



SIX SENSES SPA

BHUTAN

SPA MENU

PUNAKHA



TIME USE

Find balance between active and rest time. Find a place where to let go and be present in the moment; and where doing and being can be accompanied by restful sleep.

The Bhutanese Gross National Happiness index of time measures the work-life balance and provides information on how time can be spent on work and other leisure activities such as sport or socializing with family and friends. The index also includes details on the hours of sleep needed, because the importance of sleep goes way beyond just boosting the mood or banishing under-eye circles.

Finding the optimal balance between activity and rest is important for our health, as is the quality of how we spend our time. It's all about finding the equilibrium between doing and being.



Start your restorative journey At Six Senses Punakha

We created an entire journey to assure better rest, so you can restore the mind, rejuvenate the body and prepare for many cultural experiences and adventures that await you each day. That's why the qualities of a carnelian crystal have been incorporated into each opening treatment ritual. The powerful energy of carnelian crystal is utilized to reduce tension and stress, and to boost vitality and stamina. You'll be invited to hold a carnelian crystal in your hands, while setting positive intentions for bringing your body into a deep state of relaxation.

Your treatment starts with a footbath infused with local herbs to nourish all the senses. This is followed by Bhutanese chanting and singing bowls, promoting stillness, happiness and well-being.



RESTORING YOUR BODY

DEEP TISSUE MASSAGE, 60/90 MINUTES, USD135/185

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.

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.

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

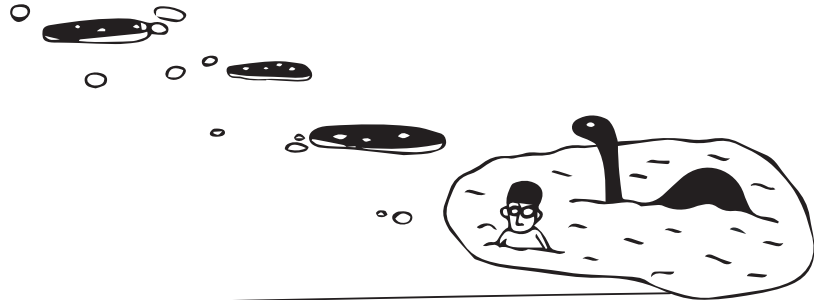
This stress-releasing treatment performed by two therapists, involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

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.*



Prices exclude government tax and service charge.

RESTORATIVE BHUTAN RITUALS

SLEEP WELL JOURNEY, 120 MINUTES/USD 300

Clinical, effective and restorative, this signature therapy is based on clinical research and ancient practices, to assist sleep concerns and insomnia. Guided meditations and pranayama will positively impact the vital energy within, followed by an advanced holistic full body marma massage and facial marma massage, bringing the body's rhythm back into balance, with potent actives that stimulate the pineal gland. The mini Nasya (nasal oil application) which has been used for centuries, relieve sleep concerns and bring about better zzz's.

Using Subtle Energies.



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.

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.

Using Subtle Energies.



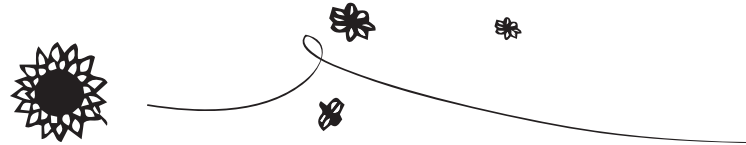
RESTORING YOUR MIND AND ENERGY

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. 3910. We recommend you book in advance to secure your preferred treatment time.

CANCELLATIONS

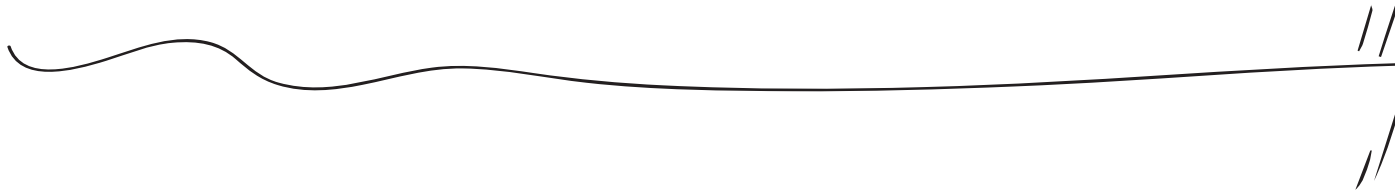
Please allow three hours' notice on individual treatments and 24 hours' notice on spa rituals; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

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 PUNAKHA

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