



SIX SENSES SPA

BHUTAN

SPA MENU

THIMPHU



HEALTH

A time of new beginnings and new intentions. A place to be present within ourselves, before reigniting the relationship with others and the world around us.

Health, according to ancient Bhutanese healing practices, comes from the balance between body and mind, understanding how one affects the other and vice versa. It is also reflected in the balance between each person and their environment. Typically, a Bhutanese person is considered healthy if there is no heat or pain in the body and no sorrow in the mind.

The journey to health starts by knowing and accepting our current state of health and understanding the personal behaviors that lead to this point. From there we can make informed decisions and choices that lead us to understand what we need to do to get where we want to go.

Start your healing journey at Six Senses Thimphu

At Six Senses Thimphu, we focus on bringing the body into balance, boosting the immune system and helping to open the mind and expand consciousness to aid spiritual healing.

That's why the qualities of a clear quartz crystal have been incorporated into each opening treatment ritual. It is known as a master healer for its ability to amplify or magnify the healing vibrations of other crystals. It absorbs and regulates energy and releases blockages.

You'll be invited to hold a clear quartz crystal in your hands, while setting positive intentions through breathing and visualization techniques, and bringing your body into harmony with its surrounding environment. This is followed by Bhutanese chanting and singing bowls, promoting stillness, happiness and well-being.

Want to go deeper?

WELLNESS SCREENING, 45 MINUTES/USD 100

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

Prices exclude government tax and service charge.

HEALING YOUR BODY

DEEP TISSUE MASSAGE, 60/90 MINUTES, USD 135/185

Suitable pressure is applied to release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses might be used to enhance this treatment.

JET LAG SOOTHER, 60/90 MINUTES, USD 135/185

An ideal healing treatment after long periods of travel to reset your internal clock. Dry body brushing stimulates blood circulation and prepares skin for a stimulating back, neck and shoulders massage, relaxing scalp and face acupressure, and a lower leg and foot massage to release muscle tension.

HOLISTIC MASSAGE, 60/90 MINUTES, USD 135/185

Combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about balance.

MOVEMENT RESTORATION, 90 MINUTES/USD 185

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.

HEAD MASSAGE, 30/60 MINUTES, USD 65/115

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, USD 80/135

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.

ABHYANGA, 60 MINUTES/USD 135

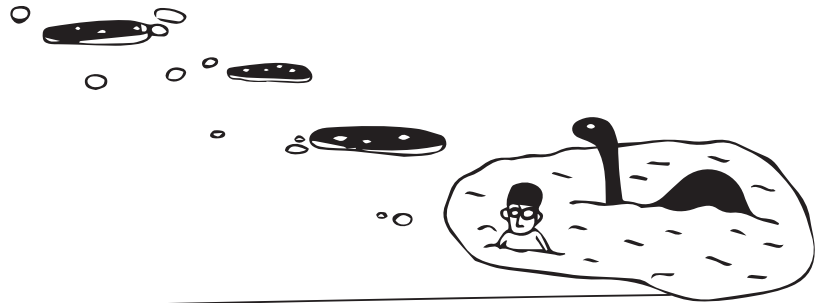
A much-loved Ayurvedic body massage that reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 60 MINUTES/USD 185

This stress-releasing treatment performed by two therapists, 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.

**BHUTANESE HERBAL BODY SCRUB,
60 MINUTES/USD 125**

Bring the body back into balance and boost the immune system with this cleansing treatment tailored to address your specific concerns. It involves blending your own traditional Bhutanese herbs with essential oils and Himalayan salts which are used in the treatment. This experience concludes with the application of a personalized body lotion.



Prices exclude government tax and service charge.

DETOX BODY WRAP, 75 MINUTES/USD 145

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 and Green Tea envelop your body providing the ultimate detox. Experience full body hydration with a choice of aromatic infused body butters, lotions or blends after.

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DETOX BODY BUFF, 60 MINUTES/USD 125

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.

Using Subtle Energies.





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HEALING HEALTH RITUALS

TRADITIONAL DOTSHO (HOT STONE BATH), 45 MINUTES/USD 105 ❁

A “must experience” when visiting Bhutan. Mineral-rich stones from riverbeds are heated for several hours and added gradually into the water in a traditional stone bath. Heating the water in increments allows the body to adjust to the changes in temperature and encourages the purification process. Minerals released by the stones with the addition of Khempa, a Bhutanese medicinal herb, work together to release muscle pain, joint stiffness and travel sickness. Advanced notice of three hours is required for this treatment.

DETOX AND ADRENAL BOOST JOURNEY, 120 MINUTES/USD 290

Boosting adrenal fatigue, stimulate skin cells and drain lymphatics with this comprehensive purification process Highly potent actives such as Tulasi and Wild Turmeric are embedded into a full exfoliation, followed by a toning detox wrap and concludes with Subtle Energies signature massage to release tension, lymphatic fluid, assist circulation and work the marmas.

Using Subtle Energies.





AYURVEDIC EXPERIENCE,
90 MINUTES/USD 235

A deeply healing Ayurvedic experience performed by two therapists and combining Abhyanga and Shirodhara.



Prices exclude government tax and service charge.

HEALING YOUR SKIN

24K GOLD AGE-DEFYING FACIAL, 60/ 90 MINUTES, USD 145/195

Combining collagen and elastin boosting actives, while addressing stress, anxiety and hormonal balance. This age-defying facial features Mogra, Queen of Jasmines, Himalayan Rose 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, reducing fine lines and wrinkles.

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SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/ 90 MINUTES, USD 145/195

Designed for dehydrated, sensitive or damaged skin. This intense enriching facial therapy delivers potent antioxidants and essential fatty acids to fight free radical damage, protecting the skin from visible signs of aging. Effectively removing impurities and pollutants, while keeping the skin calm and nourished. The facial marma massage delivers a nutrient rich elixir to increase collagen and hyaluronic acid production. This restorative treatment leaves the skin smooth, vitamin enriched and deeply hydrated.

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WILD KASHMIR, 30/60 MINUTES, USD 95/145

This purifying facial will, optimize your wellbeing and replenish the skin with renewed freshness. Wild turmeric purifies and exotic Kashmir lavender soothes and restores. Ideal for tired, congested and stressed skin.

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MANICURE, 60 MINUTES/USD 90

SHAPE AND POLISH, 30 MINUTES/USD 50

PEDICURE, 60 MINUTES/USD 90



Prices exclude government tax and service charge.

HEALING YOUR MIND AND ENERGY

YOGA, 60 MINUTES/USD 125

YOGA NIDRA, 45 MINUTES/USD 90

SIX SENSES MEDITATION, 45 MINUTES/USD 90

PRANAYAMA (YOGIC BREATHWORK),
45 MINUTES/USD 90





Prices exclude government tax and service charge.



SPA ETIQUETTE

SPA OPENING HOURS

Daily 9:00 am to 9:00 pm

SPA RESERVATIONS

For further information and reservation, please contact Six Senses Spa by phone at +9752350773 Ext. 2913. We recommend you book in advance to secure your preferred treatment time.

CANCELLATIONS

Please allow three hours' notice on individual treatments and 24 hours' notice on spa rituals; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

PRICING

Prices (USD) exclude 10 percent government tax and 10 percent service charge.

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.



SIX SENSES THIMPHU

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