



SIX SENSES SPA

KANUHURA

# WELLNESS AND SPA MENU



Allow nature's hands to restore your balance, with the powers of the ocean and local Maldivian ingredients healing and nourishing your skin and soul. Our high touch treatments are every bit the relaxing spa escape. Most people associate coconut, mango, and papaya with tropical vacations and these, together with honey, lemon basil, and mint, form key ingredients for the locally inspired treatment journey, while the sounds of the oceanic drum and Koshi chimes shake and reset your energy levels. Instant results to overcome jet lag and dive in straight away can be found in the Biohacking Lounge. Tools include compression therapy, vibrational pain relief, rejuvenating face mask and more. We say Dive - Hack - Gym repeat for the best results during your stay.

Our treatment journeys start with a little extra "me time" when you use the male or female heat experience journey. The mixture of hot and cold-water pools are the ideal pre-treatment and mind and body soother to get back out and enjoy precious "we time" with your favorite people in this gorgeous Indian Ocean hideaway.

# CONTENT

- Locally Inspired Signature Treatments
- Biohack Recovery Lounge
- Wellness Programs
- Massage, Facials, Body Treatments

*Using Subtle Energies. Backed by over 25 years of clinical research, Subtle Energies creates results-based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.*

- Reconnection
- Fitness
- Beauty
- Tips to make the most of your spa experience



# LOCALLY INSPIRED SIGNATURE TREATMENTS



**MALDIVIAN HONEY, PAPAYA AND COCONUT COCOON, 90 MINUTES**

*scrub-wrap-facial massage-sound healing*

With the power of local antioxidants, vitamins, and enzymes this scrub and wrap combination will leave your skin delightfully soft while the healing vibrations of singing bowls will restore and rebalance.



**ISLAND ESCAPE, 3 HOURS**

*bath ritual-scrub-massage-facial-snack-hack*

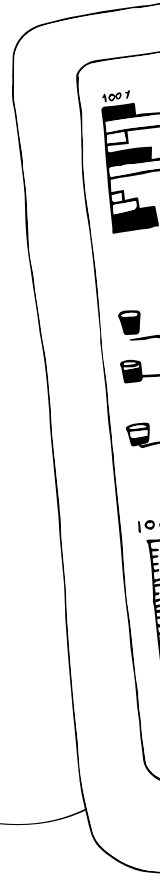
An exclusive couple's suite experience. Our skilled therapists will curate a bespoke experience for you, starting with a full body exfoliation, followed by a massage and facial tailored to your specific needs. This escape is complemented with a warm soak, healthy snacks and beverages, and the opportunity to play with some of our biohacking equipment.

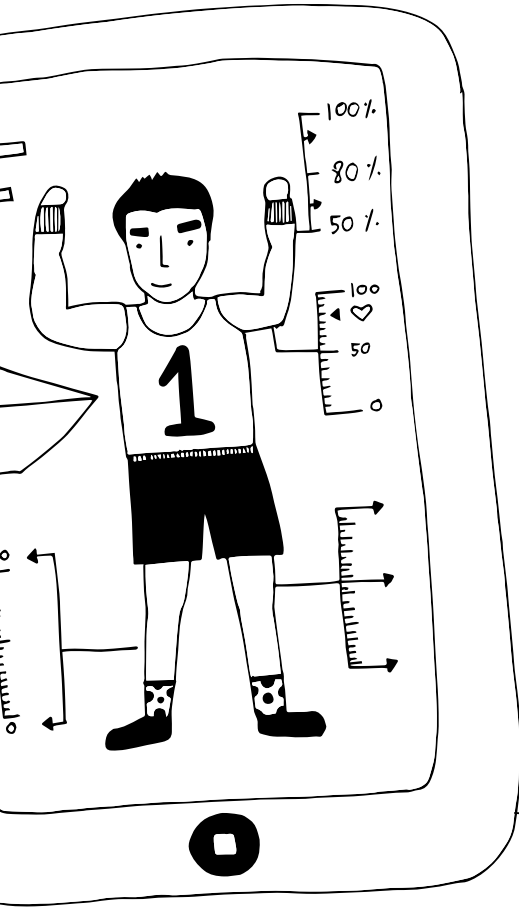
**THE ALCHEMY BAR WORKSHOP, 45 MINUTES**

Learn how to make clean potions and cures to carry on the good work back home. You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant local herbs and produce in this interactive workshop.



# BIOHACK RECOVERY LOUNGE



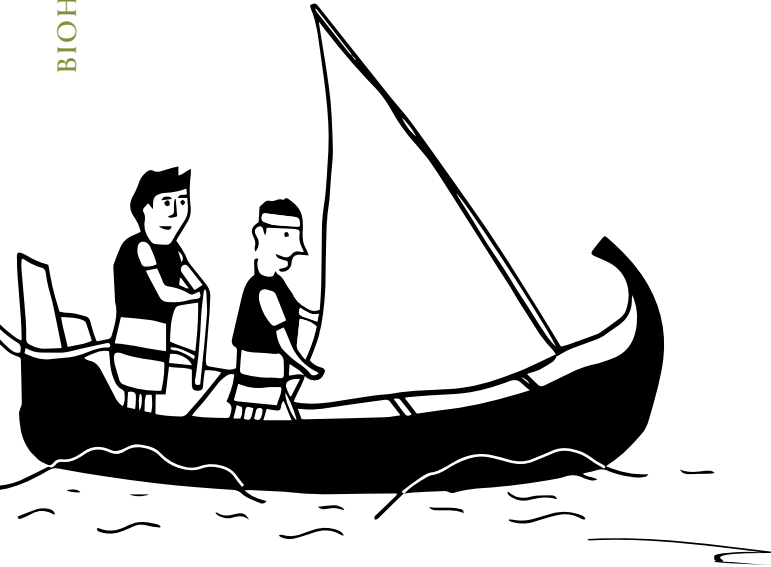


### Recovery for muscles and minds

Biohacking sounds futuristic, but it's simply a way to quickly recover from travel or exercise and get the most out of your stay.

### HEAL AND RECOVER WITH PULSED ELECTROMAGNETIC FIELD THERAPY, 30 MINUTES

The Infrared PEMF Mat combines two powerful healing technologies to create the ultimate recovery tool. The mat emits electromagnetic waves that mimic frequencies found in nature, stimulating, and encouraging your natural recovery process.



**FAST RECOVERY WITH COMPRESSION THERAPY,  
30 MINUTES**

These boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal making them your best friend after a flight.

**EASE TENSION WITH VENOM BACK WRAP,  
15 MINUTES**

Digitally controlled heat and vibration to soothe sore muscles and relax stiff joints. These advanced heat and massage wearables are available at the spa.



**FIND RADIANCE WITH RED LIGHT FACE MASK,  
15 MINUTES**

Targets signs of aging such as fine lines and wrinkles while promoting glowing skin.

**HYPERVOLT PERCUSSION MASSAGE GUN,  
15 MINUTES**

Muscle relief that's quick and easy with percussion massage device.

**SLEEP TRACKING**

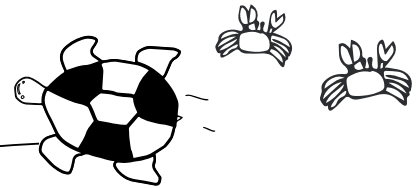
Wear our sleep tracking ring overnight to get handy intel on how you are sleeping. We will decode the results with you too.

**ENERGY BOOSTING BUNDLE WITH PEMF,  
HYPERVOLT AND LED FACE MASK, 30 MINUTES**

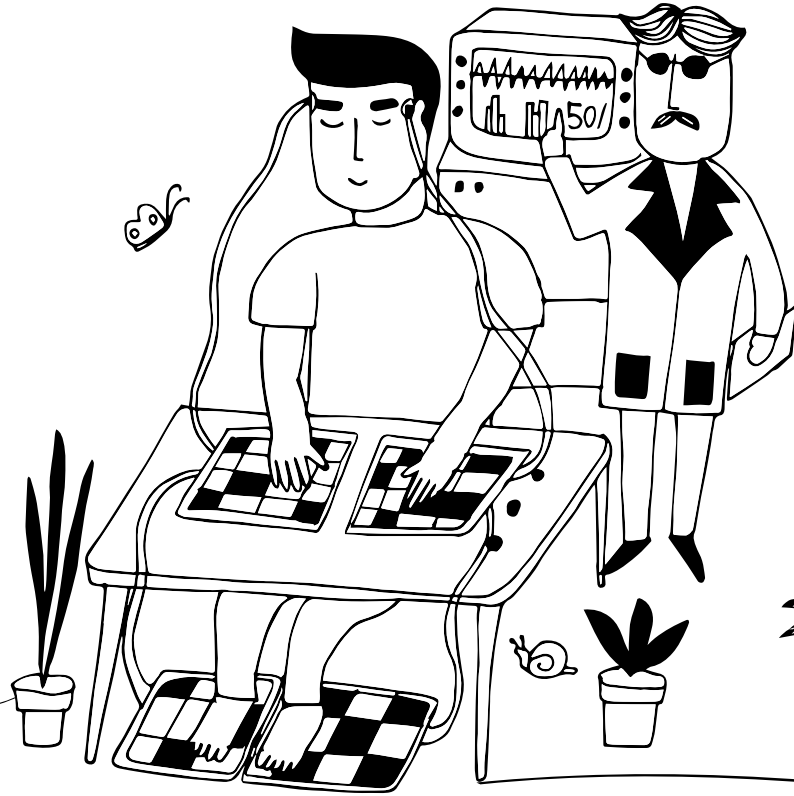
Turn stress and tension into a light mood leading to good sleep.

**TRAVELER'S BUNDLE WITH NORMATEC BOOTS  
AND VENOM BACK BELT, 30 MINUTES**

Soothe leg and lower back tension with compression and vibration therapy. Ideal post travel.



WELLNESS



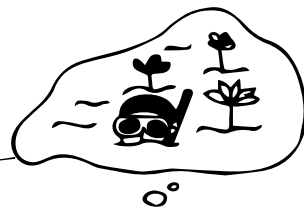
### WELLNESS SCREENING, 60 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 40 key biomarkers relating to your overall well-being. Our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to gain.

### WELLNESS CHECK-IN, 15 MINUTES

In a hurry? If you would like the screening results to review yourself and receive treatment suggestions for the duration of your stay, opt for a check-in.

*Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals. Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived. Our programs can be tailored for guests staying for 3/5/7 days.*



## YOGA

For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.

## SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the Ayurvedic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.

## DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs, detoxifying body wraps, as well as personalized wellness activities. A top to toe cleanse. This program is most effective when followed over 7 consecutive days.

## FITNESS

Our expert personal trainers will assess your fitness level and blend high and low intensity training with soothing treatments, as fitness is all about balance! Recover with deep tension release massage and stretching to improve range of motion. Learn new workouts to take home and input into your routine to achieve your goals. A fitness journey never ends. We can discover new ways of getting results at each stage of our lives.



# MASSAGES





**SIX SENSES SIGNATURE MESSAGES:**

*Deep Tissue, 60/90 minutes* - release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses may be used to enhance this treatment.

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

*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 craniosacral 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.





*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.

#### **HOT & COLD STONE THERAPY, 90 MINUTES**

Induce deep relaxation with hot stones while cold stones stimulate, increasing the body's metabolism, muscle tone and ability to flush out toxins. Healing crystals are placed on the body to bring about balance and harmony.



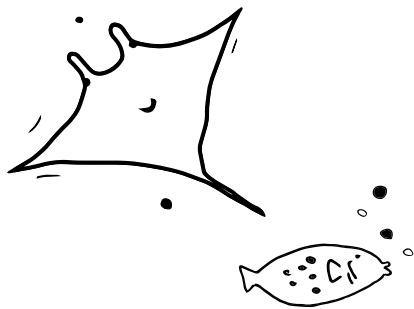
# FACIALS





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

Bring a radiant glow to your skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles. We combine collagen and elastin boosting actives, while addressing stress, anxiety and hormonal balance. This age-defying facial features Mogra and 24k Gold to renew and regenerate.



### ADVANCED HOLISTIC BIOTECH FACIAL, 60/90 MINUTES

Transform your skin with deep hydration, enhanced cellular renewal, and a plump, youthful appearance. Elevating your skincare experience with the latest in bio tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness the remarkable rejuvenation and embrace a youthful, lifted complexion.

### SOOTHE & ENRICH ANTIOXIDANT FACIAL, 60/90 MINUTES

A restorative treatment for dehydrated, sensitive or damaged skin. This intense enriching therapy delivers potent antioxidants and essential fatty acids to fight free radical damage, protecting the skin from visible signs of ageing. The facial marma massage delivers a nutrient rich elixir to increase collagen and hyaluronic acid production.

### WILD KASHMIR FACIAL, 30/60 MINUTES

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.

### ENHANCE YOUR FACIAL

- Pomegranate Enzyme Booster
- Vegan Collagen Booster



# BODY TREATMENTS





### DETOX BODY BUFF, 60 MINUTES

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.

### DETOX BODY WRAP, 75 MINUTES

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 envelop your body providing the ultimate detox.

### AFTER SUN REMEDY, 45 MINUTES

Bliss out with a gentle scalp massage while the soothing and healing properties of Aloe Vera regenerate damaged skin after sun exposure.

# RECONNECTION





### SOUND JOURNEY, 60 MINUTES

A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature.

*Upgrade to a 90-minute experience if you wish to include a chakra balance with tuning forks.*



### BREATHWORK, 60 MINUTES

Breathe strength, mindfulness and calm into your body and mind.

### MEDITATION, 60 MINUTES

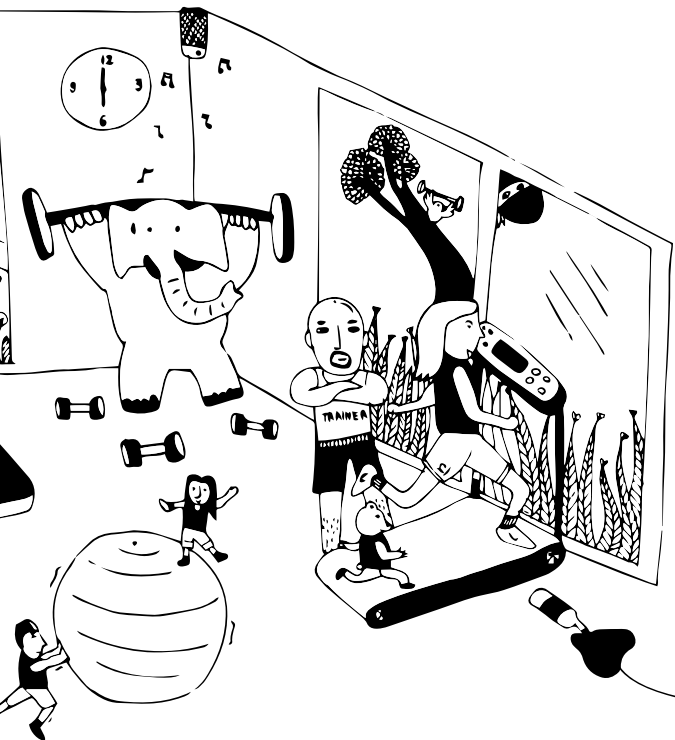
We will guide you through the meditation that you need on the day. This could include chakra balancing, yoga nidra or loving kindness.

### YOGIC INTESTINAL CLEANSE, 60 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.*

# FITNESS





PERSONAL TRAINING, 60 MINUTES

AERIAL YOGA, 60 MINUTES

YOGA, 60 MINUTES

### RECOVERY

*Roll it out with Vyper Go Roll*

An advanced vibrating fitness roller. To assist in warming up and recovering faster. Features three speeds of vibration, with a dual zone smooth and grooved exterior.

BEAUTY





MANICURE, 30/60/75 MINUTES

PEDICURE, 30/75/90 MINUTES

### WAXING

Full waxing service available; please enquire for more information.



# SPA TO SPAAHH

Make the most of your spa time





### SPA OPENING HOURS

Daily 9:00 am to 9:00 pm  
Gym 24 hours

### SPA RESERVATIONS

For inquiries or reservations, please contact the spa reception directly or 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 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 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 when canceling wellness programs and packages and three hours' notice for spa treatments. Failure to notify or keep an appointment will result in a 100 percent charge.





## 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 private (one-on-one) 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.

## DURING YOUR STAY

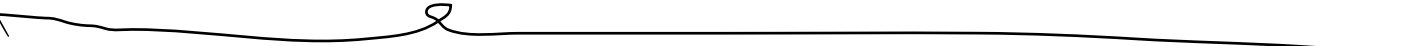
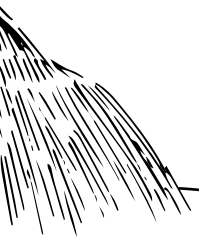
In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

## 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.





SIX SENSES SPA KANUHURA

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Kanuhura Island, Lhaviyani Atoll

Republic of Maldives





## KID'S SPA MENU

Kids, it's your turn to spa-kle! As part of Grow With Six Senses we've created a selection of spa treatments especially for you. Take time out from the pool for some funky nail art, fun facials, or a relaxing massage.

Parents, help your child feel better, sleep soundly, and understand more about what's going on for them with our junior spa menu.

It's so much easier for you to relax when the kids are relaxed too.





### **BODY MASSAGE, 30/60 MINUTES, USD 55/90**

Relaxation is the way to go after a busy day on the beach. Choose your funky shaped unscented oil at spa reception and your therapist will use it in your massage to leave your skin soft and body ready to take on the beach again.

### **FUN FACIAL, 60 MINUTES/USD 85**

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 for keeping healthy, balanced skin at home.

### **FOOT MAPPING, 45 MINUTES/USD 65**

Put your feet up! The feet are maps of the body with each zone relating to an organ or body system. Learn all about these maps as the spa therapist massages your feet.

### **PRETTY HANDS OR FEET, 30 MINUTES/USD 55**

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun colors.

### **PARENT AND CHILD EXPERIENCES, USD 250 per parent and child**

### **MASSAGE AND NAILS, 75 MINUTES**

Chill out together! Indulge in a relaxing full body massage followed by nail painting.

### **TOP TO TOE MASSAGE, 75 MINUTES**

Unwind after an active day with a full body soothing massage followed by a head massage.

*Prices are subject to an additional 10 percent Service Charge and 16 percent GST.*



SIX SENSES SPA

KANUHURA

# WELLNESS AND SPA MENU PRICELIST



## WELLNESS PROGRAMS

## PRICE/USD

Wellness Screening (60 mins)

125

## YOGA

3 NIGHTS

5 NIGHTS

7 NIGHTS

Wellness Screening and Yoga Consultation

1

1

1

Personalized Yoga (60 mins)

2

3

4

Yoga Nidra/Breathwork/Meditation (60 mins)

1

2

3

Yogic Cleanse (90 mins)

-

1

1

Signature Massage (60 mins)

2

2

3

Signature Massage (90 mins)

-

1

1

24k Gold Age Defying Facial (60 mins)

-

-

1

Program wrap-up

1

1

1

**Price per person**

**USD 740**

**USD 1,250**

**USD 1,806**

**Price per couple**

**USD 1,160**

**USD 1,968**

**USD 2,869**

*Prices are subject to an additional 10 percent Service Charge and 16 percent GST.*

## WELLNESS PROGRAMS

### SLEEP

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening	1	1	1
Yoga Nidra/Breathwork/Meditation (60 mins)	1	2	2
Personalized Yoga (60 mins)	1	2	3
Signature Massage (60 mins)	1	2	3
Head Massage (60 mins)	1	1	1
Relaxed Feet (60 mins)	1	1	1
Maldivian Honey, Papaya and Coconut Cocoon (90 mins)	-	-	1
Sound Journey (60 mins)	-	1	1
Pulsed Electromagnetic Field Therapy (30 mins)	1	2	3
Sleep Tracking each night	3	5	7
Program wrap-up	1	1	1
<b>Price per person</b>	<b>USD 859</b>	<b>USD 1,432</b>	<b>USD 2,091</b>
<b>Price per couple</b>	<b>USD 1,505</b>	<b>USD 2,440</b>	<b>USD 3,545</b>



*Prices are subject to an additional 10 percent Service Charge and 16 percent GST.*





## WELLNESS PROGRAMS

### DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (60 mins)	1	1	1
Fitness Training or Yoga (60 mins)	1	2	3
Breathwork/Meditation (60 mins)	1	2	2
Detox Body Buff (60 mins)	1	1	1
Detox Massage (60 mins)	1	2	3
Detox Body Wrap (75 mins)	-	1	1
Yogic Intestinal Cleanse (60 mins)	-	1	1
Energy Boosting Bundle (30 mins)	2	3	4
Program wrap-up	1	1	1
<b>Price per person</b>	<b>USD 714</b>	<b>USD 1,424</b>	<b>USD 1,730</b>
<b>Price per couple</b>	<b>USD 1,216</b>	<b>USD 2,423</b>	<b>USD 2,928</b>

### FITNESS

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (60 mins)	1	1	1
Fitness Consultation (60 mins)	1	1	1
Personal Training (60 mins)	2	3	5
Signature Massage (60 mins)	1	2	2
Hot & Cold Stone Therapy (90 mins)	1	1	2
Fast Recovery With Compression Therapy (30 mins)	2	3	5
Signature Massage (90 mins)	-	1	1
Program wrap-up	1	1	1
<b>Price per person</b>	<b>USD 748</b>	<b>USD 1,054</b>	<b>USD 1,539</b>
<b>Price per couple</b>	<b>USD 1,284</b>	<b>USD 1,789</b>	<b>USD 2,546</b>

*Prices are subject to an additional 10 percent Service Charge and 16 percent GST.*

## TREATMENTS

## DURATION/MINUTES

## PRICE/USD

### LOCALLY INSPIRED SIGNATURE TREATMENTS

Maldivian Honey, Papaya and Coconut Cocoon	90	250
Island Escape	3 hours	900 per couple
The Alchemy Bar Workshop	45	50

### BIOHACK RECOVERY LOUNGE

Pulsed Electromagnetic Field Therapy	30	50
Fast Recovery with Compression Therapy	30	50
Ease Tension with Venom Back Wrap	15	30
Red Light Face Mask	15	30
Hypervolt Percussion Massage Gun	15	30
Sleep Tracking	per night	50
Energy Boosting Bundle	30	90
Traveler's Bundle	30	70

### MASSAGES

#### Six Senses Signature Massages:

<i>Deep Tissue/Detox</i>	60/90	185/220
<i>Holistic</i>	60/90	160/195
<i>Pregnancy Massage</i>	90	195
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	100/155
<i>Hot &amp; Cold Stone Therapy</i>	90	220

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.





## TREATMENTS

## DURATION/MINUTES

## PRICE/USD

### FACIALS

24k Gold Age Defying Facial	60/90	220/250
Advanced Holistic Biotech Facial	60/90	260/290
Soothe & Enrich Antioxidant Facial	60/90	160/185
Wild Kashmir Facial	30/60	100/160
Enhance Your Facial - <i>add-ons</i>		
Pomegranate Enzyme Booster		100
Vegan Collagen Booster		100

### BODY TREATMENTS

Detox Body Buff	60	180
Detox Body Wrap	75	220
After Sun Remedy	45	120

### RECONNECTION

Sound Journey	60/90	150/200
Breathwork/Meditation	60	125
Yogic Intestinal Cleanse	60	130

*Prices are subject to an additional 10 percent Service Charge and 16 percent GST.*

## TREATMENTS

## DURATION/MINUTES

## PRICE/USD

### FITNESS

Personal Training

60

125

Aerial Yoga

60

125

Yoga

60

125

Vyper Go Roll

30

### BEAUTY

Manicure

30/60/75

65/100/120

Pedicure

30 /75/90

85/130/150

Waxing

From 15

From 25



*Prices are subject to an additional 10 percent Service Charge and 16 percent GST.*

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