



SIX SENSES SPA

DOURO VALLEY

WELLNESS AND SPA MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

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, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience and becomes a joyful way of life.



SPA HEAT AND WATER FACILITIES

ENJOY AS PART OF YOUR STAY
OR BEFORE A TREATMENT.

Salty bubble pool

Soothe and relax tense muscles in the 38 degrees C water.

Hydrotherapy, Chromotherapy, Aqua Sound Therapy

Relax and release tension with the hydro-massage stations. Allow the light therapy to help with recovery while the pools sound therapy will give you a deeper sense of peace when you listen to the underwater music.

Cryotherapy bath

Activate circulation and reduce inflammation. Use this cool experience after heat. 10 degrees C.

Himalayan salt sauna

Amplify energy, improve concentration and focus. 45 degrees C with 5 percent humidity.

Panoramic sauna

A classic dry-heat sauna with stunning forest views. 95 degrees C with 10 percent humidity.

Cold bucket shower

Use after the sauna or steam to stimulate circulation and aid oxygenation of the body.

Igloo

Grab a handful of ice, and rub it over the body to boost immunity and stimulate circulation.

Herbal therapy sauna

Recharge the body with 45 degrees C with 5 percent humidity.

Infrared sauna

Infrared light directly heats your body to reduce joint pain and improving cardiovascular health. 70 degrees C and 10 humidity.

Steam room

Hot steam encourages a deep and invigorating cleanse. 45 degrees C with 90 to 100 percent humidity.

Temperatures and humidities are approximate.



PERSONALIZED WELLNESS



If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

WELLNESS SCREENING, 60 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

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 soothing treatments.



SLEEP

Do you find it hard to get to sleep or sleep through the night, or do you often wake up feeling groggy and unrefreshed? We have all the resources you need to combine advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, relaxing treatments and amenities, wellness therapies, nutrition advice and low intensity training.

DETOX

Do you 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.

HOLISTIC ANTI-AGING

This program combines scientific advances in nutrition, fitness and neuroscience with ancient wisdom from long-lived communities to achieve a healthy, balanced body and mind. By understanding that outer beauty comes from a healthy body and happy mind, we can help you overcome lifestyle related aging effects, look at yourself in a new light and extend your health span through a personalized program.

RELAX AND RENEW

Shake off life's stresses and press the reset button with this one-day program dedicated to balancing stress symptoms, inducing relaxation and calming a monkey mind.

PROGRAMS

Programs of one, three, five or seven nights are available. It depends on how much time you have to invest in your well-being.





BIOHACKING



Unleash your limitless potential for living a healthy, balanced life full of energy. Biohacking takes shortcuts to better wellness by hacking the body's natural recovery systems.

BREATHE YOUR WAY TO LONGEVITY WITH CELLGYM, 45 MINUTES

When the human body is exposed to low oxygen air, it responds by increasing breathing efficiency and creating new red blood cells. This means more oxygen to your muscles, increasing your speed, endurance, and power by 10% or more, whether you are performing at sea level or at high altitude. The result is mitochondrial regeneration, improvement of the metabolism, protection against cardiovascular diseases, enhanced performance in athletes, activation and strengthening of the immune system.

COMPRESSION THERAPY FOR LEGS OR HIPS

Next level therapy by Normatec to ease lower body pain so you can warm up and recover faster.

EASE LOWER BACK TENSION WITH VENOM BACK WRAP

Digitally controlled heat and vibration to soothe sore back muscles and relax stiffness.

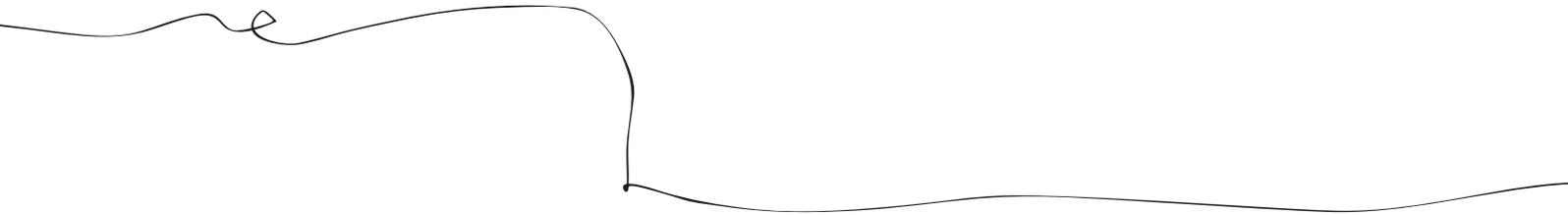
BRIGHTEN UP WITH LOCALIZED INFRARED LIGHT

Wavelengths of light work to either clear blemishes or fine lines & wrinkles on the skin.

**These biohacking experiences can be complemented with a variety of audio meditations.*



LOCALLY INSPIRED
SIGNATURE TREATMENTS



Douro is a UNESCO World Heritage Site and is the world's oldest demarcated wine region. We therefore offer treatments combining highly concentrated ingredients from grapes for maximum efficacy with delicate fragrances and luxurious textures.

WARMING SCHIST VINOTHERAPY, 2 HOURS

This exceptional experience begins with a full body exfoliation using grapeseed pearls and port. A relaxing massage follows with the placement of warming schist stones unique, to melt tension. A mini facial using local ingredients concludes this signature journey leaving you refreshed and restored ready to explore our beautiful surroundings.

AQUA SOUND MASSAGE WITH TIBETAN BOWLS, 45 MINUTES

Release your inner water baby into the pool, we will begin by feeling the vibrations of the tibetan bowls preparing ourselves for the sound massage in the water. Thanks to comfortable floats and feeling in a state of weightlessness, we feel the vibrations of the bowls throughout to induce a state of unequaled inner and outer calm. Using a blend of healing aromatherapy oils combined with foot massage and the vibration of the therapeutic bowls, we take you a journey to your inner self, while you floating into pure nature.



ALCHEMY EXPERIENCES



ALCHEMY BAR WORKSHOP, 60/75 MINUTES

Choose from a range of aromatic herbs, salt, fruits, and spices to blend up and create your own natural cosmetics. Many of these fresh, seasonal, and 100 percent organic ingredients come from our organic garden.

Would you like to design your own custom workshop? At our Alchemy Bar, you will be able to choose two or three recipes for sessions of 60 and 75 minutes respectively. Make exfoliating scrubs, remedy balms, sleep balms, soaps, essential oils, home sprays, healing bath salts, inhalers, roll-ons, and candles to take home.

Inclusions:

All you will need for making your own natural beauty products.





MASSAGES





SIX SENSES SIGNATURE MASSAGES

Deep Tissue, 60/90 minutes - pressure and trigger point techniques are used to release stress, ease muscle tension and improve mobility. Hot stones or warm compresses may further enhance these benefits.

Detox, 60/90 minutes - focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing 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 60/90 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.





HOT & COLD STONE THERAPY, 90 MINUTES

When used along with hot stones that induce deep relaxation, cold stones have a stimulating effect. This helps increase the body's metabolism, muscle tone and ability to flush out toxins.

CURATED MESSAGE EXPERIENCE, 60 /90 MINUTES

This unique experience is totally tailored to how you want to feel and what you need to achieve. Your therapist will guide you in selecting the right tea, essential oils and massage techniques for your desired effect.

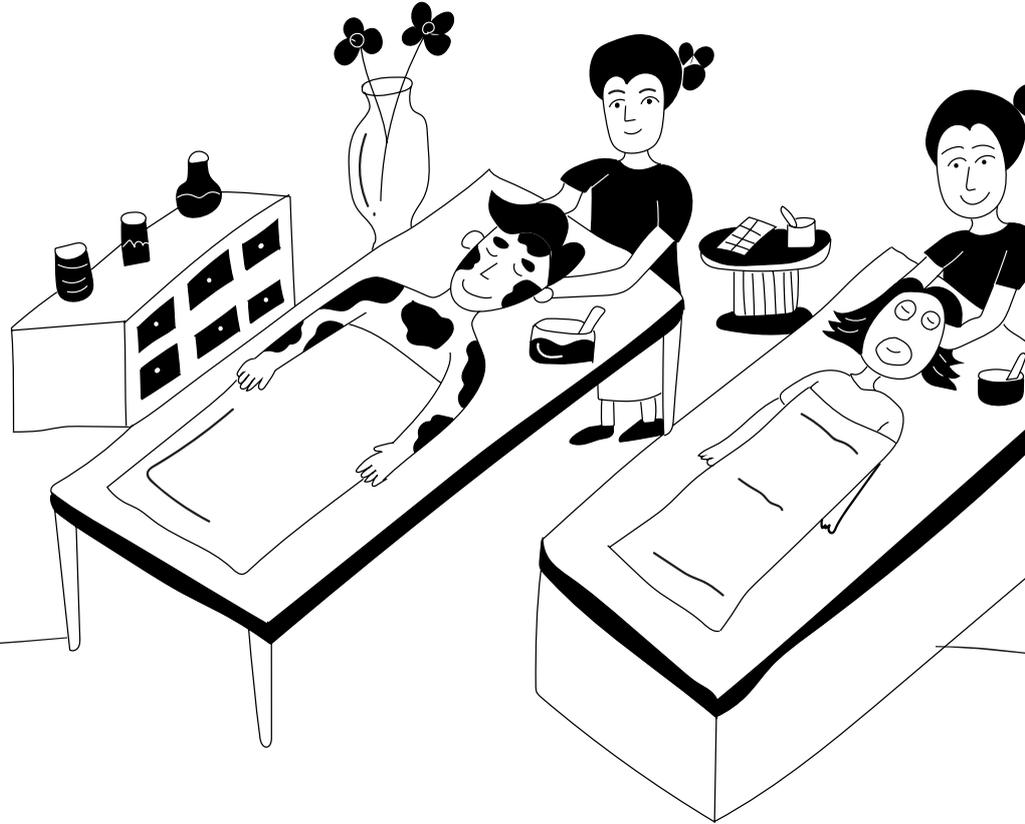
Enhance your massage with an upgrade:

CBD BALM FOR TIGHT MUSCLES

CBD OIL FOR DEEPER RELAXATION

PERCUSSION MASSAGE GUN, 15 MINUTES

FACIALS



THE EXPRESS GLOW, 30 MINUTES

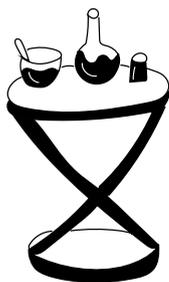
For maximum results in minimum time, you'll leave undeniably hydrated, smooth and with glowing skin. Handcrafted formulas powered by nature, the molecular delivery system penetrates deep into the skin to stimulate cellular renewal and oxygen boost. Gentle massage techniques with jade rollers will energize the skin and promote radiance.

Using Seed to Skin

THE ESSENCE, 60 MINUTES

A made-to-measure skin ritual for visible resurfacing, intense hydration and an oxygen boost. A skin restoring massage with jade rollers will enhance radiance and an undeniable glow.

Using Seed to Skin



THE GOLDEN AURA, 90 MINUTES

Luxurious, ultimately relaxing and completely customized treatment promotes cell regeneration, helps to firm and oxygenate the skin, creating a youthful glow. Targeted eye treatment will lift and smooth delicate eye area and stimulating facial and scalp massage techniques with Gua Sha stone will leave the skin visibly brighter, radiant and lifted. This high-touch ritual delivers an experience as wonderfully unique as you.

Using Seed to Skin

PERSONALIZED TREATMENT, 90 MINUTES

This bespoke facial starts with a Skin Instant Lab analysis, the facial is then tailored to suit your skin type and address skincare concerns, using a combination of products and techniques to deliver desired results.

Using Biologique Recherche

ADVANCED FACIAL SECOND SKIN, 60 MINUTES

This exceptional anti-aging and regenerative facial visibly lifts and treats the signs of aging, while accelerating the healing process.

The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour.

Using Biologique Recherche



TRIPLE LIFT FACIAL, 120 MINUTES

Redefine and plump the contours of the face with this personalized resculpting treatment. It combines two exfoliations, reconditioning and face lifting boosters with the use of the Remodeling Face machine.

Using Biologique Recherche



BODY TREATMENTS



THE DREAMCATCHER, 90 MINUTES

This therapeutic journey features a personalized, full body massage with a vanilla and oud CBD oil and the application of our super strength CBD balm to relieve deep seated muscle tension. You will then be cocooned, allowing the warmth to enhance the penetration of active ingredients relieving anxiety and inducing relaxation. Whilst wrapped enjoy a mini facial with products packed full of the purest CBD, powerful natural actives and skin-defending antioxidants. The final application of our Alchemy Sleep Balm promises a peaceful slumber.

Using Kloris

**We recommend a Theragun upgrade for those with deep seated tension.*

THE AWAKENING, 60 MINUTES

Skin exfoliating and detoxifying body treatment that harnesses the power of mineral rich raw sea salt and an extraordinary blend of spirulina, shea butter and essential oils designed to stimulate the circulation, detoxify, and to slough away dead skin cells. Completed with a personalized massage using a warm, deeply restorative probiotic body balm which will further release tension, soothe the senses, and nourish the skin.

Using Seed to Skin



THE EQUILIBRIUM, 60/90 MINUTES

This multi-sensory experience starts with gentle body brushing to boost the circulation and stimulate the lymphatic system. After thermal mud is applied on the back, relieving tension, and recharging the body with marine minerals. Followed by a luxurious warm candle massage, rich in nourishing oils and natural extracts of vanilla, rose and precious oud wood. Both energizing and relaxing, this ritual leaves the whole body, mind and spirit completely balanced. The journey leads into an optional signature mini-facial ritual, individually adapted to the skin needs.

Using Seed to Skin

DETOXIFYING ALGAE TREATMENT, 90 MINUTES

A slimming and oxygenating body treatment that detoxifies and revives. It features an energizing massage and wrap, the thermal effect releases marine active ingredients that remineralize and purify the body, leaving a wonderful sense of well-being and comfort.

Using Biologique Recherche

SLIMMING BOOSTER, 90 MINUTES

This treatment uses lymphatic drainage techniques to reduce water retention, aiming for a slimmer appearance and reducing the signs of cellulite.

Using Biologique Recherche





AYURVEDA





ABHYANGA, 60 MINUTES

This popular Ayurvedic body massage reduces signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 30 MINUTES

This stress-releasing treatment 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.

SHIROABHYANGA, 90 MINUTES

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

FITNESS AND WELLNESS ACTIVITIES





FOREST CIRCUIT TRAINING, 60 MINUTES

PERSONAL TRAINING, 60 MINUTES

TRX TRAINING, 45 MINUTES

YOGA, 60 MINUTES

PRANAYAMA, 45 MINUTES

SIX SENSES GUIDED MEDITATION, 45 MINUTES

YOGA NIDRA, 45 MINUTES



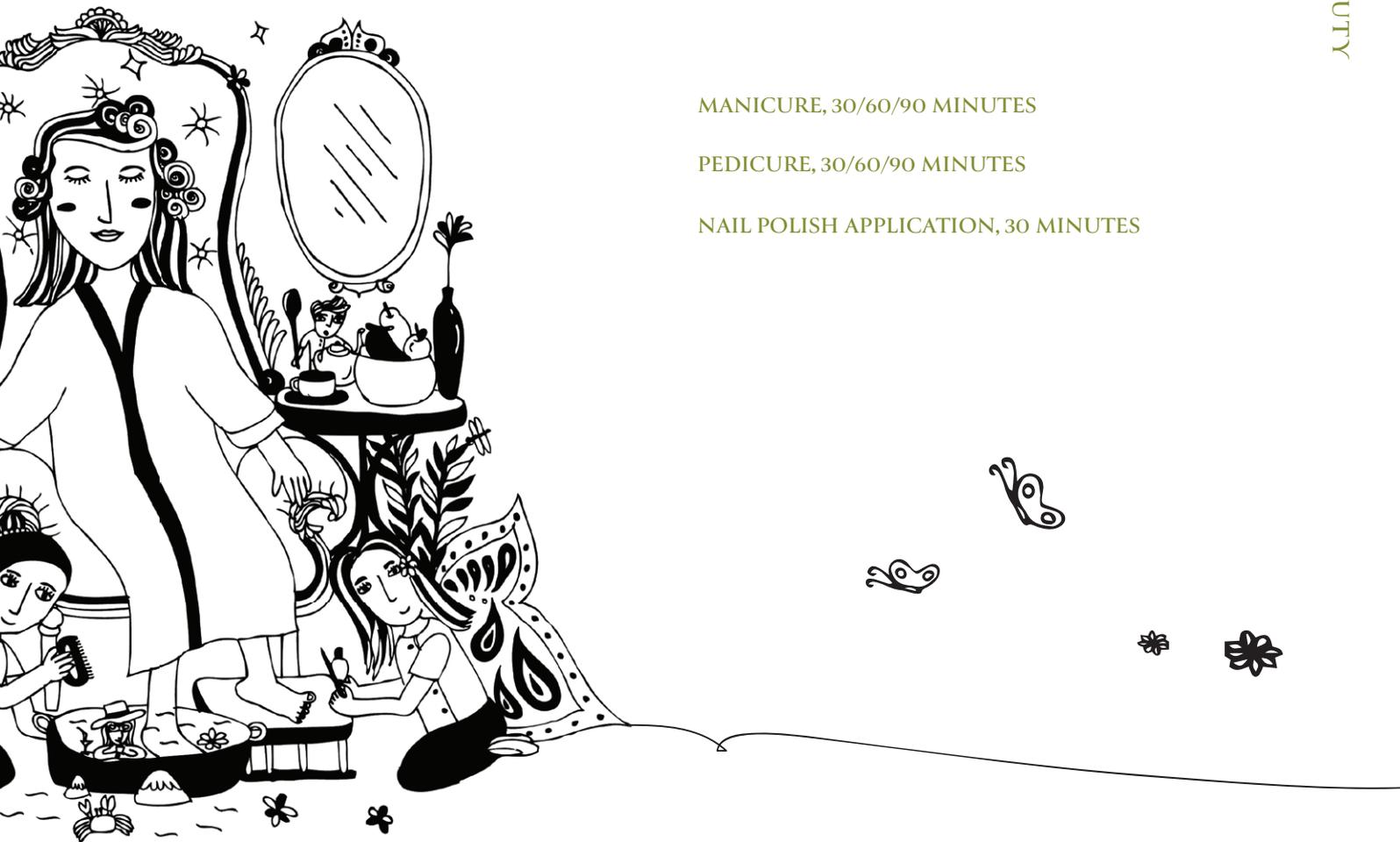
BEAUTY



MANICURE, 30/60/90 MINUTES

PEDICURE, 30/60/90 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 9:00 am to 8:00 pm

SPA RESERVATIONS

For spa enquiries 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

Please arrive 15 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

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 on spa treatments and 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 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.

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 for 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.

