



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, 60 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.

WEIGHT MANAGEMENT

Want to shed a few pounds, reenergize and get more out of your life? In this program, you'll learn the importance of balanced nutrition, exercise and a healthy mind; and how to sustain this routine once you return home.

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

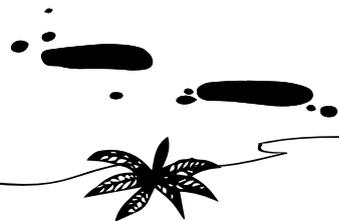
Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

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 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 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.

Detox, 60 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

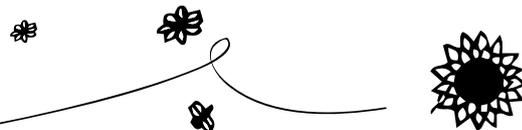
This popular Ayurvedic body massage, also known as 'four-handed massage' reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

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



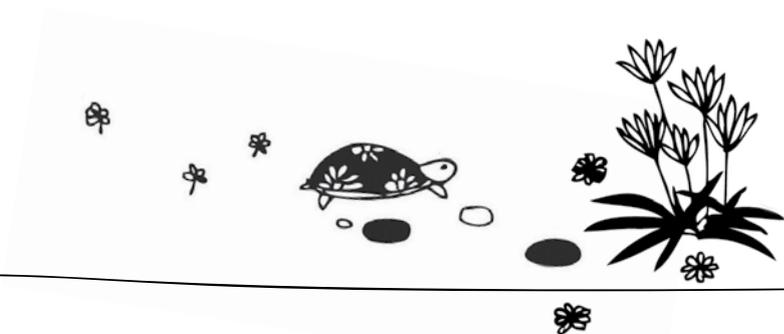


24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

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 ALCHEMY BAR WORKSHOP, 45 MINUTES ✿

Learn in-depth alchemy at this interactive workshop. 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, herbal poultice or steam bundle. You can also learn how to make these wonderful potions and cures to carry on the good work back home.

COFFEE AND COCONUT SCRUB, 45 MINUTES ✿

This is a great exfoliator for rough or dry skin and the perfect treatment to reduce stretch marks and cellulite. It involves blending together local ground coffee with coconut oil at The Alchemy Bar to make a rich scrub that can be used in the treatment, resulting in soft and glowing skin.

KHMER SALT AND HERB SCRUB, 60 MINUTES ✿

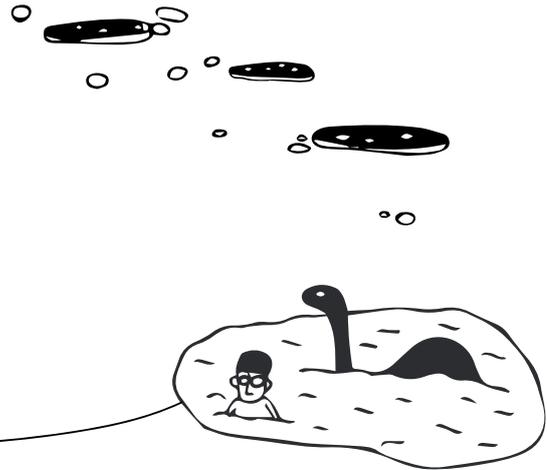
Get the glow back into your skin with this rejuvenating body scrub. It starts with The Alchemy Bar workshop during which you will blend Kampot sea salt with local Khmer herbs and aromatic essential oils. Dead skin cells are buffed away with dry body brushing before the locally-inspired scrub is applied to the body to stimulate your circulation and leave your skin feeling soft and smooth. This experience concludes with the application of a nourishing coconut oil.

SUNBURN SOOTHER, 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.

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.*



RITUALS



PEARL AND 24K GOLD CELLULAR RESTORATION, 2 HOURS 30 MINUTES

Boost collagen, stimulate cell renewal and love the skin you're in

24k Gold Age-Defying Facial

Pearl-Infused Remineralizing Body Mask

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

BEAUTY





EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES



SPA ETIQUETTE





SPA OPENING HOURS

Daily 9:00 am to 9:00 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.



WELLNESS AND FITNESS ACTIVITIES

YOGA, 60 MINUTES/USD 110

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/USD 110

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/USD 180

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/USD 90

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.

Prices exclude government taxes and service charge.



PRANAYAMA, 30 MINUTES/USD 60

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.

Prices exclude government taxes and service charge.





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

DURATION

PRICE/USD

Wellness Screening

60 minutes

120

DETOX/FITNESS/SLEEP

Wellness Screening

3 days

950 per person

3 x Personalized spa treatment (90 mins)

3 x Personalized wellness/fitness activity (60 mins)

Nutritional guidance on foods to favor and avoid

Wellness Screening

5 days

1,450 per person

5 x Personalized spa treatment (90 mins)

5 x Personalized wellness/fitness activity (60 mins)

Nutritional guidance on foods to favour and avoid

Wellness Screening

7 days

1,950 per person

7 x Personalized spa treatment (90 mins)

7 x Personalized wellness/fitness activity (60 mins)

Nutritional guidance on foods to favour and avoid

Prices exclude government taxes and service charge.

WELLNESS PROGRAMS

DURATION

PRICE/USD

WEIGHT MANAGEMENT

Wellness Screening (60 mins) 5 nights 1,550 per person

2 x Yogic Intestinal Cleanse (60 mins)

4 x Personalized wellness/fitness activity (60 mins)

2 x Pranayama (30 min)

2 x Signature Spa Treatment (90 mins)

3 x Detox Massage (60 mins)

Post Screening (60 mins)

Wellness Screening (60 mins) 7 nights 1,950 per person

3 x Yogic Intestinal Cleanse (60 mins)

5 x Personalized wellness/fitness activity (60 mins)

3 x Pranayama (30 min)

2 x Signature Spa Treatment (90 mins)

4 x Detox Massage (60 mins)

Detoxifying Scrub and Wrap (75 mins)

Post Screening (60 mins)

Wellness Screening (60 mins) 10 nights 2,600 per person

4 x Yogic Intestinal Cleanse (60 mins)

8 x Personalized wellness/fitness activity (60 mins)

4 x Pranayama (30 min)

3 x Signature Spa Treatment (90 mins)

6 x Detox Massage (60 mins)

2 x Detoxifying Scrub and Wrap (75 mins)

Post Screening (60 mins)

Prices exclude government taxes and service charge.



WELLNESS PROGRAMS

DURATION

PRICE/USD

DISCOVER YOGA

Yoga Consultation (30 mins)

3 days

380 per person

Personalized Yoga (60 mins)

Guided Meditation (45 mins)

Signature Massage (60 mins)

Head Massage (60 mins)

Yoga Consultation (30 mins)

5 days

615 per person

2 x Personalized Yoga (60 mins)

Pranayama (30 mins)

Guided Meditation (45 mins)

2 x Signature Massage (60 mins)

Head Massage (60 mins)

Yoga Consultation (30 mins)

7 days

1,200 per person

3 x Personalized Yoga (60 mins)

Pranayama (30 mins)

Guided meditation (45 mins)

2 x Khmer Massage (90 mins)

Signature Massage (60 mins)

Head Massage (60 mins)

Ayurvedic Experience (90 mins)

Prices exclude government taxes and service charge.





TREATMENTS

DURATIONS/MINUTES

PRICE/USD

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue/Holistic</i>	60/90	120/180
<i>Detox</i>	60	120
<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	60/90	135/195
Wild Kashmir	30/60	75/125
Soothe and Enrich Advanced Antioxidant Facial	60/90	130/185

BODY TREATMENTS

The Alchemy Bar Workshop	45	50 per person
Coffee and Coconut Scrub	45	90
Khmer Salt and Herb Scrub	60	105
Sunburn Soother	60	120
Pearl-Infused Remineralizing Body Mask	90	200

Prices exclude government taxes and service charge.



WELLNESS PROGRAMS

DURATIONS/MINUTES

PRICE/USD

RITUALS

Pearl and 24K Gold Cellular Restoration	2 hrs 30 mins	335
Dreamcatcher	90	200
Detox	120	230
Sensory Shared Journey	120	250 per person 480 per couple
Signature Khmer Journey	350	350

BEAUTY

Express Manicure	30	60
Express Pedicure	30	60
Manicure	60	100
Pedicure	60	100

Prices exclude government taxes and service charge.

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