



SIX SENSES SPA

MYKONOS

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.

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.



LOCALLY INSPIRED
SIGNATURE TREATMENTS



AFTER PARTY DETOX, 90 MINUTES

Enjoy a stimulating, full body massage paying special attention to tired dancing feet. This energizing treatment continues with a body wrap that combines local ingredients of cinnamon leaf, local honey and fine sand from the Aegean Sea; all of which have an anti-inflammatory effect on the body. This treatment is enhanced with a soothing facial massage using cool gua sha tools to reveal a fresh, radiant complexion.

CREATE A BESPOKE EXPERIENCE, 90 MINUTES

How well do you know your loved one? Create the ultimate experience for a special person in your life. Share their preferences for an unforgettable full body massage. Hopefully, everyone will be smiling at the end of the treatment!

THE ALCHEMIST'S BODY TREATMENT

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse yourself in the varied textures, extraordinary aromas and create your unique natural products that will be used in your treatment afterwards.

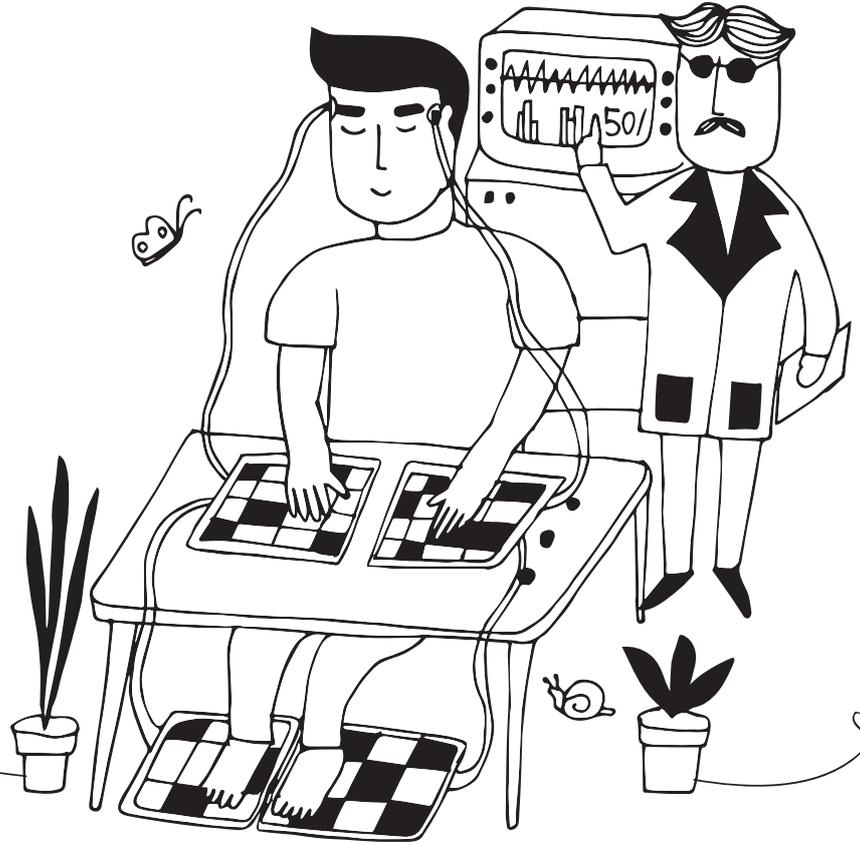
Body Scrub, 60 minutes - stimulating/detoxifying/soothing
Body Scrub & Mask, 90 minutes - detoxifying/nourishing

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 knowledgeable Alchemist on how to create your bespoke product in this interactive workshop. Not to be missed!



WELLNESS



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

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 spa team with the many benefits of yoga and meditation, as well as relaxing wellness therapies

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 low intensity training, detoxifying therapies and personalized wellness activities.

HEALING WITH AYURVEDA AROMATHERAPY

Improve vitality, boost the immune system and discover Ayurveda, the ancient science of life and longevity. Our expert spa team will recommend suitable combinations of therapies based on your dosha (ayurvedic body type) along with activities to enhance the overall experience.

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





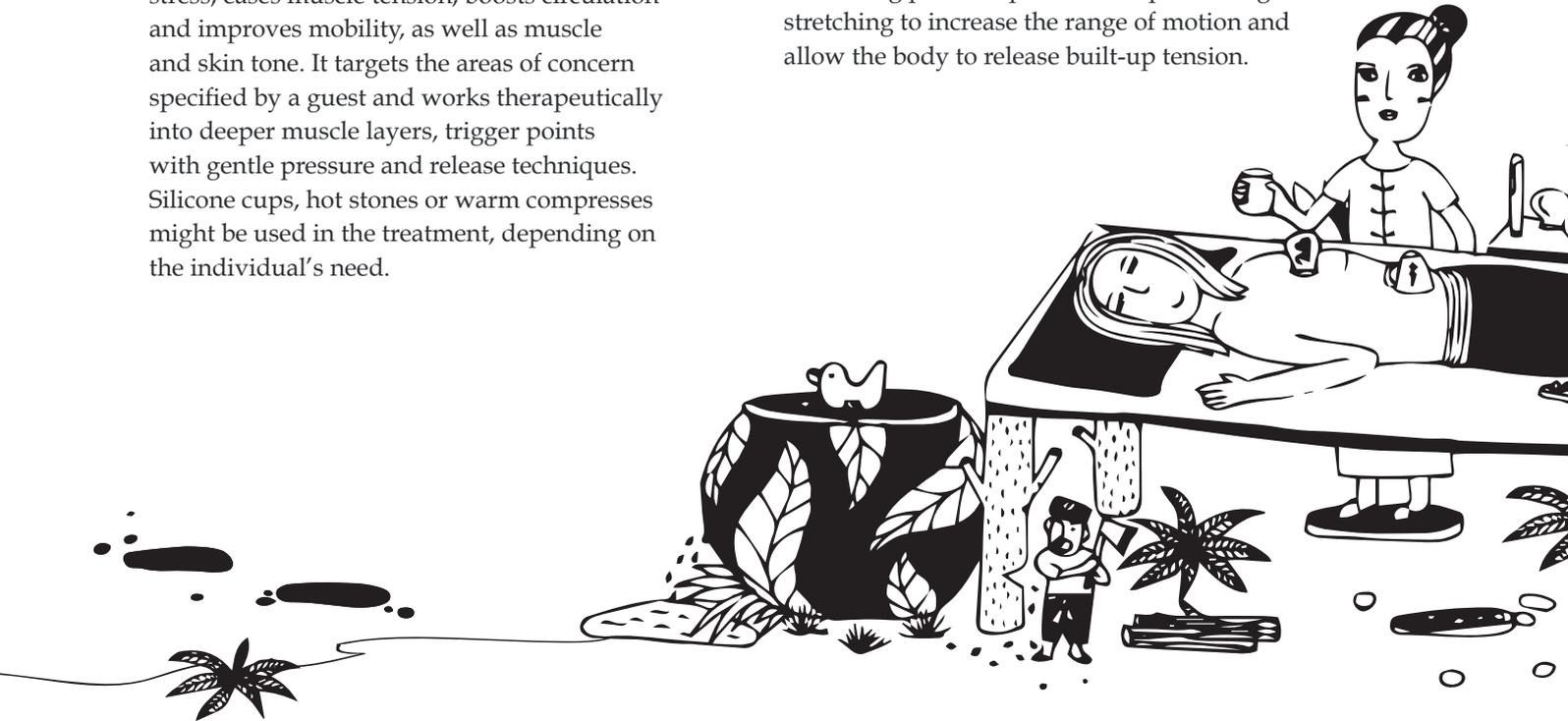
MASSAGES AYURVEDA AROMATHERAPY



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, 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.

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.



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.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure 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 pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

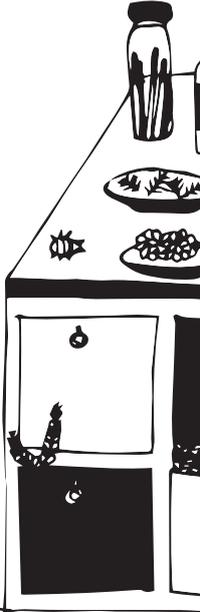


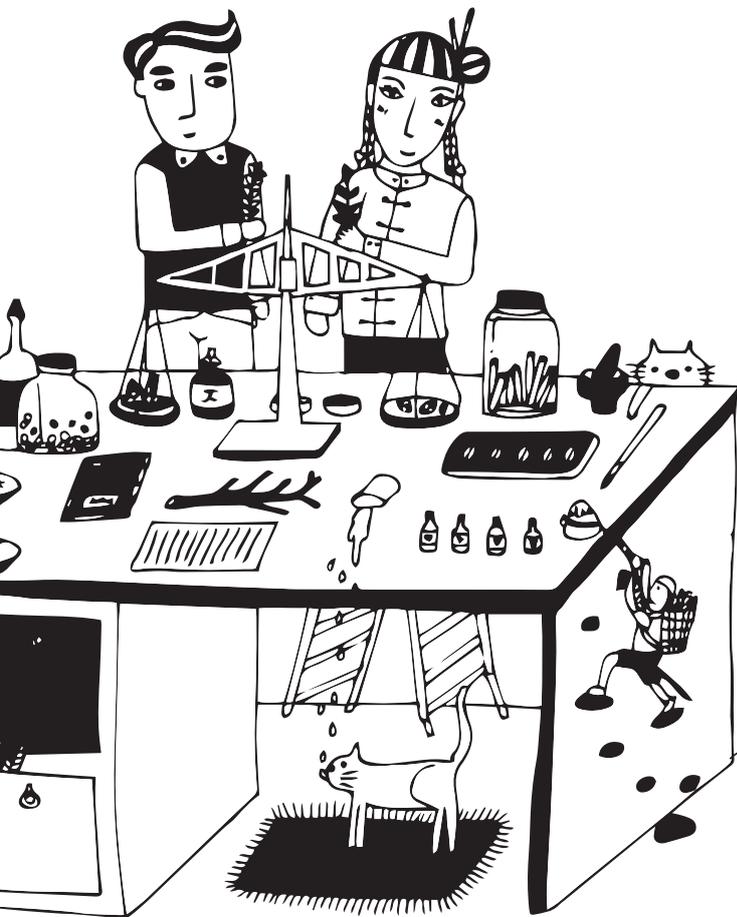
BLISSFUL MARMA MASSAGE, 90 MINUTES

A deeply relaxing massage using long and firm flowing movements of various pressure to eliminate stress-related tension, while Marma therapy and chakra balancing align vital energy centers. Enriching oils with powerful active benefits are applied to balance the heart chakra and enhance overall well-being. *Using Subtle Energies.*



FACIALS





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

Incorporate 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.*

GENTLEMAN'S FACIAL, 30/60/90 MINUTES

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines the nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalized, supple and resistant to the effects of urban living. *Using Subtle Energies.*

PERSONALIZED TREATMENT, 75 MINUTES

This bespoke facial starts with a thorough skin 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.*



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.

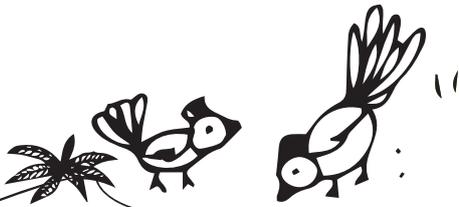
Add to any facial or body treatment:

EYE CONTOUR TREATMENT, 30 MINUTES

Recommended to reduce signs of fatigue and aging around the eye area. Immediately reduces puffiness, dark circles and fine lines. Eyes will appear brighter, fresh and lifted.
Using Biologique Recherche.



BODY TREATMENTS



RASAYANA DETOX BODY WRAP, 90 MINUTES

Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation using essential oils with cinnamon powder and walnut shells. It continues with a mineral-rich clay mask infused with powerful herbs of spiked ginger lily, spirulina and green tea to detoxify the skin. This experience concludes with the application of customized and aromatically infused body butter, lotions or oils to provide intense nourishment, leaving the skin glowing and the body reenergized. *Using Subtle Energies.*

PEARL-INFUSED REMINERALIZING BODY MASK, 90 MINUTES

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results. Starting with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. While being cocooned in the mineral mask, the signature facial Marma massage releases tension and stress, using potent anti-aging actives of mogra and Indian rose. *Using Subtle Energies.*



BODY TONING TREATMENT, 60/90 MINUTES

This firming and toning treatment includes an exfoliating session followed by a bio-reflex massage to improve the skin texture and contour the body. *Using Biologique Recherche.*

SLIMMING ALGAE TREATMENT, 60/90 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.*





UPPER ARMS & BUST TREATMENT, 60 MINUTES

This toning treatment delivers a firmer appearance of the arm and décolleté area. It is recommended for firming up the arms and neckline while reducing any sign of pigmentation or stretch marks.

Using Biologique Recherche.

AFTER SUN GLOW, 90 MINUTES

Soothe, nourish and repair the skin with this deeply cooling and hydrating treatment. Ideal for dry, sun exposed or damaged skin, this calming face and body therapy includes a localized application of hydration mask enriched with aloe vera to reduce redness, while its antioxidant properties help fight free radical damage. It concludes with the application of intensive serum and butter to restore skin cells plus an antioxidant facial. *Using Subtle Energies.*

RITUALS



PRE-PARTY PREP

Choose a minimum of two options from the following:

Express Manicure

Express Pedicure

Scalp Massage

Foot Massage

Express Facial

Back, Neck & Shoulder Massage

**Complemented with healthy snacks and beverages.*

THE RECOVERING TRAVELER, 120 MINUTES

To bring the body into balance and assist with sleeping patterns and energy levels

This customizable jet lag journey includes Marma work, lymphatics and a bronze kasa bowl technique to draw out excess heat. Working on the individual needs this treatment can be used to awaken or to help bring about a restful slumber. Assists in releasing any fluid retention and strengthens the immune system after a long flight. *Using Subtle Energies.*

REJUVENATE & RESTORE JOURNEY, 120 MINUTES

For stress relief and emotional balance.

Mogra and Ashwagandha, combined with a potent dose of 24k Gold, stimulate cell renewal and promote collagen and elastin production. The rare quality of Himalayan Rose restores balance to stressed skin and to the heart chakra. A full body Blissful Marma massage soothes anxiety and hormonal imbalance, while easing muscle tension. This treatment is the ideal synergy of deep relaxation and mind/body rejuvenation. *Using Subtle Energies.*

DETOX & ADRENAL BOOST JOURNEY, 120 MINUTES

For purification and stimulation

A comprehensive purification process using Tulasi, Wild Turmeric and Indian Lime that work towards blood purification, energizing the lymphatic system and cell renewal. The journey begins with a full exfoliation, followed by a toning detox wrap and concludes with massage that will release tension. *Using Subtle Energies.*

BEAUTY





MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 11:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. 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 safe 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 health assessment form.

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 five 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

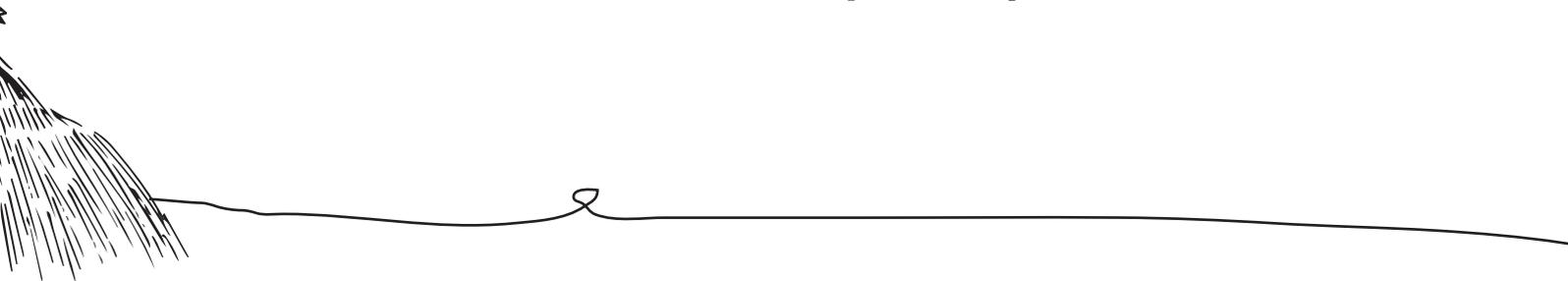
We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

Major debit and credit cards are accepted.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 18 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.





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WELLNESS AND SPA MENU
PRICELIST



WELLNESS PROGRAMS

SLEEP

	1 NIGHTS
Guided Meditation (15 mins)	1
Pranayama (15 mins)	1
Blissful Marma Massage (45 mins)	1
Shirobhyang (45 mins)	1
Nasya	1
Price per person	EUR 320

HEALING WITH AYURVEDA AROMATHERAPY

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Aromatherapy Ayurveda consultation (30 mins)	1	1	1
Pearl Infused Remineralizing Body Mask (90 mins)	1	1	1
Rasayana Detox Body Wrap (90 mins)	-	1	1
Blissful Marma Massage (60 mins)	1	1	2
24K Gold Age Defying Facial (60 mins)	-	1	1
Indian Head and Foot Massage (45 mins)	-	1	1
Price per person	EUR 445	EUR 750	EUR 880

DETOX

	2 NIGHTS	3 NIGHTS	5 NIGHTS
Detox Massage (60 mins)	1	1	2
Detox Scrub and Herbal Steam (45 mins)	1	1	1
Detox Body Wrap (30 mins)	-	1	1
Foot Acupressure (60 mins)	-	1	2
Detox Facial (60 mins)	1	1	1
Detox Algae Treatment (60 mins)	-	-	1
Price per person	EUR 315	EUR 505	EUR 870

Prices include VAT and exclude accommodation.

TREATMENTS

DURATION/MINUTES

PRICE/EUR

LOCALLY INSPIRED SIGNATURE TREATMENTS

After Party Detox	90	175
Create a Bespoke Experience	90	175
The Alchemist's Body Treatment:		
Body Scrub - <i>Stimulating/Detoxifying/Soothing</i>	60	145
Body Scrub and Mask - <i>Detoxifying/Nourishing</i>	90	175
The Alchemy Bar Workshop	45	125

MASSAGES AND AYURVEDA AROMATHERAPY

Deep Tissue	60/90	145/175
Movement Restoration	90	175
Detox	60/90	145/175
Holistic	60/90	145/175
Tension Soother	30/60	75/145
Head Massage	30/60	75/145
Relaxed Feet	30/60	75/145
Blissful Marma Massage	90	175



Prices include VAT and exclude accommodation.



TREATMENTS

DURATION/MINUTES

PRICE/EUR

FACIALS

24K Gold Age Defying Facial	60/90	175/195
Soothe and Enrich Advanced Antioxidant Facial	60/90	165/185
Gentleman's Facial	30/60/90	75/145/165
Personalized Treatment	75	165
Second Skin	60	220
Eye Contour Treatment	30	55

BODY TREATMENTS

Rasayana Detox Cleansing Ritual	90	185
Pearl Remineralizing Body Mask	90	185
Body Toning Treatment	60/90	145/165
Slimming Algae Treatment	60/90	145/165
Upper Arms and Bust Treatment	60	145
After Sun Glow	90	145

RITUALS

Pre-Party Prep	from 60	from 150
The Recovering Traveler	120	225
Rejuvenate and Restore Journey	120	225
Detox and Adrenaline Boost Journey	120	225

BEAUTY

Manicure	60	70
Pedicure	60	80
Nail Polish Application	30	35

Prices include VAT and exclude accommodation.

SIX SENSES SPA MYKONOS

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