



SIX SENSES SPA

QING CHENG MOUNTAIN

# WELLNESS AND SPA MENU



Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

At Six Senses Spa Qing Cheng Mountain you will also discover the purity of Taoism incorporated into many treatments. As the origin of Tao was Qing Cheng Mountain, where the teacher named Zhang preached during the Eastern Han Dynasty, this is indeed an auspicious place to discover what is considered by many as the ultimate creative principal of the universe. Tao, meaning the way, considers all things to be unified and connected just as Six Senses overall vision is 'Reconnection' – achieving harmony with nature, doing good and always striving for self development.

In all our treatments and therapies, our specialist skills will take you as deep as you would like to go, from core beauty that can redefine the way you look to specialist treatments that can transform your life.



# PERSONALIZED WELLNESS



If you're already walking the walk along the path to personalized wellness, why not choose one of our yoga programs to help you along the way. Available as three, five and seven day programs.

### DETOX

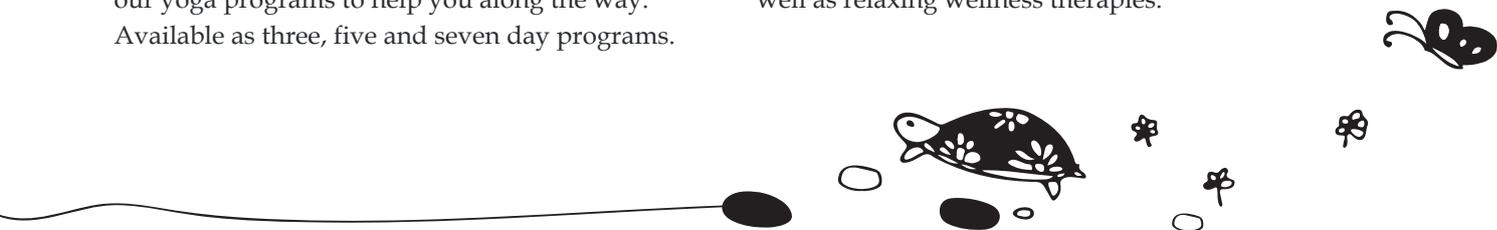
Want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities. If you're already walking the walk along the path to personalized wellness, why not choose one of our yoga programs to help you along the way. Available as three, five and seven day programs.

### 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 with correcting muscular imbalances and soothing treatments.

### SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or find it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of sound healing and meditation, as well as relaxing wellness therapies.



# LOCALLY INSPIRED SIGNATURE TREATMENTS



## TAOISM PACKAGES

At the Six Senses Spa Qing Cheng Mountain you will discover the purity of Taoism incorporated into many treatments. As the origin of Tao was Qing Cheng Mountain, where the teacher named Zhang preached during the Eastern Han Dynasty, this is indeed an auspicious place to discover what is considered by many as the ultimate creative principal of the universe. Tao, meaning the way, considering all things to be unified and connected just as Six Senses overall vision is Reconnection-achieving harmony with nature, doing good and always striving for self-development.



### BAMBOO MASSAGE, 90 MINUTES

This is a firm pressure back, legs and arms treatment combining a variety of massage techniques with different types of bamboo sticks. It is followed by a face massage to strengthen the facial muscles and eliminate signs of fatigue. This treatment also works on connective tissue to give your skin a healthy and fresh appearance.

### TAI CHI JOURNEY, 90 MINUTES

*Personal Consultation*

*Tai Chi Treatment*

*Tai Chi Wear*

*Tea and snacks to complete the journey*

### JING, 2 HOURS 30 MINUTES

A powerful series of restorative treatments to boost the body's overall defense systems, and ideal for those looking for authentic, results-oriented treatments based exclusively on traditional Chinese Medicine.

*Tui Na*

*Ba Guan Cupping*

*Moxibustion*

### QI, 3 HOURS

Yin and Yang offer the ultimate illustration of balance and harmony, with opposing forces interconnected in order to create duality.

This journey restores balance to the body through manipulation of meridian pathways, ensuring positive health and longevity. Six Senses Signature

*Body Toner Treatment*

*Thai Herbal Massage*

*Relaxed feet*



### SHEN, 3 HOURS 30 MINUTES

Considered to be one of the three treasures that constitute life, Shen or spirit, is viewed as an integral part of our health and well-being. This journey is created to cultivate the radiance of spirit.

*Herbal Bath Experience*

*Tui Na*

*Tension Soother*

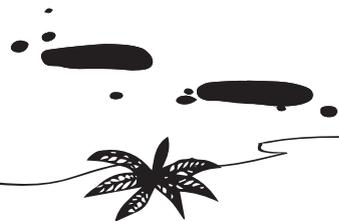
*Soothing Facial with Jade Stones*

*Rejuvenating SPA (Using EVE LOM)*





# MASSAGES







**SIX SENSES SIGNATURE MESSAGES:**

*Deep Tissue, 60/90 minutes* - release stress, ease muscle tension and improve mobility. Trigger points, silicone cups or warm compresses might enhance this treatment.

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

*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.





*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.

#### HOT STONE MASSAGE, 90 MINUTES

This full body massage uses heated basalt stones to release stress and tension, and increase blood flow to the affected area. The heat from the stones provides the extra relaxation for fatigued and overworked muscles, and has a healing effect on damaged soft tissue. It is also known to promote better sleep.

#### 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.



FACIALS  
BODY TREATMENTS  
WELLNESS THERAPIES



### REJUVENATING SPA , 1 HOUR 40 MINUTES

The SPA draws inspiration from multinational SPA and is loved by the royal family. It uses unique and natural warm wax to open up the skin absorption channel, and then inject revitalizing energy and excellently tightening the face. To start a rejuvenating journey from inside out. *Using EVE LOM.*

### MOISTURIZING RENEWAL SPA , 60 MINUTES

A deeply hydrating, antioxidant rich treatment with customized massage techniques with the brand's beloved products, revitalizing and nourishing the skin from the inside out. *Using EVE LOM.*

### EYE LIFTING TREATMENT, 30 MINUTES

Restores tone and elasticity to the area under the eyes and brightens the skin, whilst regenerating and oxygenating the skin. *Using EVE LOM.*

### NECK AND DÉCOLLETAGE

### LIFTING TREATMENT, 30 MINUTES

Lifts and firms the neck and chest area, whilst also hydrating and brightening the skin. *Using EVE LOM.*



**SIX SENSES SIGNATURE WRAPS, 70 MINUTES** ❁

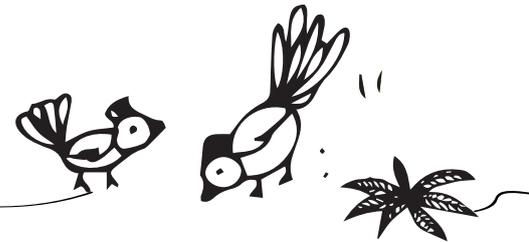
**Body Refiner** - ideal for sensitive skin, this cleansing treatment balances the skin's natural oils, while rebalancing the body and mind. It begins with a smoothing rice complex exfoliation, using local ginkgo and star anise, and concludes with a replenishing warm camellia flower flannel body wrap.

**Body Toner** - invigorate the skin and improve circulation with this combination of body brushing and a black sesame exfoliation. It concludes with a refreshing cypress and ginger oil wrap.

**Detoxifier** - an ideal skin restoration after extended travels, this treatment is rich in minerals and anti-bacterial qualities from the river mud. It concludes with the application of essential oils of juniper berry and honeysuckle.

**QING CHENG MOUNTAIN GREEN TEA SCRUB, 30 MINUTES**

This nourishing scrub uses natural pearl rice, top grade Qing Cheng Mountain green tea to remove dull skin cells and revitalize the body.



*Recommended as an addition to any facials or body treatments.*

### SIX SENSES SIGNATURE SCRUBS, 30 MINUTES ❁

**Calming** - ideal for sensitive skin, this scrub is infused with honeysuckle and brings balance to the energy meridians.

**Clarity** - ideal for combination and oily skin, this scrub uses black sesame and cypress oil.

**Vitality** - this rice grain scrub, infused with ginkgo and ginger oil, is ideal for all skin types.

### GUA SHA, 60 MINUTES ❁

Promote circulation and metabolic processes with this traditional healing technique that involves palpation and cutaneous stimulation of the skin with the pressured strokes of a round-edged instrument. Treatment results in the appearance of tiny red petechial or sha, as raising sha removes blood stagnation considered to be pathogenic.

### TUI NA, 60/90 MINUTES ❁

This Chinese manipulative hands-on therapy uses Chinese Taoist and martial arts principles in an effort to bring the principles of Traditional Chinese Medicine into balance.

### MOXIBUSTION, 60/90 MINUTES

Discovered over a thousand years ago, this traditional Chinese treatment uses moxa (dried plant materials) to stimulate pressure points with the intention to invigorate and balance the flow of Qi in the body and address existing health concerns.

# RITUALS AND WELLNESS



**QING CHENG MOUNTAIN SIGNATURE JOURNEY**  
**2 HOURS 30 MINUTES**

*Six Senses Signature Massage of your choice*

*Moisturizing Renewal SPA.*

*Using EVE LOM*

**QING CHENG REJUVENATION, 2 HOURS**

*Locally-inspired scrub made from Qing Cheng Mountain*

*spring season green tea*

*Deep Tissue Massage*

**ENERGY BOOSTER, 100 MINUTES**

*Relaxed Feet*

*Tension Soother*

**BATHS, 30 MINUTES**

Rejuvenating and relaxing bathing experiences combining the benefits of aromatherapy oils and natural ingredients. Ideal for cleansing, stress release and muscle tension.





### SOUNDS JOURNEY, 45 MINUTES



Allow the sacred sounds to reverberate in your innermost self. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.

### BODY BALANCE, 45 MINUTES



A deeply relaxing wellness activity that begins with an energy cleanse. Sound healing, deep breathing, gentle stretching and visualization are also incorporated to help bring your body back into balance.

### YOGA, 60 MINUTES



Yoga originated in ancient India. It is one of the ways to balance body and mind through classic postures and breathwork to deepen awareness of the body and inner state.

### TAI CHI, 60 MINUTES



Tai Chi integrates Taoist Health-preserving Culture. Integrate the quiet aura of the mountain into tai chi practice. By building your own connections with others and the world around you. Connect with nature, listen to yourself and feel the world. Create a leisurely environment of the unity of man and nature.



Requires 24-hour advance reservation

# SPA TO SPAAHH

Make the most of your spa time





### SPA OPENING HOURS

Spa treatments daily 10:00 am to 10:00 pm

Last appointment time 9:00 pm

Sauna Steam daily 11:00 am to 9:00 pm

Last appointment time 8:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. 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.

We recommend booking the steam and experience shower, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

### ARRIVAL

Please arrive 15 minutes prior to your treatment in order 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 ARRIVALS

For late arrivals, appointments will be reserved for 30 minutes after the booking time. The treatment time cannot be extended further and will result in a cancellation.



### CANCELLATIONS

Please allow four 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 Gallery.

### PAYMENT

For resort guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort. Otherwise, major credit cards or cash are accepted at the spa reception. All prices are in RMB and subject to 10 percent service charge and 6 percent VAT.

### 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 treatments with children below 14 years, we recommend that the parent or guardian be present in the room at the time of service.







# SIX SENSES SPA QING CHENG MOUNTAIN

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SIX SENSES SPA

QING CHENG MOUNTAIN

WELLNESS AND SPA MENU  
PRICELIST



## PERSONALIZED WELLNESS

### DISCOVER YOGA

	3 DAYS	5 DAYS	7 DAYS
Yoga Consultation (30 mins)	1	1	1
Personalized Yoga (60 mins)	1	2	3
Pranayama (45 mins)	1	1	1
Meditation (45 mins)	-	1	1
Detox Massage (60 mins)	-	-	1
Holistic Massage (60 mins)	1	1	-
Holistic Massage (90 mins)	-	-	1
Deep Tissue Massage (60 mins)	-	1	-
Head Massage ( 60 mins)	-	1	-
Moisturizing Facial (60 mins)	-	-	1
Rejuvenating Facial (100 mins)	-	-	1
Relaxed Feet (60 mins)	-	-	1
<b>Price per person</b>	<b>RMB 1,888</b>	<b>RMB 4,388</b>	<b>RMB 7,588</b>
<b>Price per couple</b>	<b>RMB 3,580</b>	<b>RMB 7,888</b>	<b>RMB 13,888</b>

*Exclusive 10 percent service charge and 6 percent tax*

## PERSONALIZED WELLNESS

### SLEEP

	3 DAYS	5 DAYS	7 DAYS
Consultation (30 mins)	1	1	1
Personalized Tai Chi (60 mins)	1	1	2
8 Brocade (60 mins)	1	1	1
Sounds Healing (45 mins)	-	1	1
Personal Training (60 mins)	-	1	2
Relaxed Feet (60 mins)	1	-	1
Holistic Massage (60 mins)	1	1	1
Moisturizing Facial (60 mins)	-	1	-
Rejuvenating Facial (100 mins)	-	-	1
Thai Herbal Massage (90 mins)	-	1	1
Head Massage (60 mins)	-	-	1
<b>Price per person</b>	<b>RMB 2,588</b>	<b>RMB 4,988</b>	<b>RMB 7,988</b>
<b>Price per couple</b>	<b>RMB 4,988</b>	<b>RMB 9,888</b>	<b>RMB 15,888</b>

*Exclusive 10 percent service charge and 6 percent tax*





TREATMENTS	DURATION/MINUTES	PRICE/RMB
<b>LOCALLY INSPIRED SIGNATURE TREATMENTS AND TAOISM PACKAGES</b>		
Bamboo Massage	90	1,180
Tai Chi Journey	90	788
Jing	2 hrs 30 mins	1,980
Qi	3 hrs	2,280
Shen	3 hrs 30 mins	3,280

### MASSAGES

#### **Six Senses Signature Messages:**

<i>Deep Tissue</i>	60/90	980/1,180
<i>Holistic</i>	60/90	880/1,080
<i>Detox</i>	60	880
<i>Tension Soother</i>	30/60	880/1,080
<i>Head Massage</i>	30/60	480/880
<i>Relaxed Feet</i>	30/60	480/880
Hot Stone Massage	90	1,280
Thai Herbal Massage	90	1,280

### FACIALS

Rejuvenating Spa	100	1,886
Moisturizing Renewal Spa	60	1,286
Eye Lifting Treatment	30	680
Neck and Décolletage Lifting Treatment	30	680

*All prices are stated in RMB and subject to 10 percent service charge and 6 percent VAT.*

TREATMENTS	DURATION/MINUTES	PRICE/RMB
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### BODY TREATMENTS

Six Senses Signature Wraps	70	880
Qing Cheng Mountain Green Tea Scrub	30	680

### WELLNESS THERAPIES

Gua Sha	60	780
Tui Na	60/90	880/1,080
Moxibustion	60/90	880/1,080

### RITUALS

Qing Cheng Mountain Signature Journey	2 hrs 30 mins	2,080
Qing Cheng Rejuvenation	120	1,600
Energy Booster	100	1,200

*Recommended as an addition to any facials or body treatments:*

Baths	30	500
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### WELLNESS

Sound Journey	45	888
Body Balance	45	688
Tai Chi	60	458
Yoga	60	458

All prices are stated in RMB and subject to 10 percent service charge and 6 percent VAT.

