



SIX SENSES SPA  
KRABEY ISLAND, CAMBODIA

# 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.



# PERSONALIZED WELLNESS



### WELLNESS SCREENING, 45 MINUTES

This non-invasive screening 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.

### SLEEP TRACKING

Sleep health is a foundation to wellness, enabling our bodies to restore and our minds to process. Starting with a Sleep + You questionnaire, our Sleep Ambassadors prepare your bedroom to ensure the best sleeping conditions.

The sleep tracker measures breathing patterns and body movements plus it records the light, noise and temperature in the villa so that the overall sleep state can be reliably assessed.

### 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 provide advice on nutrition that is right for you to amplify 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 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.

*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 MASSAGES:**

*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 triggers 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.

*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.



*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.

*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.

*Tension Soother, 30/60 minutes* - a reviving back, neck and shoulders 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.



**KHMER KRU THNAM HERBAL MASSAGE, 90 MINUTES** ✿

A full body massage using local therapeutic herbs which are wrapped in a muslin cloth and tied into a ball. You will be guided through an aromatic menu of fresh and dried ingredients, picking your favorites to blend into your bespoke herbal balls. These are applied to specific pressure points, using gentle and rolling movements, to achieve your desired goal.

**KHMER MASSAGE, 60/90 MINUTES** ✿

This traditional energizing treatment combines rhythmic massage techniques with gentle stretching and kneading movements. It releases muscle tension, loosens joints and opens energy channels leaving you feeling fresh and “floaty” afterwards. Loose-fitting pajamas will be provided before the treatment.

**ORIENTAL MASSAGE, 60/90 MINUTES**

A stress relieving treatment combining a full body massage with acupressure and stretching techniques.

**ABHYANGA, 60 MINUTES**

This popular Ayurvedic body massage, also known as ‘four-handed massage’ reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

**SHIRODHARA, 60 MINUTES**

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.

**AYURVEDIC EXPERIENCE, 90 MINUTES**

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

# FACIALS



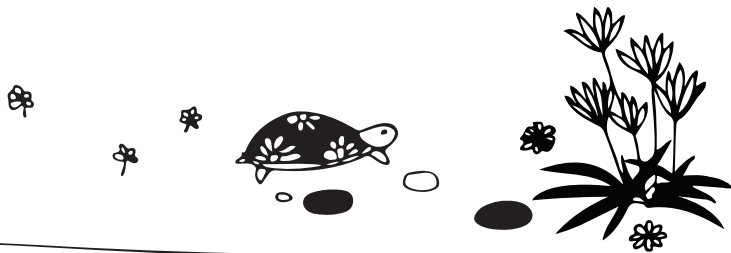


### 24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

Invigorate 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.*

### WILD KASHMIR, 30/60 MINUTES

Optimize your well-being and replenish the skin with renewed freshness with this detoxifying facial, using wild turmeric to purify and exotic Kashmir lavender to soothe and restore. Ideal for tired, congested and stressed skin, toxins will be eliminated through a double cleanse, exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts. *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.*



# BODY TREATMENTS





### THE ALCHEMIST'S BODY TREATMENT

You will be guided by a skilled therapist and work with a variety of locally-sourced ingredients and products, feel their textures, smell the wonderful aromas and create your scrub and body mask that will be used in the treatment afterwards.

*Body Scrub, 60 minutes - stimulating/  
detoxifying/soothing*

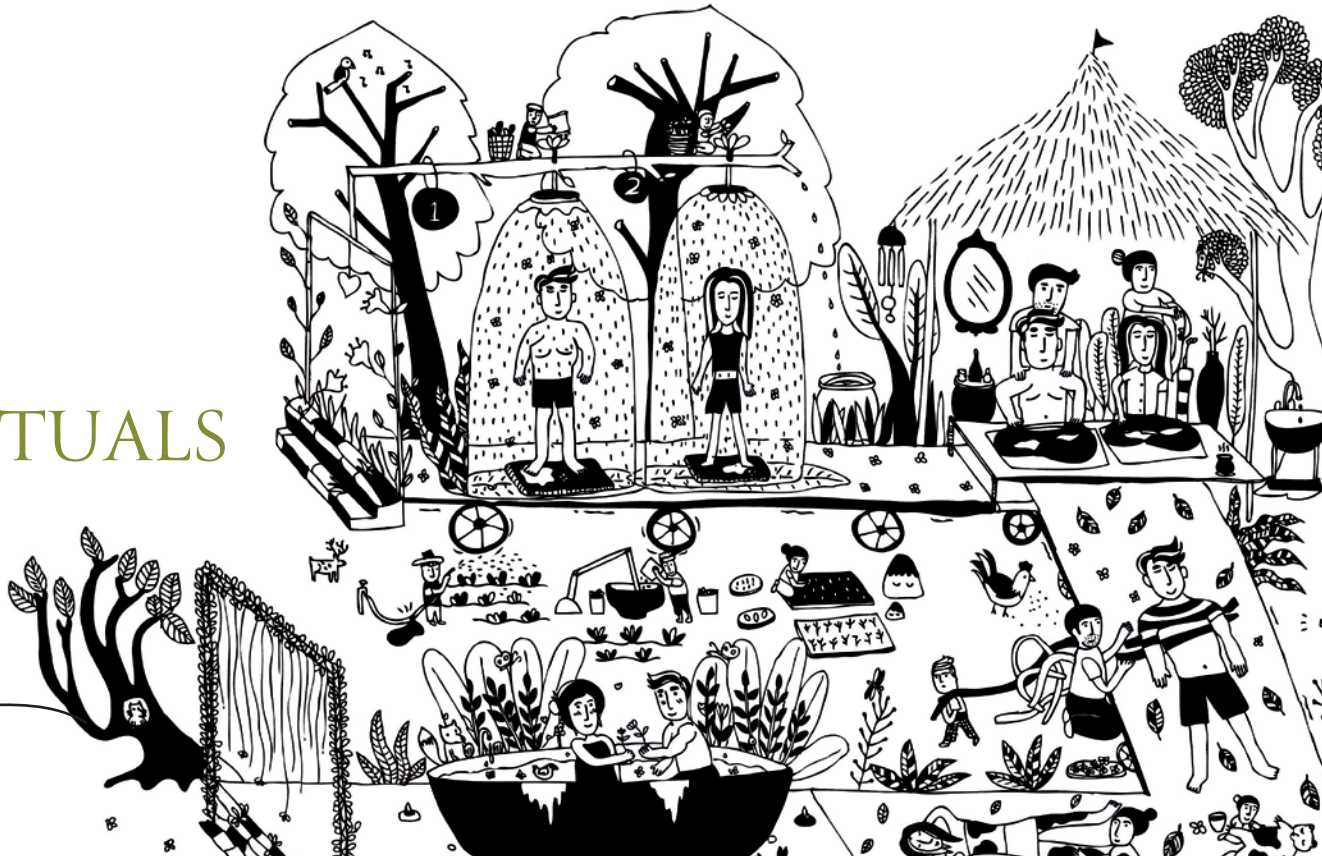
*Body Scrub and Mask, 90 minutes - stimulating/  
detoxifying/nourishing*

### BODY GLOW, 60 MINUTES

This hydrating and soothing treatment brings together the healing benefits of Aloe Vera which comes straight from our organic spa garden to soothe and repair the skin after sun exposure.



# RITUALS



DREAMCATCHER, 90 MINUTES ✿

Relax your body and mind ready  
for a peaceful slumber

*Take your bathing experience to a whole new level and hear  
and feel the music as you immerse in our Sound Wave bath*

*Relaxed Feet*

*Head Massage*

*Sleep Balm to apply on pulse points*

## DETOX, 120 MINUTES ✿

Boost circulation, tone the body and say goodbye to cellulite

*Introduction to The Alchemy Bar to prepare your scrub*

*Cambodian Coffee Scrub*

*Detox Massage*

## SENSORY SHARED JOURNEY, 120 MINUTES ✿

Relax, restore and rejuvenate – so rejoice!

*Take your bathing experience to a whole new level and hear  
and feel the music as you immerse in our Sound Wave bath*

*Signature Massage*

*Khmer herbal tonic and snack*

## SIGNATURE KHMER JOURNEY, 3 HOURS ✿

Reconnecting through local traditions

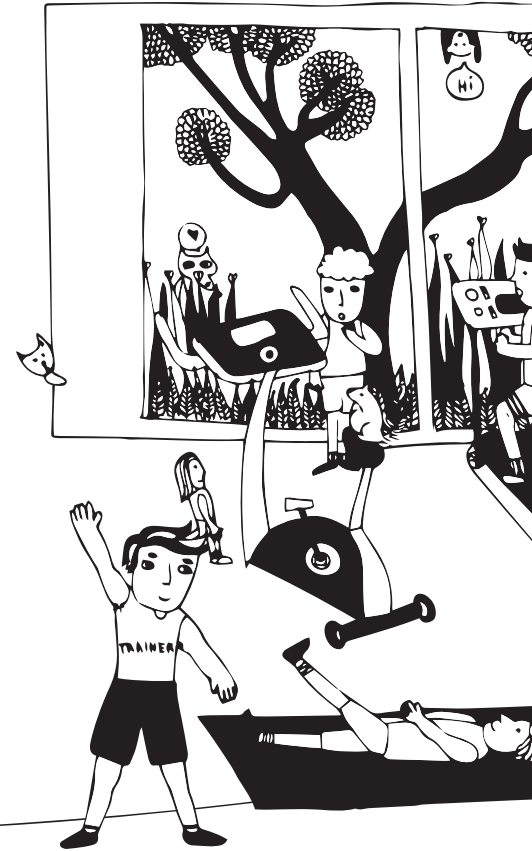
*The Alchemy Bar workshop to prepare your personalized  
herbal poultice and bundle*

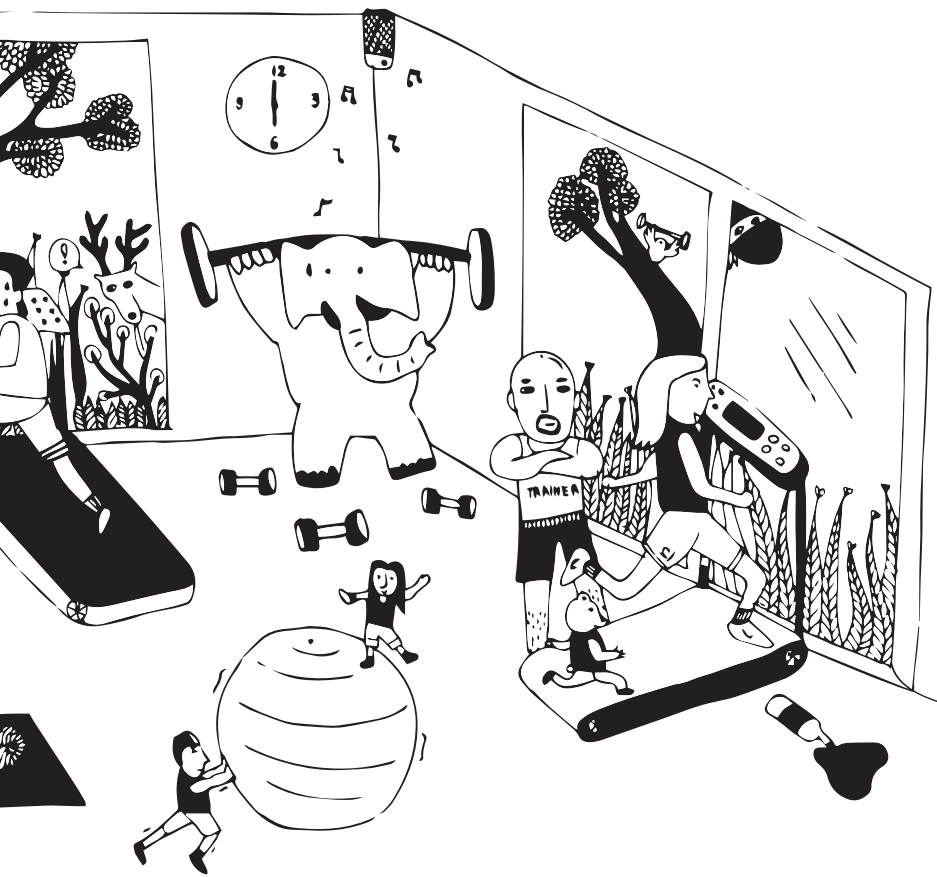
*Chupon (Herbal Tent Steam)*

*Kampot Sea Salt and Herbal Scrub*

*Herbal Poultice Massage*

# WELLNESS AND FITNESS ACTIVITIES





### 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.

### 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.

### 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 drinking of six to eight glasses of lightly salted water.

*Bookings are required one day prior to the desired start date.*



### MEDITATION, 45 MINUTES

For thousands of years, meditation has been adopted for healing, cleansing and balancing *chakras* (energy centers). This session enables you to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

### PRANAYAMA, 30 MINUTES

Also known as the extension of the *prana* (breath) or breath control, pranayama uses breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process.



BEAUTY





EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES





# SPA TO SPAAHH

Make the most of your spa time





### SPA OPENING HOURS

Daily 10:00 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 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 villa and will appear on your account at the time of departure from the resort. 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.

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, 30/60 MINUTES, USD 50/85**

Relaxation is the way to go with this soothing full body massage using hydrating organic coconut oil and essential oils. 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.

### **PRETTY HANDS OR FEET, 45 MINUTES/USD 70**

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.

### **MOTHER AND DAUGHTER, 60 MINUTES/USD 240**

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

### **FATHER AND SON, 60 MINUTES/USD 240**

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

*Prices exclude government taxes and service charge.*



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# SPA AND WELLNESS MENU PRICELIST



## WELLNESS PROGRAMS

### DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	2	2
Private Fitness Training/Yoga (60 mins)	2	3	4
Personalized Spa treatment (90 mins)	1	2	3
Nutrition Advice	1	1	1
Group Wellness Activities (Comp. and paid)	-	-	-
<b>Price per person</b>	<b>USD 445</b>	<b>USD 690</b>	<b>USD 940</b>
<b>Price per couple</b>	<b>USD 700</b>	<b>USD 1,100</b>	<b>USD 1,500</b>

### FITNESS

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	2	2
Private Fitness Training/Yoga (60 mins)	2	3	4
Personalized Body Massage (90 mins)	1	2	3
Nutrition Advice	1	1	1
Group Wellness Activities	-	-	-
<b>Price per person</b>	<b>USD 445</b>	<b>USD 690</b>	<b>USD 940</b>
<b>Price per couple</b>	<b>USD 700</b>	<b>USD 1,100</b>	<b>USD 1,500</b>

### SLEEP

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening (45 mins)	1	2	2
Private Fitness Training/Yoga (60 mins)	2	3	4
Personalized Body Massage (90 mins)	1	2	3
Sleep tracking (daily)	1	1	1
Nutrition Advice	1	1	1
Sleep Kit	1	1	1
Group Wellness Activities	-	-	-
<b>Price per person</b>	<b>USD 590</b>	<b>USD 840</b>	<b>USD 1,085</b>
<b>Price per couple</b>	<b>USD 995</b>	<b>USD 1,395</b>	<b>USD 1,795</b>

*Prices exclude government taxes and service charge.*



## WELLNESS PROGRAMS

### DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yogic Consultation (30 mins)	1	1	1
Personalized Yoga (60 mins)	1	2	3
Pranayama (30 mins)	-	-	-
Guided Meditation (45 mins)	1	1	1
Signature Massage (60 mins)	1	1	2
Head Massage (30 mins)	1	1	1
Khmer Massage (90 mins)	0	1	1
Ayurvedic Experience (90 mins)	0	0	1
<b>Price per person</b>	<b>USD 325</b>	<b>USD 570</b>	<b>USD 1,040</b>

### DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yogic Consultation (30 mins)	1	1	1
Personalized Yoga (60 mins)	1	2	3
Pranayama (30 mins)	-	-	-
Guided Meditation (45 mins)	1	1	1
Signature Massage (60 mins)	1	1	2
<b>Price per couple</b>	<b>USD 380</b>	<b>USD 470</b>	<b>USD 765</b>

*Prices exclude government taxes and service charge.*





## TREATMENTS

## DURATIONS/MINUTES

## PRICE/USD

### MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue</i>	60/90	130/190
<i>Holistic</i>	60/90	120/180
<i>Pregnancy Massage</i>	90	200
<i>Detox</i>	60/90	120/180
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	60/120
Khmer Kru Thnam Herbal Massage	90	200
Khmer Massage	60/90	120/180
Oriental Massage	60/90	140/200
Abyhanga	60	185
Shirodhara	60	200
Ayurvedic Experience	90	320

### FACIALS

24K Gold Age-Defying Facial		
Wild Kashmir	60/90	135/195
Soothe and Enrich Advanced Antioxidant Facial	30/60	75/125
	60/90	130/185

*Prices exclude government taxes and service charge.*

## DURATIONS/MINUTES

## PRICE/USD

## BODY TREATMENTS

The Alchemist's Body Treatment:

<i>Body Scrub</i>	60	120
<i>Body Scrub and Mask</i>	90	175
Body Glow	60	120

## RITUALS

Dreamcatcher	90	200
Detox	120	230
Sensory Shared Journey	120	250 per person 480 per couple
Signature Khmer Journey	3 hrs	350

## WELLNESS AND FITNESS ACTIVITIES

Yoga	60	110
Aerial Yoga	45	110
Yogic Intestinal Cleanse	60	180
Meditation	45	90
Pranayama	30	60





## DURATIONS/MINUTES

## PRICE/USD

### BEAUTY

Express Manicure

30

60

Express Pedicure

30

60

Manicure

60

100

Pedicure

60

100

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