



SIX SENSES SPA

FIIII

SPA AND WELLNESS

Six Senses Spa Fiji is a contemporary interpretation of a traditional Fijian village. Surrounded by lush tropical jungle, its design embodies the Six Senses philosophy that well-being is crucially linked to the calm and rejuvenating benefits of nature. Cascading water features flow down through the village and into the tropical greenbelt, nourishing the beautiful fig and *baka* (banyan) trees, providing a home for rare iguanas and offering healing visual and auditory experiences for guests.

The Spa Village is entered via stepping stones leading to the arrival *bure* (lounge), a place to socialize, relax, explore the resort's wellness offerings and make reservations. It is also home to the Six Senses retail collection full of the latest temptations including yoga wear and mats, wellness gemstone water bottles, jewelry and locally sourced throws, candles, burners and other accessories. There is also a full range of skincare products displayed on organically-shaped timber counters and shelves.

If guests prefer to blend their own ingredients for a body scrub, wrap or face mask, the Alchemy Bar features floor to ceiling shelves with ceramic and glass pots filled with oils, local herbs, fruits and spices.

Nail aficionados can enjoy a manicure and pedicure at the Nail Bar over a glass of a healthy juice or smoothie. From effortlessly elegant to bright and summery colors, the Bio Sculpture Gel system, also known as The Gentle Gel ensures long lasting results and a chip-free holiday.

In the Consultation Room, Six Senses Spa experts use a non-invasive wellness screening to measure key physiological biomarkers and prepare personalized programs.

From here, the water cascades into the spa garden and flows into a rill that trickles through the Wellness Village. The healing sound of water and playful lights which glow in the night create the perfect setting for self-reflection as guests put their feet up and worries down.

The male and female changing rooms join together in a communal relaxation lounge with access to the impressive wet facilities, sauna and steam room and outdoor showers.

The four treatment bures are secluded between the trees around a circular path. Resembling traditional village bures, their organic and earthy design combines a neutral colour palette with grounding dark timber floors and wooden beams.

For guests who want to work up a sweat, the fitness bure combines high-tech cardio equipment and weight machines with functional training. They can experience different fitness methods, classes and programs, with their feet firmly on the ground or defying gravity up in the air in various aerial yoga poses.

Yoga and meditation can be taken outdoors onto an elevated pavilion with sweeping ocean views from every angle (downward dog, triangle, warrior or tree pose).

Spa Facilities

- Arrival lounge featuring:
 - Alchemy Bar
 - Nail Bar
 - Consultation Room
 - Retail Therapy Corner
- Four treatment bures (two single and two double)
- Male and female changing areas with lockers, vanity areas, indoor and outdoor showers leading into a communal relaxation area
- Outdoor wet facilities including:
Herbal sauna, steam room, cold and hot plunge pools, waterfall showers, outdoor hanging relaxation area
- Indoor fitness room with TechnoGym and Life Fitness equipment
- Jungle gym
- Outdoor yoga and meditation pavilion

Spa Menu

Massages - from Six Senses signature and to ayurveda aromatherapy-inspired treatments from Subtle Energies.

Facials - results-driven facials designed by Subtle Energies.

Body Treatments - Six Senses locally-inspired scrubs and wraps incorporating Fijian healing customs and traditions.

Rituals - from an empowering woman's journey and a signature sleep treatment from Subtle Energies to locally-inspired packages to beautify, reenergize and relax.

Beauty - hand and feet pampering.

Wellness & Fitness Activities - private and group sessions of yoga and meditation to stretching and fitness workouts.

Wellness Approach and Programs

Six Senses Integrated Wellness is our overarching and innovative approach to wellness founded on several building blocks, including personalized wellness, sleep health, mindful eating, movement and self discovery.

It starts in our villas, where guests can enjoy a natural hand-made mattress by Naturalmat and cotton bedding, nourishing bathroom products, and energy boosting snacks. Six Senses chefs create delicious, clean and sustainably-sourced meals packed full of local ingredients. Preparation is natural and simple, focusing on quality, balance and fresh whole food made from scratch, while avoiding the bad stuff (flavor enhancers, lectins, lactose, gluten and sugar).

For guests who want to go deeper and discover more about their health, a non-invasive screening measures key physiological biomarkers such as heart rate, tissue oxygen uptake and distribution, arterial stiffness and stress parameters. The results enable Six Senses wellness experts to provide lifestyle and nutritional advice, and design a personalized program of spa treatments, fitness and wellness activities based on the preventative principles of Eastern medicine and results-oriented Western influences.

The programs help to address the most common concerns around digestion, weight loss, elimination of built up toxins, weakened immune system, sleep, stress relief, muscle toning or building better stamina. It also helps guests achieve their full potential should they wish to be challenged and improve their current performance.

Yogic Programs including Discover Yoga, Yogic Detox and Yogic Sleep enable guests to experience yoga in a deeper and more profound way, combining the skills of in-house yoga masters with the healing properties of the surrounding environment.

Visiting Practitioners

Ranging from ayurvedic doctors to must-visit osteopaths, facialists with latest technologies and skillful fingers, aura readers and healers – the spa welcomes alternative medicine practitioners throughout the year.

Product Houses

Subtle Energies
Bio Sculpture

For further information, please contact:

Rose Kavanagh
Marketing Communications Executive
Six Senses Fiji
M +679 808 1971
E rose.kavanagh@sixsenses.com

