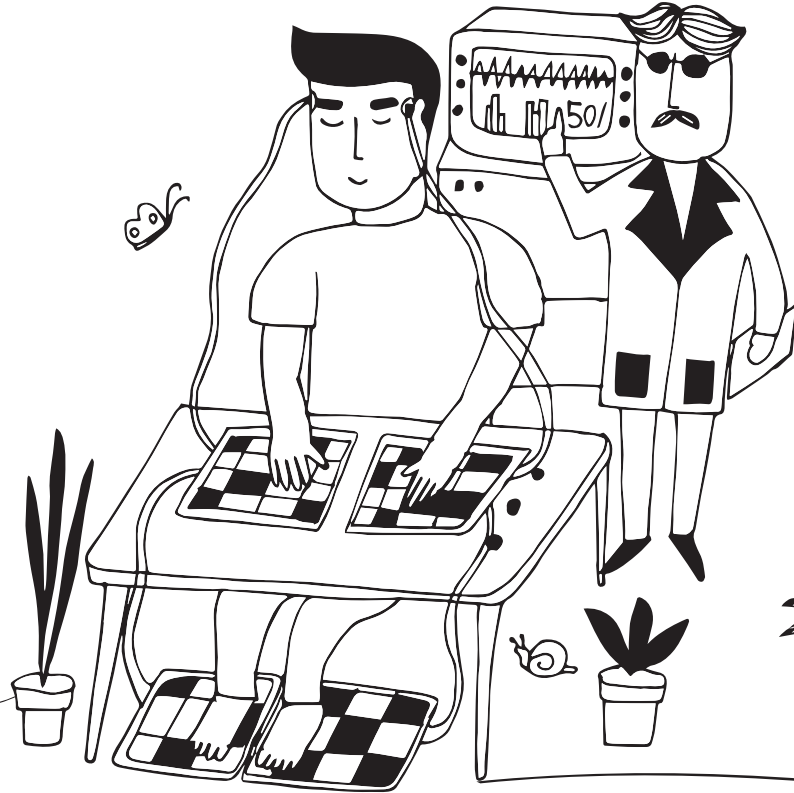
Experience deep relaxation and an energy reset for both mind and body. We begin with a local foot bathing ritual before a full body sound immersion prepares you for a hot and cold stone massage where your therapist will induce repose with hot stones while cold marble stones stimulate, increasing the body's metabolism, muscle tone and ability to flush out toxins. Healing crystals are placed on the body to bring about balance and harmony. The sensory experience completes, as you lie back on a vibroacoustic lounger and let the sound vibrations resonate on a cellular level, encouraging your muscles to let go even further, allowing you to rebalance.

THE ALCHEMY BAR WORKSHOP, 45 MINUTES

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our knowledgeable Alchemist on how to create your bespoke products in this interactive workshop. The spice isle offers an array of exotic ingredients to choose from! Not to be missed!



WELLNESS



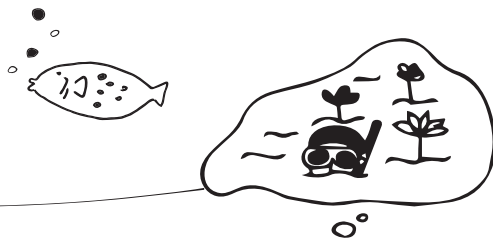
WELLNESS SCREENING, 60 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 40 key biomarkers relating to your overall well-being, our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to gain.

WELLNESS CHECK-IN, 15 MINUTES

In a hurry? If you'd just like your biomarkers tested without a full consultation, we'll run some tests and suggest treatments and therapies to help you achieve your wellness goals.

Our named programs cover all the basics while our wellness screening allows us to totally personalize the program to your needs and goals. Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived. Our programs can be tailored for guests staying for 3/5/7 days.



SLEEP


This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the Ayurvedic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.

DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs, detoxifying body wraps and facials, as well as personalized wellness activities. A top to toe cleanse. *This program is most effective when followed over 7 consecutive days.*

YOGA

For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.



FITNESS

Our expert personal trainers will assess your fitness level and blend high and low intensity training with soothing treatments, as fitness is all about balance! Recover with deep tension release massage and stretching to improve range of motion. Learn new workouts to take home and input into your routine to achieve your goals. A fitness journey never ends. We can discover new ways of getting results at each stage of our lives.



MASSAGES





SIX SENSES SIGNATURE MASSAGES:

Deep Tissue, 60/90 minutes - release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses may be used to enhance this treatment.

Detox, 60/90 minutes - focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Holistic, 60/90 minutes - combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Pregnancy Massage, 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.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility.

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



Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with a fusion of massage techniques on the meridian lines of the legs and reflex zones of the feet.

ENHANCE YOUR MASSAGE

- *Spicy cinnamon and orange full body scrub, 30 minutes*
- *Chakra balance with tuning forks, 30 minutes*
- *Muscle relief that's quick and easy with percussion massage device, 15 minutes*
- *Warming nutmeg balm to treat tight muscles*



FACIALS





Six Senses has partnered with Subtle Energies to deliver personalized face and body treatments. Backed by over 25 years of clinical research, Subtle Energies creates results-based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.

**ADVANCED HOLISTIC BIOTECH FACIAL,
60/90 MINUTES**

Transform your skin with deep hydration, enhanced cellular renewal, and a plump, youthful appearance. Elevate your skincare experience with the latest in biotech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness a remarkable rejuvenation and embrace a youthful, lifted complexion.

24K GOLD AGE DEFYING FACIAL, 60/90 MINUTES

Bring a radiant glow to your skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles. We combine collagen and elastin boosting actives, while addressing stress, anxiety, and hormonal balance. This age-defying facial features Mogra and 24k Gold to renew and regenerate.

**SOOTHE & ENRICH ANTIOXIDANT FACIAL,
60/90 MINUTES**

A restorative treatment for dehydrated, sensitive, or damaged skin. This intense enriching therapy delivers potent antioxidants and essential fatty acids to fight free radical damage, protecting the skin from visible signs of ageing. The facial marma massage delivers a nutrient rich elixir to increase collagen and hyaluronic acid production.



WILD KASHMIR FACIAL, 30/60 MINUTES

This purifying facial will optimize your well-being and replenish the skin with renewed freshness.

Wild turmeric purifies and exotic Kashmir lavender soothes and restores. Ideal for tired, congested, and stressed skin.

ENHANCE YOUR FACIAL

Pomegranate Enzyme Booster - using natural AHAs, to reveal a smoother, brighter complexion.

Vegan Collagen Booster - to restore youthful elasticity.



BODY TREATMENTS



DETOX BODY BUFF, 60 MINUTES

Detoxify and stimulate the adrenals to provide clarity and grounding. Dead skin cells are buffed away to help reduce cellulite using cinnamon bark and walnut shells blended with tulasi, Indian lime and wild turmeric. Followed by a full body hydration.

DETOX BODY WRAP, 75 MINUTES

Revitalize, tone, and purify as this active body therapy begins with a zesty exfoliation, including essential oils, cinnamon powder, and walnut shells. A mineral rich clay infused with Spiked Ginger Lily envelop your body providing the ultimate detox.

PEARL INFUSED REMINERALIZING MASK, 90 MINUTES

A blissful top to toe treatment to release tension, stress, and restore balance. Commencing 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 skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a facial marma massage, using potent anti-ageing actives of Mogra and Indian rose.



RECONNECTION



SOUND JOURNEY, 60 MINUTES

A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature.

BREATHWORK, 45 MINUTES

Breathe strength, focus, and calm into your body and mind.

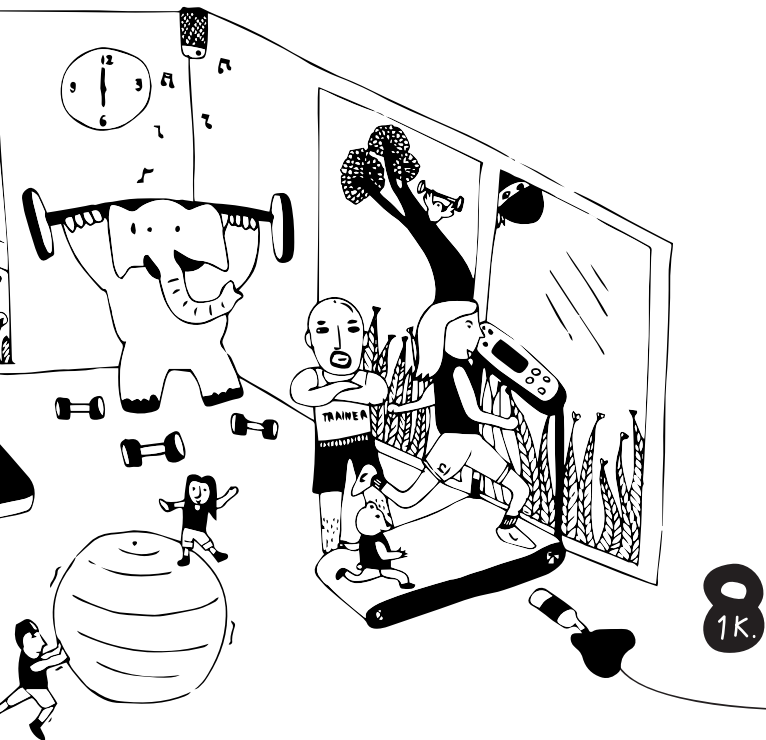
MEDITATION, 45 MINUTES

We will guide you through the meditation that you need on the day. This could include chakra balancing, yoga nidra or loving kindness.



FITNESS





PERSONAL TRAINING, 45 MINUTES

AERIAL YOGA, 45 MINUTES

YOGA, 60 MINUTES

RECOVERY

Roll it out with Vyper Go Roll

An advanced vibrating fitness roller. To assist in warming up and recovering faster. Features three speeds of vibration, with a dual zone smooth and grooved exterior.

BEAUTY





MANICURE, 30 / 60 / 75 MINUTES

PEDICURE, 30 / 75 / 90 MINUTES

GEL APPLICATION, 15 MINUTES

WAXING

Full waxing service available; please enquire for more information.



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 8:00 am to 8:00 pm

Gym open 24 hours, with a trainer available from 7:00 am to 7:00 pm

SPA RESERVATIONS

For inquiries 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

We invite you to arrive one hour before to your treatment to enjoy the water and heat facilities or a minimum of 15 minutes prior to your treatment to complete a lifestyle consultation form and take time to relax.

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 24 hours' notice when canceling wellness programs and packages and three hours' notice for spa treatments. Failure to notify or keep an appointment will result in a 100 percent charge.



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 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.

DURING YOUR STAY

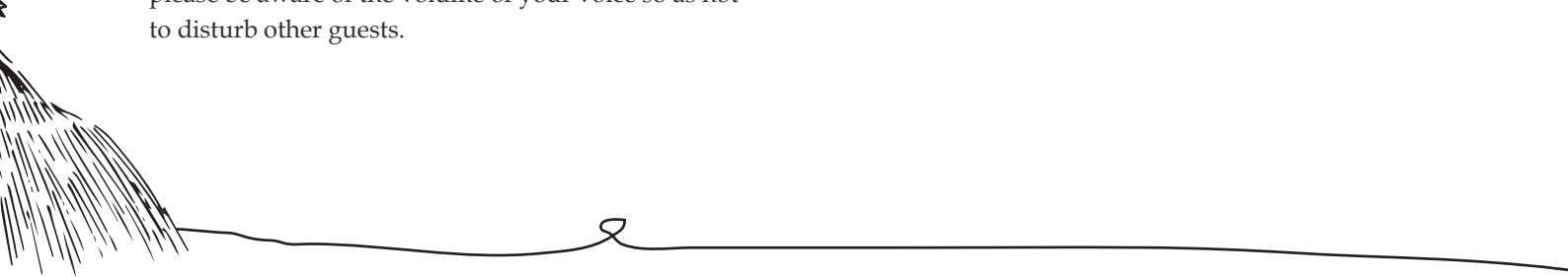
In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

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. Otherwise, major credit cards or cash are accepted at the spa reception.



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La Sagesse, St. David, Grenada W.I.





SIX SENSES SPA

LA SAGESSE

WELLNESS AND SPA MENU PRICELIST



WELLNESS PROGRAMS

PRICE/USD

Wellness Screening (45 mins)	85
Wellness Check-In (15 mins)	45

SLEEP

3 NIGHTS 5 NIGHTS 7 NIGHTS

Wellness Screening (45 mins)	1	1	1
Breathwork/Meditation (45 mins)	2	4	6
Personal Fitness/ Wellness Activity (60 mins)	1	3	4
Nutrition Consultation	1	1	1
Personalized Spa Treatment (60 mins)	2	3	5
CellGym (20 mins)	1	2	3
Recovery Biohacks	2	3	4
Sleep tracking throughout the stay	3	5	7
Welcome sleep bag with sleep amenities	1	1	1
Program wrap-up	1	1	1
Price per person	USD 931	USD 1,594	USD 2,359
Price per couple	USD 1,568	USD 2,520	USD 3,757

Prices include local taxes. A service charge of 10 percent will be added to your bill.

WELLNESS PROGRAMS

DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	1
Personal Fitness/ Wellness Activity (60 mins)	2	3	4
Breathwork/Meditation (45 mins)	-	1	2
Nutrition Consultation	1	1	1
Personalized Spa Treatment (60 mins)	2	3	5
Recovery Biohacks	2	3	4
Yogic Intestinal Cleanse (60 mins)	-	1	1
Detox Body Buff (60 mins)	1	1	1
Detox Body Wrap (75 mins)	-	1	1
Program wrap-up	1	1	1
Price per person	USD 842	USD 1,581	USD 2,176
Price per couple	USD 1,522	USD 2,814	USD 3,817

YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	1
Yoga Consultation (30 mins)	1	1	1
One to One Yoga (60 mins)	2	4	6
Breathwork/Meditation (45 mins)	2	3	4
Yoga Cleansing Practicies	-	1	1
Signature Massage (60 mins)	1	2	3
Sound Journey X 60 min	1	1	1
Program wrap-up	1	1	1
Price per person	USD 825	USD 1,403	USD 1,853
Price per couple	USD 1,275	USD 2,163	USD 2,797

Prices include local taxes. A service charge of 10 percent will be added to your bill.





WELLNESS PROGRAMS

FITNESS

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	1	1
Fitness Assessment (60 mins)	1	1	1
Personal Fitness/ Wellness Activity (60 mins)	2	4	6
Signature Massage (60 mins)	1	2	3
CellGym (20 mins)	1	2	3
Recovery Biohacks	2	4	5
Nutrition Consultation	1	1	1
Program wrap-up	3	5	7
Price per person	USD 565	USD 1,058	USD 1,509
Price per couple	USD 969	USD 1,794	USD 2,533

Prices include local taxes. A service charge of 10 percent will be added to your bill.

TREATMENTS

DURATION/MINUTES

PRICE/USD

BIOHACK RECOVERY LOUNGE

Energy Boosting Hack	30	50
Traveler's Hack	30	80
CellGym	20	75
PEMF	30	40
Compression Therapy	30	55
Venom	15	30
Infra-red Recovery Pad	15	30
Red-Light Face Mask	15	35
Massage Device	15	35
Sleep Tracking	per night	50

LOCALLY INSPIRED SIGNATURE TREATMENTS

Caribbean Cleansing Ritual	180	410
Journey to Repose	150	405
The Alchemy Bar Workshop	45	135

Prices include local taxes. A service charge of 10 percent will be added to your bill.





TREATMENTS

DURATION/MINUTES

PRICE/USD

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue</i>	60/90	205/235
<i>Detox/Holistic</i>	60/90	185/215
<i>Pregnancy</i>	90	235
<i>Tension Soother</i>	30/60	95/125
<i>Head Massage/Relaxed Feet</i>	30/60	85/110

Enhance your massage

Spicy Cinnamon and Orange Body Scrub	30	115
Chakra Balance with tuning forks	30	115
Muscle relief that's quick and easy with percussion massage device	15	35
Warm Nutmeg Balm to treat tight muscles	15	35

FACIALS

Advanced Holistic Biotech	60/90	215/245
24k Gold Age Defying	60/90	215/245
Soothe & Enrich Antioxidant	60/90	205/235
Wild Kashmir	30/60	135/185
Pomegranate Enzyme Booster		35
Vegan Collagen Booster		35

Prices include local taxes. A service charge of 10 percent will be added to your bill.

TREATMENTS

DURATION/MINUTES

PRICE/USD

BODY TREATMENTS

Detox Body Buff	60	185
Detox Body Wrap	75	235
Pearl Infused Remineralizing Mask	90	265

RECONNECTION

Sound Journey	60	180
Breathwork/Meditation	45	125

FITNESS

Personal Training	45	75
Aerial Yoga	45	95
Yoga	60	85

BEAUTY

Manicure	30/60/75	55/69/99
Pedicure	30/75/90	65/79/105
Gel Application	15	35

Prices include local taxes. A service charge of 10 percent will be added to your bill.



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KIDS' SPA MENU

Kids, it's your turn to spa-kle! As part of Grow With Six Senses we've created a selection of spa treatments especially for you. Take time out from the pool for some funky nail art, fun facials, or a relaxing massage.

Parents, help your child feel better, sleep soundly, and understand more about what's going on for them with our junior spa menu.

It's so much easier for you to relax when the kids are relaxed too.





BODY MASSAGE, 30/60 MINUTES, USD 55/95

Relaxation is the way to go after a busy day on the beach. Choose your funky shaped, unscented oil at spa reception and your therapist will use it in your massage to leave your skin soft and body ready to take on the beach again.

FOOT MAPPING, 45 MINUTES/USD 75

Put your feet up! The feet are maps of the body with each zone relating to an organ or body system. Learn all about these maps as the spa therapist massages your feet.

PRETTY HANDS OR FEET, 30 MINUTES/USD 50

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun colors.

PARENT AND CHILD EXPERIENCES

MASSAGE AND NAILS, 75 MINUTES/USD 270

ONE PARENT ONE CHILD

Chill out together! Indulge in a relaxing full body massage followed by nail painting.

TOP TO TOE MASSAGE, 75 MINUTES/USD 315

ONE PARENT AND A CHILD

Unwind after an active day with a full body soothing massage followed by a head massage.

Prices include local taxes. A service charge of 10 percent will be added to your bill.