

# **SIX SENSES SPA**

WELL-DESERVED PAMPERING AND RELAXING FOR YOUTHFUL BEAUTY AND WELLNESS

“Relaxation is the art of  
letting go.

-Anonymous

# SIX SENSES SPA

The emphasis of the Six Senses Spa is to offer de-stress treatments that focus on bringing out your inner beauty by pampering your body's needs. Their therapists are fully trained to provide "high touch," not "high tech" treatments. They can help you select the most suitable treatments and packages which can be fine-tuned to suit your needs.

Surrounded by spectacular ocean views, you will leave the spa feeling invigorated, energized, and full of vitality. They have a team of highly skilled spa therapists and another team of selected holistic practitioners from all over the world. They have a great understanding and passion for physical, emotional, and spiritual health, resulting in great well-being. Herbal steam, sauna, showers, changing rooms, and relaxation areas are available in the spa.

**Areas:**

Bophut

**Business Hours:**

Open daily, 9 am to 9 pm

**Website:**

[www.sixsenses.com/en/hotels-resorts/asia-the-pacific/thailand/samui/wellness-spa/](http://www.sixsenses.com/en/hotels-resorts/asia-the-pacific/thailand/samui/wellness-spa/)





# SIX SENSES SPA

## Reservation / Cancellation Policy:

- Please arrive at the spa 15 minutes prior to your appointment in order to complete your health assessment form and take time to relax in the tranquil surroundings of the spa before your treatment. The spa recommends using their sauna and steam prior to any treatment, as this will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.
- Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.
- Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50% of the treatment price will be charged as cancellation fees. Failure to keep your appointment will result in a 100% treatment charge.

***\*Please note that rates are subject to change at the time of booking.***

# RITUAL THERAPIES

## **THAI ANCIENT - 2hrs - 7,650 THB**

*A fusion of traditional Thai Boran massage and herbal compress therapy to boost circulation, ease muscle tension, and relieve joint stiffness.*

## **SLEEPING ENHANCEMENT - 2hrs - 7,650 THB**

*A deeply relaxing experience that calms the mind and body using guided breathing, Reiki energy, and Tibetan singing bowls to promote restful sleep.*

## **SAMUI RITUAL - 2.5hrs - 8,830 THB**

*A tropical treatment featuring a coconut scrub, wrap, and aromatic massage to hydrate, refresh, and restore your skin's glow.*

## **CLEANSING RITUAL - 2.5hrs - 8,830 THB**

*A detoxifying spa journey with an herbal steam sauna, marine salt scrub, and a Hideaway Retreat massage for full-body rejuvenation.*

## **NOURISHING RITUAL - 2.5hrs - 8,830 THB**

*A holistic treatment combining an Oriental Blend massage, foot acupressure, and a natural facial to restore balance and vitality.*

# SIGNATURE THERAPIES

## **SECRET LA STONE - 90 min - 9,300 THB**

*A heated basalt stone massage that melts tension, soothes muscles, and relieves chronic pain, enhanced with Reiki.*

## **AMAZING SENSES FOUR ARMS - 90 min - 9,300 THB**

*A synchronized four-hand massage by two therapists, blending unique techniques for deep relaxation and bliss, complemented with Reiki.*

## **HARMONIC SENSES THERAPY - 90 min - 5,650 THB**

*A full-body energy-balancing treatment using Chakra Healing and Harmonic Chime techniques to clear blockages and restore vitality.*

## **HIDEAWAY RETREAT - 90/120 min - 6,475 THB/7,650 THB**

*A stress-relieving blend of Thai and Western massage techniques, finishing with a Thai herbal compress for deep relaxation.*

## **ORIENTAL FUSION - 90/120 min - 6,475 THB/7,650 THB**

*A customized massage tailored to your energy and tension levels, combining various techniques to restore balance and rejuvenate.*

# MASSAGE THERAPIES

## **SENSES OF ELEMENT - 60/90/120 minutes - 4,120 THB/5,650 THB/6,830 THB**

*This is a calming and soothing massage over the full body to achieve an overall sense of well-being.*

## **ANTI STRESS - 60/90/120 minutes - 4,120 THB/5,650 THB/6,830 THB**

*Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension, combine with Thai Herbal compress.*

## **FOOT ACUPRESSURE - 60/90/120 min - 4,120 THB/5,650 THB/6,830 THB**

*Stimulates reflex points on the feet to promote healing, balance the body, and enhance circulation. For deeper relaxation, pair with an Indian Head Massage.*

*For optimal results, begin or end with Chakra Balancing or Harmonic Healing Chime. This includes Reiki on the seven chakras, concluding with a final energy alignment for holistic healing.*

# ANCIENT THAI WISDOM

## **THAI BORAN (NUAD THAI) - 90/60/120 minutes - 3,885 THB/5,180 THB/ 6,120 THB**

*Release stress and restore energy flow with Nuad Thai. This therapy enhances flexibility, prevents injury, and relieves muscle and joint pain—promoting overall vitality and well-being. No oils are used.*

## **THAI HEALING THERAPY - 90/120 minutes - 5,650 THB/5,180 THB/ 6,945 THB**

*A therapeutic journey inspired by over 700 years of local intuition. This personalized body massage focuses on neck, shoulder, back, and legs. Our highly-skilled therapists will knead and roll tension away.*

# SPECIALIZED THERAPIES

## **INDIAN HEALING HEAD MASSAGE - 60 min - 3,530 THB**

*A soothing scalp, neck, and shoulder massage to boost circulation and relaxation, finishing with Chakra balancing or Singing Bowl sound healing. Pairs well with Foot Acupressure therapy.*

## **PREGNANCY - 90 min - 5,650 THB**

*A gentle massage to ease swelling, muscle cramps, back pain, and insomnia, ending with Chakra balancing energy. Recommended for pregnancies between 4 to 7 months.*

# HEALING ENERGY THERAPIES

## **HARMONIC HEALING - 30 min - 2,590 THB**

*Energy chimes create soothing vibrations to release blockages, balance chakras, and realign your energy with Universal Resonance.*

## **CHAKRA - 30 min - 2,590 THB**

*A Reiki treatment focused on balancing the seven major chakras for overall well-being. Three consecutive sessions are recommended for optimal results.*

## **SOUND RELEASING - 30 min - 2,590 THB**

*Tibetan singing bowl vibrations help release stiffness, improve energy flow, and create a sense of lightness in the body.*

## **REIKI THERAPY - 60 min - 3,530 THB**

*A hands-on energy healing session to clear blockages, restore balance, and promote deep relaxation and revitalization.*

## **ENERGY ENHANCING (7 FULL MOON SINGING BOWLS) - 60 min - 3,530 THB**

*Healing oils and Tibetan singing bowls activate and cleanse the body's energy, calming the mind and enhancing meditation.*

## **7 CRYSTAL HEALING STONES - 60 min - 3,530 THB**

*Chakra stones absorb negativity and balance emotions, enhanced by Tibetan bowl sounds for deep spiritual relaxation.*

# BODY THERAPIES

## **THAI BORAN (NUAD THAI) - 45 minutes - 2,950 THB**

Aromatic Marine Salt Scrub

*Rich in minerals and liquor ice to heal and re-mineralize your skin.*

Tamarind Honey Scrub

*Removal of excessive dead skin cells and Strengthens new skin tissue.*

Thai Coconut Butter

*Removal of excessive dead skin cells and Strengthens new skin tissue.*

## **BODY WRAP - 45 minutes - 2,950 THB**

After Sun Soothing Wrap

*With healing Aloe Vera any sunburn or skin irritation is reduced. This body wrap is done without heating blanket and will create a very cool sensation.*

Coconut Body Masque

*Soothing to the skin, it draws out impurities, improves the complexion and protects against harmful UV.*

# FACIALS

## **HYDRATING SPA FACIAL - 60 min - 4,590 THB**

*Deep hydration for dry, tired skin using firming botanicals and vitamins to restore moisture, vitality, and suppleness.*

## **SENSITIVE SKIN FACIAL - 60 min - 4,590 THB**

*A gentle treatment with mild exfoliation and anti-inflammatory products to nourish, protect, and hydrate sensitive skin.*

## **SKIN BRIGHTENING FACIAL/PIGMENT RELIEF - 60 min - 4,590 THB**

*A botanical-rich treatment with Vitamin C, bearberry, and licorice to reduce dark spots, balance pigmentation, and enhance skin radiance.*

## **MULTI VITAMIN POWER SKIN TREATMENT - 60 min - 4,950 THB**

*A revitalizing facial with vitamin-rich exfoliation, a recovery masque, and a firming massage to restore skin texture and reduce fine lines.*

## **REVITALIZING EYE RESCUE - 60 min - 2,950 THB**

*A vitamin-packed eye treatment with Red Seaweed to firm, repair, and refresh the delicate eye area, paired with a soothing head massage.*

# JUNIOR MENU

KIDS MASSAGE - 30 minutes - 2,590

REIKI FOR KIDS - 30 minutes - 2,240

SOUND THERAPY - 30 minutes - 2,240

*\*Age Limitations: Spa is a relaxing and tranquil experience. Teen services are available for ages 10 to 12. We also offer limited services for kids ages 6 to 9, and a parent or guardian must accompany them through the duration of their service\**

# PRIVATE ACTIVITIES

## **PERSONAL TRAINER - 60 min - 2,950 THB**

*Get a customized workout plan tailored to your fitness goals, starting with a consultation for personalized physical improvement.*

## **BODY BUILDING WORKSHOP - 60 min - 3,530 THB**

*Build muscle and strength with expert guidance on workouts and nutrition to help you achieve your ideal physique.*

## **MUAY THAI AT THE CAMP - 60 min - 1,415 THB**

*Train with experienced fighters at a specialized Muay Thai camp just 10 minutes from the resort, perfect for boxing enthusiasts.*

# PRIVATE WELLNESS SESSION

## **BODY STRETCHING - 60 minutes - 2,950 THB**

*Feel the deep stretch in this exercise that tones the muscles and improves the muscle's elasticity. It may also help your muscles to work most effectively.*

## **INTRO TO TAI CHI - 60 minutes - 2,950 THB**

*Harness your "qi" (life force) and start your day with our Tai Chi session, which helps increase the energy in both your body and mind*

## **YOGA FOR BEGINNER - 60 minutes - 2,950 THB**

*Would you like to start your day with an activity that increases your blood circulation and improves your flexibility while learning to calm your mind? Then this yoga session is just for you!*

## **ADVANCE YOGA - 60 minutes - 4,710 THB**

*For those who practice yoga regularly at an intermediate or advanced level, our professional yoga instructor from Samui is available for private classes.*



THE LUXURY  
SIGNATURE