



SIX SENSES SPA

YAO NOI

# WELLNESS AND SPA MENU



Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the 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.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.





# MASSAGES





### SIX SENSES SIGNATURE MESSAGES

***Deep Tissue, 60/90 minutes*** - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

***Holistic, 60/90 minutes*** - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

***Detox, 60/90 minutes*** - an energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicon cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

***Movement Restoration Massage, 90 minutes***  
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.

***Tension Soother, 30/60 minutes*** - a reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.



*Head Massage, 30/60 minutes* - 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* - restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

#### DREAM CATCHER, 90 MINUTES

Release tension and evoke a deep sense of relaxation with this light pressure massage of the head, back, neck and shoulders as well as feet.

#### ORIENTAL MASSAGE, 60/90 MINUTES ❀

A stress relieving treatment combining a full body massage with acupressure and stretching techniques.

#### JET LAG RECOVERY, 90 MINUTES ❀

Release muscle tension, stimulate circulation and reset the internal clock with this rebalancing massage, using an exclusive blend of aromatherapy oils and fresh Thai herbs. It concludes with a rejuvenating foot mask.

#### THAI HERBAL MASSAGE, 90 MINUTES ❀

A full body massage using warm poultices which contain plai, ginger, turmeric and lemongrass. These are applied to specific pressure points, using gentle and rolling movements, to condition skin and induce a sense of well-being.

#### THAI MASSAGE, 60/90 MINUTES ❀

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements



# FACIALS BODY TREATMENTS





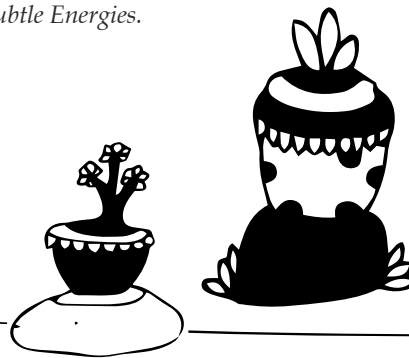


### 24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

### SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*



**MUKHA CHIKITSA, 60/90 MINUTES**

Purify, hydrate and nourish the skin with this holistic facial treatment, using a blend of rare ingredients such as mogra (fragrant flower of South Asia), saffron and rose with anti-aging and relaxing properties enjoyed by the nobility of ancient India and Persia. An aromatic hand and arm ritual is followed by a complete facial cleanse and exfoliation. The treatment includes a hydrating oil mask, together with a deep facial marma massage to rejuvenate on a physical, mental and emotional level. *Using Subtle Energies.*

**THAI SILK FACIAL, 60/90 MINUTES ✿**

This anti-aging facial uses natural silk cocoons to firm and tone the skin. Originating from North Thailand, the cocoons contain 12 amino acids which improve skin elasticity, reduce the appearance of wrinkles and repair sun-damaged skin.

**WILD KASHMIR PURIFYING FACIAL,  
60/90 MINUTES**

Optimize your well-being and replenish the skin with renewed freshness with this detoxifying facial, using wild turmeric to purify and exotic Kashmir lavender to soothe and restore. Ideal for tired, congested and stressed skin, toxins will be eliminated through a double cleanse, exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts. Ideal for acne prone and teenage skin. *Using Subtle Energies.*

### COCONUT BODY SCRUB, 45/ 60 MINUTES ❁

Reveal softer and smoother skin with this natural body scrub combining freshly grated coconut with a crushed coconut shell and turmeric.

### DETOXIFYING COFFEE SCRUB, 45/60 MINUTES ❁

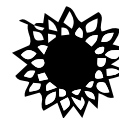
Ideal after traveling, this invigorating treatment involves skin exfoliation with local Thai herbs followed by the application of Thai coffee clay to expel impurities.

### DETOXIFYING COFFEE BODY WRAP, 90 MINUTES ❁

This purifying body wrap uses Thai coffee blended with carrot and coconut oil to detoxify and firm the skin.

### ANTIOXIDANT THAI GREEN TEA SCRUB, 45/60 MINUTES ❁

Firm and tone the skin with this refreshing scrub using Thai ground rice and green tea which is known for its antioxidant properties.

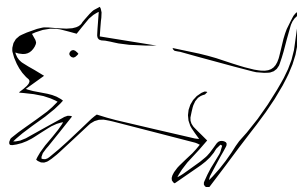


ANTIOXIDANT THAI GREEN TEA BODY WRAP,  
90 MINUTES ✿

Tone the body with this unique green tea body wrap.

NATURAL SUNBURN SOOTHER, 60 MINUTES

This hydrating and soothing treatment brings together the healing benefits of Aloe Vera and cucumber to soothe the skin after sun exposure.



AYURVEDA



### ABHYANGA, 60/90 MINUTES

This popular Ayurvedic body massage, also known as 'four-handed massage' reduces signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

### KATI VASTI, 60/90 MINUTES

A nurturing Ayurvedic treatment in which warm medicated oils are pooled on the lower back to promote muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

### SHIRODHARA, 60 MINUTES

A stress-releasing treatment during which warm oil is poured over the third eye to soothe and calm the nervous system. Assists with treating skin conditions and insomnia, whilst also enhancing emotional balance.

### AYURVEDIC EXPERIENCE, 90/120 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.



# RITUALS AND WELLNESS







**SIGNATURE YAO NOI JOURNEY,  
3 HOURS 30 MINUTES ❁**

*Thai Herbal Steam  
Coconut Body Scrub  
Thai Herbal Massage  
Thai Silk Facial*

**DETOXIFIER, 2 DAYS**

*Detoxifying Coffee Body Wrap  
Detox Massage  
Yogic Intestinal Cleanse  
Private Meditation*

**DE-STRESS, 3 DAYS**

*Coconut Body Scrub  
Thai Massage  
Deep Tissue Massage  
Dream Catcher Massage  
Private Yoga  
Private Meditation*

**YOGA IMMERSION, 3 DAYS**

*2 Private Yoga  
1 Aerial Yoga  
1 Chakra Meditation  
2 Thai Massage*

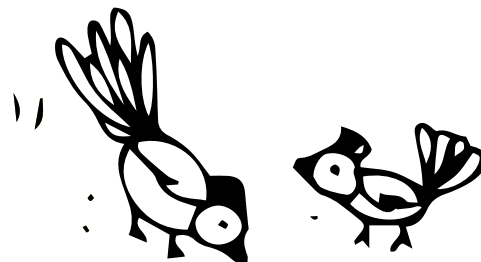
*Bookings are required one day prior to  
the desired start date.*

### WELLNESS SCREENING, 45 MINUTES

A personal consultation during which we measure key physiological biomarkers of health, including body composition, metabolism, oxygen distribution, and heart function and circulation, as well as stress parameters. Based on the results, a wellness program is recommended to your specific needs.

### YOGIC INTESTINAL CLEANSE, 90 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water.



### WELLNESS PROGRAMS, 3 DAYS PLUS

Based on the results, our wellness expert recommends a personalized wellness program which includes one spa treatment of 90 minutes and one fitness/wellness activity of 60 minutes per day, as well as advice on nutrition.

**SLEEP** Tired, no energy, suffering from colds, headaches or stress? Combine advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, relaxing treatments, wellness therapies and low intensity training.

**FITNESS** If you can't find time in a hectic home life to improve stamina, tone up or address specific movement related concerns, this program is for you. It focuses on movement, blending high and low intensity training with recovery treatments, meditation and sleep.

**DETOX** Eliminate toxins, improve digestion, boost the immune system and clear your mind. Our non-invasive yogic cleanse helps your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and mind-body practices.

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BEAUTY





### HAIR HYDRATION, 60 MINUTES

A rehydrating hair treatment complemented with a soothing scalp massage and the application of coconut mask to hydrate the scalp.

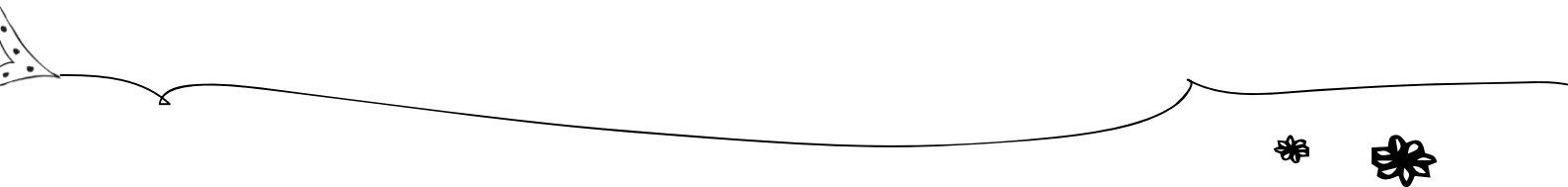
### NAIL POLISH APPLICATION, 30 MINUTES

### SPA MANICURE, 60 MINUTES

### SPA PEDICURE, 60 MINUTES

### GENTLEMAN'S MANICURE, 45 MINUTES

### GENTLEMAN'S PEDICURE, 45 MINUTES



# SPA TO SPAAAHH

Make the most of your spa time







### SPA OPENING HOURS

October to April | 8:00 am to 8:00 pm  
May to September | 8:00 am to 7:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please press the 'spa' button on the phone in your villa or contact your GEM. Advance bookings are recommended to secure your preferred treatment time.

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your villa 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 using the sauna and steam prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

### ARRIVAL

Please arrive 20 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

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 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 or body treatment 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

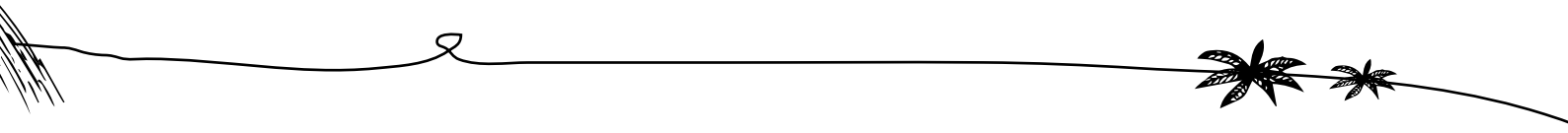
For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

### CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

### GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 16 years old must be accompanied by an adult when using gym equipment.







## SIX SENSES SPA YAO NOI

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