



SIX SENSES SPA

ULUWATU, BALI

SPA AND WELLNESS 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.

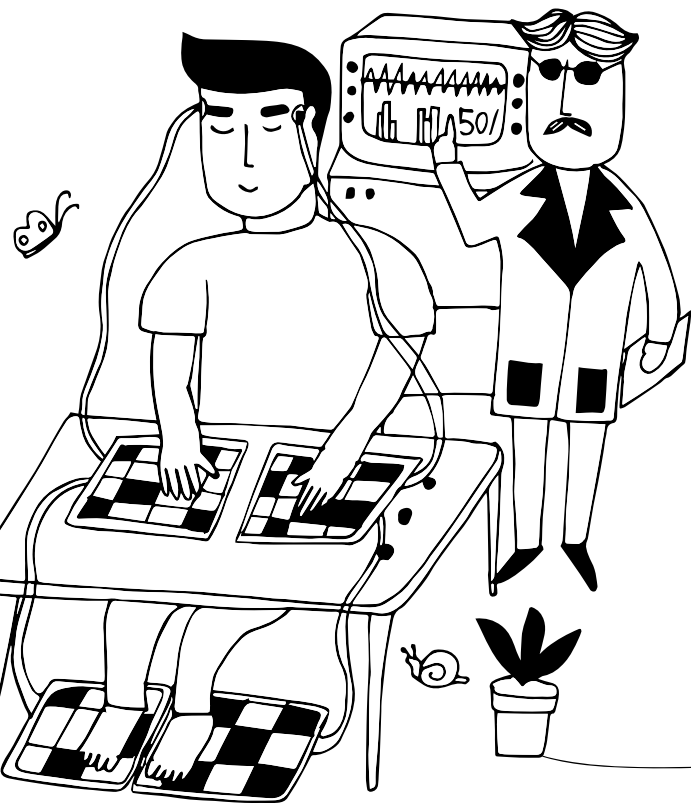
Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way 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.

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.



PERSONALIZED WELLNESS





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.

NUTRITION

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We design a nutritional plan that is right for you, while delivering maximum taste and amplifying the benefits of your daily treatments and activities.

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

DETOX

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.



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 correcting muscular imbalances and soothing treatments.

SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

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.

If you wish to recharge your batteries, cleanse the body or improve sleep, **Yogic Detox** and **Yogic Sleep** offer mind-body tools to help you eliminate any negative environmental effects and navigate whatever life throws your way.

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





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, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

Detox, 60/90 minutes - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone 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.

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.

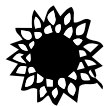
Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder 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 craniosacral 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.

Pregnancy Massage, 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.



BALINESE MASSAGE, 90 MINUTES

This treatment focuses on tension relief using a combination of traditional massage techniques. A mix of hot stones, warm oil and therapeutic head massage give deep relaxation.

KUNDALINI BACK TREATMENT, 60 MINUTES

This restorative massage is recommended for emotionally exhausted souls and anyone with computer-tight shoulders or a tense back. Deeply soothing strokes awaken the dormant energy at the base of the spine, increasing energy levels and rebalancing the whole nervous system. *Using ıla.*

KARUNA KAYA DEEP TISSUE TREATMENT, 90 MINUTES

This therapeutic and corrective treatment releases deeply-held patterns of tension, removes toxins and soothes muscles. ıla's Muscle Release Serum warms the areas which need relaxing and releases sore muscles. Vital Energy Body Oil made of juniper berry and lemongrass induces the detoxifying process, while slow strokes reach the deeper muscle layers. *Using ıla.*

KU NYE MASSAGE, 90 MINUTES

Harmonize and re-energize with this deeply rejuvenating Tibetan-inspired treatment which uses a blend of wild-grown organic oils to balance the five elements. Tibetan cupping, kneading and acupressure techniques are combined with the application of warm crystals and poultices to restore the nervous system and stimulate a free flow of energy. *Using ıla.*

FACIALS BODY TREATMENTS





RENEWED RECOVERY FACE THERAPY, 60 MINUTES

Rejuvenate the skin and soften fine lines and wrinkles with this calming and restorative face therapy, which uses healing extracts from the Amazonian rainforest. Lymphatic drainage techniques, warm herbal poultices and a mud mask encourage the release of toxins, reduce water retention, increase blood supply and boost collagen production. *ila's* unique blend of bio-active and raw ingredients boosts the skin's natural regeneration processes, resulting in a radiantly healthy complexion that glows with vitality. *Using ila.*

CRYSTAL HEALING FACE THERAPY, 90 MINUTES

This treatment harnesses the healing vibrations of crystals to release tension and uplift the skin. A re-energizing garnet face scrub is followed by deep lymphatic drainage and acupressure with hot poultices to restore glow and radiance. A cooling and nourishing jade mask concludes the treatment to reduce the appearance of fine lines. *Using ila.*

DREAMTIME FACE THERAPY, 60 MINUTES

This grounding and nourishing treatment works at both an emotional and physical level, restoring balance of the throat chakra (the body's sleep energy center), while rejuvenating skin cells. This is ideal for restless minds and those seeking deep relaxation. *Using ila.*

KU NYE FACE THERAPY, 60 MINUTES

This Tibetan-inspired treatment is recommended for damaged skin and tired souls. Tibetan and Sea Buckthorn Seed oils, known for containing a rare Omega 7, are used to strengthen and regenerate the skin, improve circulation and balance core energy. A rosehip and honey scrub is followed by lymphatic drainage and Tibetan acupressure, along with the application of hot poultices to maximize penetration. This journey concludes with a balancing lavender and honey mask. *Using ila.*

BALINESE BOREH WRAP, 40 MINUTES ✿

This traditional Balinese treatment uses local ingredients such as clove, turmeric and nutmeg to warm the body and relieve tired muscles and achy joints. It also boosts circulation and encourages the release of toxins.

LULUR BODY SCRUB WITH YOGURT SPLASH AND HERBAL BATH, 60 MINUTES ✿

Cleanse and revive tired-looking skin with this locally-inspired treatment using ground rice and fragrant spices. It continues with an application of cooling yogurt to soothe and nurture, and concludes with a herbal bath, leaving skin soft and supple.

DREAMTIME SCRUB AND BODY TREATMENT, 90 MINUTES

To increase resilience against anxiety or insomnia, this grounding treatment relaxes the nervous system, releases tension and restores the natural rhythm of sleep. It starts with a foot ritual and soothing mini scrub, and continues with chakra healing during which herbal poultices are applied to enhance the effects of the massage, leaving the mind and body deeply relaxed and peaceful. *Using ila.*

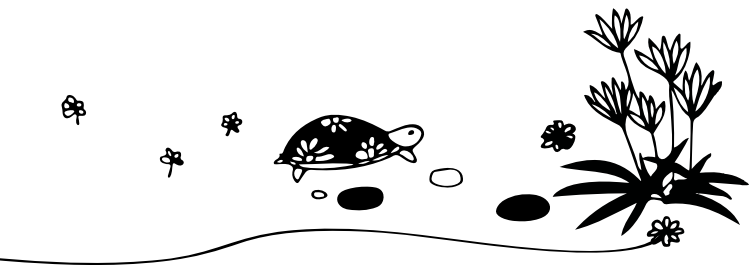
NATURAL SUNBURN SOOTHER, 60 MINUTES ✿

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

Add to any spa treatment:

CANDLE NUT SCRUB, 30 MINUTES ✿

Its soft and oily consistency makes candlenut an ideal local ingredient for a body scrub. Suitable for normal or dry skin, this treatment draws out impurities, hydrates, and promotes smooth and radiant skin.



RITUALS





BALINESE HEALER, 3 HOURS ✿

Guided meditation

Tension-relieving Acupressure

Balinese Massage

Balinese Boreh

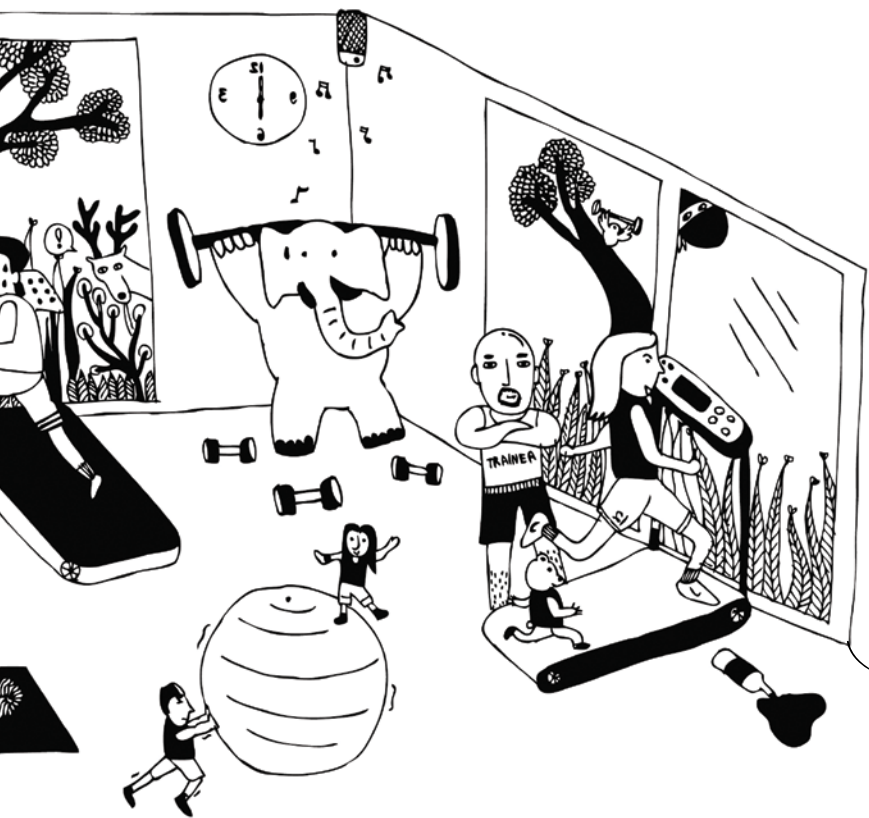
Avocado Body Polish

ROYAL LULUR, 2 HOURS 30 MINUTES

This beauty ritual dates back to the 17th century and the Royal Palaces of Central Java. It is the ultimate treat for tired skin. It begins with a relaxing full body massage, followed by the Lulur body scrub with an aromatic blend of spices to exfoliate the skin. It continues with an application of cooling yogurt to soothe and nurture, and concludes with a herbal bath, leaving skin soft and supple.

BEAUTY FITNESS AND WELLNESS ACTIVITIES





MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

Add to Manicure or Pedicure:

GEL APPLICATION, 15 MINUTES



PERSONAL TRAINING, 60 MINUTES

AERIAL YOGA, 45 MINUTES

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

TRADITIONAL YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a mixed-level environment.



YOGIC INTESTINAL CLEANSE, 75 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. Bookings are required one day prior to the desired start date.

YOGA NIDRA, 45 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

SIX SENSES MEDITATION, 60 MINUTES

This session focuses on mindfulness and strengthening your ability to listen and gauge body language, while developing more compassion and empathy for each other.



SPA ETIQUETTE





SPA OPENING HOURS

Daily 9:00 am to 10:00 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 three 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, 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

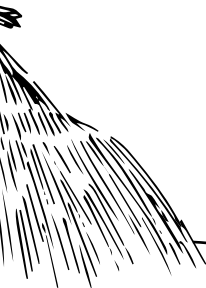
For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

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 two types of services: private treatments and therapies in an open room/group setting.

Anyone under the age of 18 must have a parent or legal guardian complete a Health Assessment Form and Children's Wellness Waiver on their behalf. They must wear undergarments or swimsuits during any treatment where clothing is typically removed. Parents and/or guardians will be asked to remain at/or close to the spa/place of the treatment so that they can be reached if needed.

For private (one on one) treatments with 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.





JUNIOR SPA MENU

Pamper yourself with our selection of spa treatments, specially created for kids as part of our latest initiative, Grow With Six Senses. Incorporating all of the dimensions of wellness, you'll understand more about what's going on inside you and in the world around you.

JUNIOR BODY MASSAGE, 30/45 MINUTES, IDR 600/850

Relaxation is the way to go with this soothing full body massage using hydrating organic coconut oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/IDR 600

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES/IDR 850

The various reflex areas on your feet form "maps" that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body's balance to its optimum state.

Prices are in '000 Indonesian Rupiah (IDR).

All prices are subject to 21 percent government tax and service charge.

PRETTY HANDS OR FEET, 45 MINUTES/IDR 850

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun nail art. Try your hand at water marbling, a fun and funky nail effect similar to tie-dye clothes.

FUN FACIAL, 45 MINUTES/IDR 850

Choose and blend natural ingredients under the guidance of your spa therapist and then relax as they use them in a gentle facial. Learn some tips and ideas for taking care of your skin so it maintains a healthy balance.

MOTHER AND DAUGHTER, 75 MINUTES/IDR 3,000

Spend some relaxing time together and indulge in a relaxing full body massage followed by nail painting.

FATHER AND SON, 75 MINUTES/IDR 3,000

Unwind after an active day with a full body soothing massage followed by a scalp massage, Using organic coconut oil.

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SIX SENSES SPA

ULUWATU, BALI

SPA AND WELLNESS MENU PRICELIST



WELLNESS PROGRAMS

DURATION

PRICE/IDR

Wellness Screening

60 minutes

1,200

SLEEP

1 x Wellness screening (45 mins)

3 nights

9,700 per person
17,500 per couple

1 x A welcome bag with sleep amenities

3 x Sleep tracking throughout the stay

3 x Daily Sleep Review

1 x Yoga nidra or pranayama (45 mins)

1 x Private activity: *Yoga* (60 mins)

1 x Holistic Massage (90 mins)

1 x Reiki (90 mins)

1 x Head Massage (30 mins)

1 x Program wrap up

1 x Wellness Screening (45 mins)

5 nights

15,500 per person
27,500 per couple

1 x A welcome bag with sleep amenities

5 x Sleep tracking & daily sleep review instead

5 x Daily Sleep Review

2 x Private Activity: *Yoga* (60 mins)

2 x Yoga nidra or pranayama (45 mins)

2 x Personalized Holistic massage (90 mins)

1 x Reiki (90 mins)

1 x Head Massage (30 mins)

1 x Program wrap up

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WELLNESS PROGRAMS

DURATION

PRICE/IDR

SLEEP

2 x Wellness screening (45 mins)

7 nights

22,300 per person

1 x A welcome bag with sleep amenities

43,000 per couple

7 x Sleep tracking throughout the stay

7 x Daily sleep Review

4 x Private activity: *Yoga* (60 mins)

3 x Yoga nidra or pranayama (45 mins)

2 x Personalized Holistic massage (90 mins)

1 x Dreamtime Scrub & Body Treatment (90 mins)

1 x Reiki (90 mins)

2 x Head Massage (30 mins)

1 x Program wrap up



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WELLNESS PROGRAMS

DURATION

PRICE/IDR

DETOX

1 x Wellness screening (45 mins)	3 nights	9,700 per person
1 x Private activity: <i>Fitness training or yoga</i> (60 mins)		17,500 per couple
1 x Private Activity: <i>Meditation or pranayama</i> (45 mins)		
1 x Yogic intestinal cleanse (90 mins)		
2 x Personalized detox massage (90 mins)		
1 x Balinese Boreh Wrap (40 mins)		
1 x Program wrap-up		
1 x Wellness screening (45 mins)	5 nights	15,500 per person
2 x Private activity: <i>Fitness training or yoga</i> (60 mins)		27,500 per couple
1 x Private activity: <i>Meditation or pranayama</i> (45 mins)		
1 x Yogic intestinal cleanse (90 mins)		
3 x Personalized detox massage (90 mins)		
2 x Balinese Boreh Wrap (40 mins)		
1 x Program wrap-up		
2 x Wellness screening (45 mins)	7 nights	22,300 per person
4 x Private activity: <i>Fitness training or yoga</i> (60 mins)		43,000 per couple
2 x Private activity: <i>Meditation or pranayama</i> (45 mins)		
2 x Yogic intestinal cleanse (90 mins)		
4 x Personalized detox massage (90 mins)		
3 x Balinese Boreh Wrap (45 mins)		
1 x Program wrap-up		

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WELLNESS PROGRAMS

DURATION

PRICE/IDR

FITNESS

- 1 x Wellness screening (45 mins)
- 1 x Consultation with personal trainer (30 mins)
- 2 x Personalized training (60 mins)
- 2 x Deep tissue massage (90 mins)
- 1 x Balinese massage (90 mins)
- 1 x Program wrap-up

3 nights

9,700 per person
17,500 per couple

- 1 x Wellness screening (45 mins)
- 2 x Consultation with personal trainer (30 mins)
- 3 x Personalized training (60 mins)
- 2 x Private stretching session (30 mins)
- 2 x Deep tissue massage (90 mins)
- 1 x Holistic massage (90 mins)
- 1 x Karuna Deep Tissue massage (90 mins)
- 1 x Candle Nut Scrub (30 mins)
- 1 x Program wrap-up

5 nights

15,500 per person
27,500 per couple

- 2 x Wellness screening (45 mins)
- 2 x Consultation with personal trainer (30 mins)
- 5 x Personalized training (60 mins)
- 3 x Private stretching session (30 mins)
- 2 x Deep tissue massage (90 mins)
- 2 x Holistic massage (90 mins)
- 1 x Karuna Deep Tissue massage (90 mins)
- 1 x Candle Nut Scrub (30 mins)
- 1 x Program wrap-up

7 nights

22,300 per person
43,000 per couple



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WELLNESS PROGRAMS

DURATION

PRICE/IDR

DISCOVER YOGA

Yoga consultation (30 mins)

3 nights

4,720 per person

Personalized yoga (60 mins)

7,400 per couple

Guided meditation (45 mins)

Signature massage (60 mins)

Head Massage (60 mins)

Yoga consultation (30 mins)

5 nights

8,200 per person

2 x Personalized yoga (60 mins)

12,200 per couple

Pranayama (30 mins)

Guided meditation (45 mins)

2 x Signature massage (60 mins)

Head Massage (60 mins)

Yoga consultation (30 mins)

7 nights

13,400 per person

3 x Personalized yoga (60 mins)

21,510 per couple

Pranayama (30 mins)

Guided meditation (45 mins)

Movement Restoration Massage (90 mins)

Signature massage (60 mins)

Ku Nye Massage (90 mins)

Ku Nye Facial (60 mins)

Head Massage (60 mins)

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WELLNESS PROGRAMS

DURATION

PRICE/IDR

YOGIC DETOX

Yoga consultation (30 mins)

5 nights

10,445 per person

2 x Personalized yoga (60 mins)

15,500 per couple

Pranayama (30 mins)

Guided meditation (45 mins)

Yogic Intestinal Cleanse (75 mins)

Movement Restoration Massage (90 mins)

Detox Massage (60 mins)

Signature Facial (60 mins)

Yoga consultation (30 mins)

7 nights

17,600 per person

3 x Personalized yoga (60 mins)

27,000 per couple

2 x Pranayama (30 mins)

Guided meditation (45 mins)

Yogic Intestinal Cleanse (75 mins)

Movement Restoration Massage (90 mins)

2 x Detox Massage (60 mins)

Detox Scrub (60 mins)

Balinese Body Wrap (40 mins)

Holistic Massage (60 mins)

Signature Facial (60 mins)



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WELLNESS PROGRAMS

DURATION

PRICE/IDR

YOGIC SLEEP

Yoga consultation (30 mins)

3 nights

5,300 per person

Personalized yoga (60 mins)

8,500 per couple

Yoga nidra (60 mins)

Holistic Massage (60 mins)

Movement Restoration Massage (90 mins)

Yoga consultation (30 mins)

5 nights

9,610 per person

2 x Personalized yoga (60 mins)

14,500 per couple

Pranayama (30 mins)

Yoga nidra (60 mins)

Personal Training (60 mins)

Holistic Massage (60 mins)

Dreamtime Face Therapy (60 mins)

Movement Restoration Massage (90 mins)

Yoga consultation (30 mins)

7 nights

13,800 per person

2 x Personalized yoga (60 mins)

22,610 per couple

Pranayama (30 mins)

2 x Yoga nidra (60 mins)

2 x Personal Training (60 mins)

Relaxed Feet (60 mins)

Holistic Massage (60 mins)

Dreamtime Face Therapy (60 mins)

Movement Restoration Massage (90 mins)

Head Massage (60 mins)

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TREATMENTS

DURATION/MINUTES

PRICE/IDR

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue</i>	60/90	1,600/2,200
<i>Detox</i>	60/90	1,600/2,200
<i>Holistic</i>	60/90	1,600/2,100
<i>Movement Restoration</i>	90	2,200
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	850/1,550
<i>Pregnancy Massage</i>	90	2,100
Balinese Massage	90	2,200
Kundalini Back Treatment	60	1,800
Karuna Deep Tissue Treatment	90	2,600
Ku Nye Massage	90	2,600

FACIALS

Renewed Recovery Face Therapy	60	1,900
Crystal Healing Face Therapy	90	2,400
Dreamtime Face Therapy	60	1,900
Ku Nye Face Therapy	60	1,900

BODY TREATMENTS

Balinese Boreh Wrap	40	1,100
Lulur Scrub with Yogurt Splash and Herbal Bath	60	1,700
Dreamtime Scrub and Body Treatment	90	2,600
Natural Sunburn Soother	60	1,600

Add to any spa treatment:

Candle Nut Scrub	30	850
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TREATMENTS

DURATION/MINUTES

PRICE/IDR

RITUALS

Balinese Healer	3 hrs	4,100
Royal Lulur	2 hrs 30 mins	3,500

BEAUTY

Manicure	60	1,100
Pedicure	60	1,100
Express Manicure	30	700
Express Pedicure	30	700

Add to Manicure or Pedicure:

Gel Application	15	400
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FITNESS AND WELLNESS ACTIVITIES

Personal Fitness Training	60	800
Aerial Yoga	45	1,000
Traditional Yoga	60	1,400
Yogic Intestinal Cleanse	75	1,750
Yoga Nidra	45	1,000
Six Senses Meditation	60	1,400

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SIX SENSES SPA ULUWATU, BALI

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