



SIX SENSES SPA

BHUTAN

# SPA MENU

PARO



## EDUCATION

*Values give our life direction and purpose. They are the foundation for harmony and happiness in Bhutan. Where our values come from does not matter, what they are and how we act on them in relation to others and ourselves, does.*

Bhutan's education system places the same value on creative learning and its application as it does on the intellect, to ensure Bhutanese children have greater freedom when it comes to choosing what they would like to do with their life. But equally important are the values that are taught about valuing life and all living things. The Gross National Happiness index of Education reflects the values, legends and folk stories about giving back. It also offers an opportunity to learn about respecting and honoring life in the Land of the Thunder Dragon.

## Start your learning journey

At Six Senses Paro, which for many of you will be the last location, we focus on setting intentions for going back to life at home and for the future. Writing intentions on Bhutanese prayer flags, barefoot walking meditation and the inclusion of the Tiger's Eye crystal in the opening treatment ritual are some of the practices you will experience at this location. Tiger's Eye is a powerful stone for releasing fear and anxiety, while aiding harmony and balance. It allows you to make decisions with discernment and understanding, unclouded by emotions.

You'll be invited to hold the crystal in your hands, while setting positive intentions through breathing and meditation to leave an imprint of Bhutan deep within. This is followed by Bhutanese chanting and singing bowls, promoting stillness, happiness and well-beings.



## VALUING 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.

### 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.

### TENSION SOOTHER MASSAGE, 30/60 MINUTES, USD 80/135

A reviving back, neck and shoulders massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.



**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.*

**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.

*Using Subtle Energies.*

## VALUING BHUTAN RITUALS

**MEMORIES OF BHUTAN, 120 MINUTES/USD 270**

This journey starts in the private meditation room where we reflect on the unique gifts the pilgrimage has had to offer. After a mindful walk to the treatment room, the experience is deepened with a personalized full body massage using warm and therapeutic oils, leaving you with clear intentions on what to take home. If you wish to extend your experience, add some extra time in the sauna and dipping pool prior to your treatment. In addition to the stress-releasing benefits, you can enjoy your tranquil surroundings with breathtaking views.



*Prices exclude government tax and service charge.*

## RESTORING 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.

*Using Subtle Energies.*



**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.

*Using Subtle Energies.*

**MANICURE, 60 MINUTES/USD 90**

**SHAPE AND POLISH, 30 MINUTES/USD 50**

**PEDICURE, 60 MINUTES/USD 90**



*Prices exclude government tax and service charge.*

# RESTORING YOUR MIND AND ENERGY

YOGA, 60 MINUTES/USD 125

YOGA NIDRA, 45 MINUTES/USD 90

SIX SENSES MEDITATION, 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. 1909. 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 PARO

T +975 235 0772 Ext. 1909/1910 E [reservations-bhutan-spa@sixsenses.com](mailto:reservations-bhutan-spa@sixsenses.com)

Chubjakha, Hungrel Gewog, Paro

