



SIX SENSES SPA

YAO NOI

# SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.





# MASSAGES




**SIX SENSES SIGNATURE MASSAGES**

*Deep Tissue, 90 minutes* - a deep oil-based massage to ease muscle tension and reawaken your senses. Silicone cups are used to lift connective tissue and improve blood flow to stagnant skin and muscles.

*Detox, 60/90 minutes* - a stimulating massage using firming and toning oils to reduce the appearance of cellulite, uneven skin tone and fluid retention. Silicone cups are used to drain toxins and stagnation out of the body, boosting circulation and the flow of energy.

*Energizer, 60 minutes* - a medium pressure massage to release muscle tension and stress after long international flights.

*Holistic Massage, 60/90 minutes* - a soothing massage designed to evoke deep relaxation. 

**INDIAN HEAD MASSAGE, 60 MINUTES**

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

**SPORTS MASSAGE, 60/90 MINUTES**

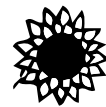
A powerful massage for releasing tension in muscles, tissues and joints.

**DREAM CATCHER, 90 MINUTES**

Release tension and evoke a deep sense of relaxation with this light pressure massage combining Indian Head Massage; Back, Neck and Shoulder Massage with Foot Acupressure.

**ORIENTAL MASSAGE, 60/90 MINUTES**

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



 **JET LAG RECOVERY, 90 MINUTES** ✨

Release muscle tension, stimulate circulation and reset the internal clock with this rebalancing massage, using an exclusive blend of aromatherapy oils and fresh Thai herbs. It concludes with a rejuvenating foot mask.

**PERSONALIZED MASSAGE, 90 MINUTES**

A completely bespoke massage designed to relieve specific concerns and deliver desired results. Choose from Swedish, Lomi Lomi, Sports, Aromatherapy, Indian Head and Oriental Foot Massage.

**ORIENTAL FOOT MASSAGE, 60 MINUTES**

This deeply relaxing treatment involves the application of pressure to reflex points on the feet helping to restore the body to a healthy balance.

**THAI HERBAL MASSAGE, 90 MINUTES** ✨

A full body massage using warm poultices which contain plai, ginger, turmeric and lemongrass. These are applied to specific pressure points, using gentle and rolling movements, to condition skin and induce a sense of well-being.

**THAI MASSAGE, 90 MINUTES** ✨

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements

**HOT STONE MASSAGE, 90 MINUTES**

A full body treatment using warm stones to massage away muscle tension, remove blockages and eliminate stress.



FACIALS  
BODY TREATMENTS  
WELLNESS THERAPIES



### SIX SENSES SIGNATURE FACIALS, 60 MINUTES

*Nourishing* - moisturizes and improves skin tone and elasticity, using geranium, frankincense and chamomile essential oils.

*Purifying* - a deep-cleansing facial ideal for eliminating blocked pores and skin blemishes, using flower essences, active clays and plant extracts of lavender, lemon and tea tree.

*Soothing* - calms sensitive and irritated skin with soothing plant extracts and flower essences.

### ANTI-AGING FACIAL, 60 MINUTES

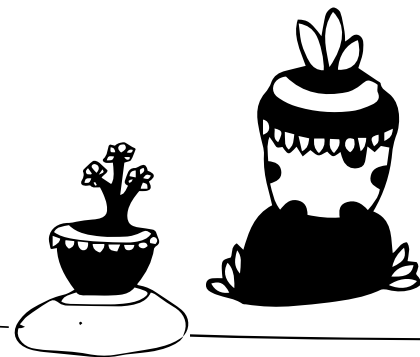
This anti-aging facial uses natural silk cocoons to firm and tone the skin. Originating from North Thailand, the cocoons contain 12 amino acids which improve skin elasticity, reduce the appearance of wrinkles and repair sun-damaged skin.

### AROMA SKIN FACIAL, 60 MINUTES

A balancing facial combining the healing properties of plant extracts and flower essences with deep cleansing and exfoliation techniques to rejuvenate the skin. Suitable for all skin types.

### GENTLEMAN'S FACIAL, 60 MINUTES

Deeply cleanses, hydrates and moisturizes the skin, whilst combating signs of aging.



### SIX SENSES SIGNATURE SCRUBS, 45/60 MINUTES

*Calming* - this jojoba scrub, infused with Roman chamomile and lavender essences, is ideal for sensitive skin.

*Clarity* - ideal for combination and oily skin, this scrub uses crushed coconut shell with orange and rosemary essences.

*Vitality* - this rice grain scrub, infused with ylang-ylang and patchouli essences, is ideal for all skin types.

### SIX SENSES SIGNATURE WRAPS, 90 MINUTES

*Body Refiner* - ideal for sensitive skin, this gentle wrap uses jojoba and white clay to exfoliate the skin and a richly scented moisturizer to replenish essential moisture.

*Body Toner* - a balancing wrap using ground jasmine and rice to exfoliate the skin. Pink clay and uplifting plant essences, blended with peppermint and lemon firm the skin while improving circulation.

*Detoxifier* - ideal after long periods of traveling, this treatment involves skin exfoliation with a crushed coconut shell, followed by the application of green clay to expel impurities.

### COCONUT BODY SCRUB, 60 MINUTES

Reveal softer and smoother skin with this natural body scrub combining freshly grated coconut with a crushed coconut shell and turmeric.

### 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.

### THAI HERBAL BODY SCRUB, 60 MINUTES

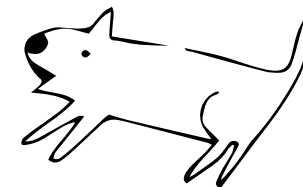
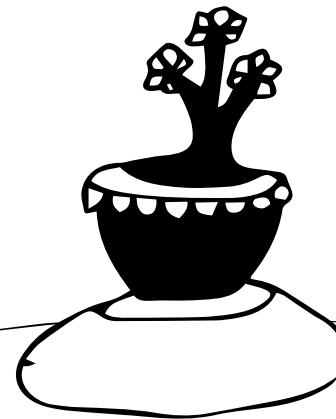
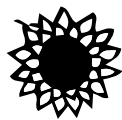
Remove dry skin and smooth the complexion with this gentle exfoliation using a traditional blend of Thai herbs and tamarind.

**PRANIC HEALING, 60 MINUTES**

This highly evolved and tested system of medicine utilizes prana (vital energy) to balance, harmonize and transform the body's energy processes and heal a variety of physical and psychological ailments. It is a simple yet powerful and effective system of no-touch energy healing.

**YOGIC INTESTINAL CLEANSE, 90 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.





# AYURVEDA



## AYURVEDIC CONSULTATION, 45 MINUTES

A personal consultation with an in-house Ayurvedic doctor to determine your constitution or 'dosha' type, including treatment and dietary advice.

## ABHYANGA, 60 MINUTES

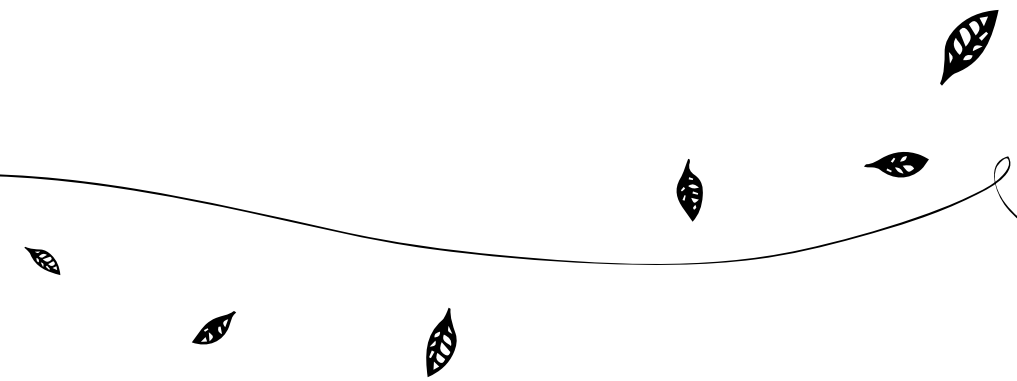
This popular Ayurvedic body massage, also known as 'four-handed massage' reduces signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

## SHIRODHARA, 60 MINUTES

A stress-releasing treatment during which warm oil is poured over the third eye to soothe and calm the nervous system. Assists with treating skin conditions and insomnia, whilst also enhancing emotional balance.

## AYURVEDIC EXPERIENCE, 90 MINUTES

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





# RITUALS



**SIGNATURE YAO NOI RITUAL,  
3 HOURS 30 MINUTES ✿**

*Thai Herbal Scrub  
Thai Herbal Massage  
Anti-aging Facial  
Thai Herbal Steam*

**DETOXIFIER, 2 DAYS**

*Detox Scrub & Wrap  
Detox Massage  
Yogic Intestinal Cleanse  
Private Meditation*

**DE-STRESS, 3 DAYS**

*Thai Herbal Body Scrub  
Thai Massage  
Personalized Massage  
Dream Catcher Massage  
Private Yoga  
Private Meditation*

**PURITI DETOX, 3 DAYS**

Set off on a path towards a healthier lifestyle with a three-day detox program combining specialist treatments with wellness cuisine and cleansing juices, Thai herbal supplements, fitness and yoga.

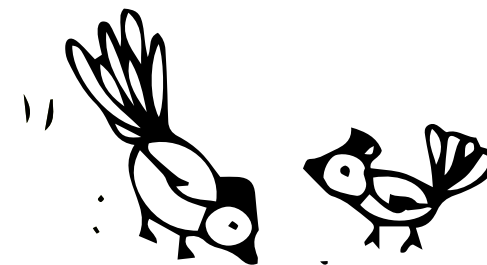
*Bookings are required one day prior to the desired start date.*

**SENSORY SPA JOURNEY, 90 MINUTES**

Two therapists perform a facial ritual and body aroma massage in unique synchronicity for this deeply relaxing signature experience, complemented with a soothing footbath and scalp massage to induce a deep sense of calm.

**YOGA IMMERSION, 3 DAYS**

*Private Yoga  
Aerial Yoga  
Chakra Meditation  
Thai Massage  
Pranic Healing*



# BEAUTY



## HAIR HYDRATION, 60 MINUTES

A rehydrating hair treatment complemented with a soothing scalp massage and the application of coconut mask to hydrate the scalp.

## NAIL POLISH APPLICATION, 30 MINUTES

## SPA MANICURE, 60 MINUTES

## SPA PEDICURE, 60 MINUTES

## GENTLEMAN'S MANICURE, 45 MINUTES

## GENTLEMAN'S PEDICURE, 45 MINUTES

*Waxing services available on request, price depends on the area being treated.*



# SPA ETIQUETTE



### SPA OPENING HOURS

Daily 8:00 am to 9:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please press the 'spa' button on the phone in your villa or contact 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 villa before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend using the sauna and steam prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

### ARRIVAL

Please arrive 20 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

### 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 four 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 Gallery.

### PAYMENT

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

### CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

### GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 16 years old must be accompanied by an adult when using gym equipment.







SIX SENSES SPA YAO NOI

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## WELLNESS ACTIVITIES & FITNESS

### AERIAL YOGA, 60 MINUTES/THB 4,000

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/THB 3,500

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

### PRANAYAMA, 45 MINUTES/THB 3,000

Prana (life force) Yama (control) utilizes 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 are inclusive of all taxes and service charge.*



### **YOGA NIDRA, 45 MINUTES/THB 3,000**

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.

### **CHAKRA MEDITATION, 60 MINUTES/THB 4,000**

For over thousands of years meditation has been utilized for healing, cleansing and balancing chakras. This session enables practitioners 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.

### **FIT BALL DETOX, 60 MINUTES/THB 3,500**

An enjoyable workout of multiple muscle groups while balancing the body on a ball.

### **MAT PILATES, 60 MINUTES/THB 3,500**

A series of dynamic movements aiming to restore balance to core muscles of the lower back and abdominals.

### **TAI CHI, 60 MINUTES/THB 3,500**

An ancient Chinese tradition involving a series of movements performed in a slow and focused manner, accompanied by deep breathing.

### **PERSONAL FITNESS TRAINING, 60 MINUTES/THB 3,500**

*Prices are inclusive of all taxes and service charge.*



## JUNIOR SPA MENU

### JUNIOR MASSAGE, 60 MINUTES/THB 3,000

A soothing full body massage using hydrating organic coconut oil prepared by Six Senses spa team.

### PRETTY HANDS & FEET, 60 MINUTES/THB 2,500

Nail shaping is followed by a foot and hand scrub and nail polish application.

### MOTHER & DAUGHTER, 90 MINUTES/THB 9,000

Spend some relaxing time together and indulge in a honey and oatmeal scrub followed by a relaxing full body massage, using homemade organic coconut oil.

### FATHER & SON, 90 MINUTES/THB 9,000

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

*These treatments are specifically designed for the young adult and products have been carefully selected to ensure that they are perfect for their young skin.*

*Appointments are available during spa operating hours and a parent should be present in the room throughout the treatment.*

*Prices are inclusive of all taxes and service charge.*



## TREATMENTS

## DURATION/ MINUTES

## PRICE/THB

### MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue</i>	90	6,500
<i>Detox</i>	60/90	4,900/6,500
<i>Energizer</i>	60	4,200
<i>Holistic Massage</i>	60/90	4,200/5,500
Indian Head Massage	60	4,200
Sports Massage	60/90	4,900/6,500
Dream Catcher	90	5,800
Oriental Massage	60/90	4,200 /5,500
Jet Lag Recovery	90	6,500
Personalized Massage	90	6,500
Oriental Foot Massage	60	3,900
Thai Herbal Massage	90	5,800
Thai Massage	90	4,900
Hot Stone Massage	90	5,800

### FACIALS

Six Senses Signature Facials:	60	4,200
<i>Nourishing/Purifying/Soothing</i>		
Anti-Aging Facial	60	4,500
Aroma Skin Facial	60	4,200
Gentleman's Facial	60	4,200

### BODY TREATMENTS

Six Senses Signature Scrubs:	45/60	3,000/3,700
<i>Calming/Clarity/Vitality</i>		
Six Senses Signature Wraps:	90	5,200
<i>Body Refiner/Body Toner/Detoxifier</i>		
Coconut Body Scrub	60	3,700
Natural Sunburn Soother	60	3,900
Thai Herbal Body Scrub	60	3,700

*Prices are inclusive of all taxes and service charge.*

## TREATMENTS

## DURATION/ MINUTES

## PRICE/THB

### WELLNESS THERAPIES

Pranic Healing	60	5,500
Yogic Intestinal Cleanse	90	5,500

### AYURVEDA

Ayurvedic Consultation	45	Complimentary
Abhyanga	60	6,900
Shirodhara	60	7,200
Ayurvedic Experience	90	10,000

### RITUALS

Signature Yao Noi Ritual	3 hrs 30 mins	12,000
Detoxifier	2 days	16,800
De-stress	3 days	25,000
Puriti Detox	3 days	18,000
Sensory Spa Journey	90	9,500
Yoga Immersion	3 days	20,500

### BEAUTY

Hair Hydration	60	3,900
Nail Polish Application	30	900
Spa Manicure	60	2,500
Spa Pedicure	60	2,500
Gentleman's Manicure	45	1,800
Gentleman's Pedicure	45	1,800

*Waxing services available on request, price depends on the area being treated.*

*Prices are inclusive of all taxes and service charge.*

