

SIX SENSES SPA

**Six senses Spa Yao Noi
SPA MENU**

Welcome to Six Senses Yao Noi Spa

At **Six Senses Yao Noi Spa**, we aim to help people reconnect with themselves, others and the world around them. Highly skilled **Six Senses Spa therapists** use a synergy of natural products to provide a comprehensive range of award-winning signature treatments plus rejuvenation and wellness specialties of the region.

We are committed to delivering **integrated wellness experiences**, and providing **guidance** and **inspiration** to allow our guests to gain a new perspective and make positive lifestyle changes. Our **local sensibility** is evident in the products we choose, the treatments we design and the sustainable practices we implement. This approach enables us to maintain a closer connection with nature and the surrounding world.



The Spa is open from **08:00-21:00** from Monday through Sunday. Within the spa there is a private wet area with a **Sauna and a steam bath** for you to enjoy before your treatment.

Our gym is divided into 2 sections (cardio and weights) and is located right next to the spa reception. We offer guests a selection of weights, cardio machines and exercise equipment.

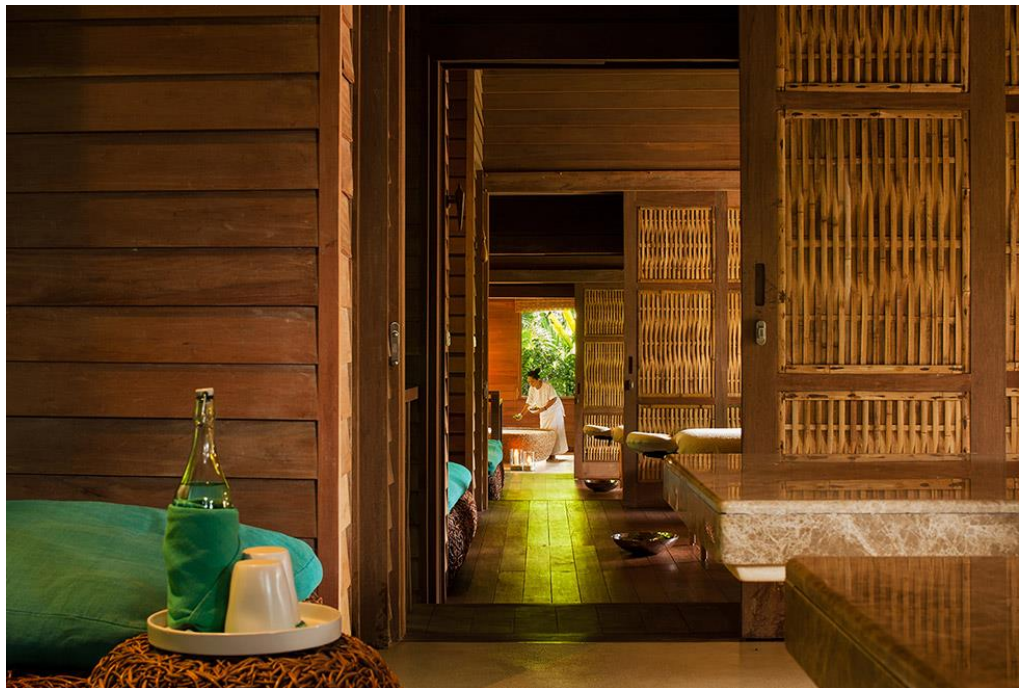
Revive your spirit, indulge your senses and relax with a well-deserved moment of peace.

Javier Suarez
Spa & Wellness Director

Kamonwan Nopparat
Spa & Wellness Ass. Manager

Spa Menu

1. Ready Made Packages- *page 4 & 5*
2. Locally Inspired - *page 6*
3. Signature Treatments- *page 7*
4. Massage Therapies- *page 8 & 9*
5. Thai Therapies- *page 10*
6. Facial Therapies- *page 11*
7. Body Therapies- *page 12*
8. Beauty Therapies- *page 13*
9. Treatment Enhancers- *page 14*
10. Spa Etiquette *page 15*



1. Ready Made Packages (include 20% discount)

Our packages are structured to help you achieve a particular goal while we focus on your comfort and well-being. All retreats begin with a personalized consultation to ensure your specific requirements and concerns are taken into consideration. Treatments are combined in a recommended sequence; however, we are pleased to make adjustments to suit your personal rhythm.

Couples Romance

1 day / 18,240 Baht per couple

- | | |
|-------------------------|------------|
| ✓ Steam & Sauna | 60 minutes |
| ✓ Dream Catcher Massage | 90 minutes |
| ✓ Choice of Facial | 60 minutes |
| ✓ Aromatherapy Bath | 30 minutes |

Beauty Package

4 ½ hours/ 12,300 Baht per person

- ✓ Cleansing Back Scrub
- ✓ Six Senses Signature Massage
- ✓ Six Senses Signature Facial
- ✓ Pedicure & Manicure

Detoxifier Package

**2 days / 14,640 Baht per person
26,500 Baht per couple**

This program will stimulate the body's natural healing pathways and encourage regeneration and cleansing.

It will improve your *digestive system*, unlock and release trapped *toxins*, firm and tone the body and restore overall balance. You will emerge feeling re-vitalized and filled with a new-found zest for life.

- | | |
|-------------------------|------------|
| ✓ Steam & Sauna | 30 minutes |
| ✓ Detox Scrub & Wrap | 90 minutes |
| ✓ Detox Massage | 90 minutes |
| ✓ Oriental Foot Massage | 60 minutes |
| ✓ Private Meditation | 45 minutes |
| ✓ Detox Bath | 30 minutes |

Ready Made Packages (cont.)

Page 2

De-stress Package

**3 days / 22,560 Baht per person
40,500 Baht per couple**

We have chosen only the best holistic therapies to help you re-charge your batteries and release the tensions of everyday life. The combination of relaxing treatments with spiritual healing sessions of will stimulate your energy flow, awake the senses and calm the mind. You will leave feeling revitalized and reconnected with yourself and your life ambitions.

✓ Customized Massage	90 minutes
✓ Dream Catcher Massage	90 minutes
✓ Spa Private Yoga Session	60 minutes
✓ Thai Herbal Body Scrub	60 minutes
✓ Thai Massage	90 minutes
✓ Aromatherapy Bath.	30 minutes

Not seeing exactly what you need?

It would be our pleasure to help you in the selection of a combination of services to make your spa journey a perfect one. One of our Spa consultants will be delighted to sit with you and assist you and guide you in the most suitable treatments for you.

You can also build your own spa package, by combining a facial, a manicure or pedicure, waxing, a body treatment and/or massage.

2. Locally Inspired Treatments

Page 6

*Designed exclusively for Yao Noi Six Senses Spa these Locally Inspired treatments combine the latest trends in spa therapies with time-honoured Thai healing traditions. Our rituals are personalised to meet your exact needs, using Six Senses Spa products and **indigenous natural Thai ingredients** to deliver outstanding and long-lasting results.*

Thai Silk Facial ✨ 🌿 60 minutes /4,200 Baht
An anti-ageing facial using natural silk cocoons to firm and tone the skin. Originating from North Thailand, the cocoons contain twelve amino acids which improve skin elasticity, reduce appearance of wrinkles and repair sun-damaged skin.

Natural Sunburn Soother ✨ 🌿 60 minutes /3,900 Baht
Moisten and refresh your skin with this natural blend of **Aloe Vera** and **cucumber** that pampers you with nourishing vitamins and conditioning elements to aid skin repair after a long exposure to sun.

Thai Herbal Body Scrub ✨ 🌿 60 minutes /3,200 Baht
Remove dry skin and smooth the complexion with this gentle exfoliation using a traditional blend of **Thai herbs** and **Tamarind**.

Coconut Body Scrub ✨ 🌿 45 minutes /2,500 Baht
Freshly grated **coconut** is mixed with **the coconut shell and turmeric** to create a cleansing mixture that is gently rubbed over your body to reveal softer and smoother skin.

✨ Only at Six Senses Yao Noi



Local Fresh Products

3. Signature Treatments

Page 7

For every Signature treatment your therapists will customize the essential oils to calm or revitalize according to your individual preferences and the desire outcome.

Customized Massage ✨ 60 min- 4,900 Baht / 90 min - 6,500 Baht
No two bodies are the same. We all have individual needs and preferences that is why this massage has been specifically design to ensure you get what you want. You will be able to choose not only the duration but the combination of therapies, music and aromas that your needs at this moment in time.

***Choose:** Swedish, Thai, Lomi- Lomi, Sports, Aromatherapy, Indian head, Oriental Foot Massage.*

Signature Yao Noi Ritual ✨ 🌿 4 hours / 14,000 Baht
 Balance all the senses with this unique spa journey using local plants and herbs grown in the surrounding garden. This relaxing experience begins with a **Thai herbal scrub** and a **Thai Herbal Massage** to energise the body and re-awaken the senses. It follows with a **Traditional Silk Cocoon Facial** to firm and tone the skin and completes with **Natural Herbal Relaxing Bath** to evoke a sense of relaxation.

***Includes:** Thai Herbal Scrub, Aromatherapy Massage, Anti-ageing Silk Facial and Natural Herbal Bath.*

Signature Yao Noi Journey ✨ 90 minutes / 9,500 Baht
Two therapists perform a **facial ritual** and **full body massage** in unique synchronicity for this deeply relaxing signature experience, complimented with a **soothing scalp massage** to induce a deep sense of relaxation.

✨ Only at Six Senses Yao Noi 🌿 Local Fresh Products

4. Massage Therapies

Page 8

At Six Senses, a massage is a truly individual journey where you will discover the power of touch, a personalised experience to Harmonise and balance your body.

Four Hand 60 minutes / 7,500 Baht

Performed by 2 therapist

This massage is the ultimate pampering experience, with 4 hands synchronized and perfectly orchestrated by our skilled therapists. If you've had many massages but have not tried this one yet you don't know what you're missing.

Dream Catcher    90 minutes / 5,400 Baht

A bespoke journey for the soul. Alleviate tensions and encourage inner peace during a holistic fusion of Indian head massage, Back, Neck and shoulder massage and foot acupressure. A sublime aromatic experience that will allow you to fall into REM sleep.

Hot Stone   90 minutes / 5,400 Baht

Warm basalt stones melt away tension. This ancient therapy uses the therapeutic heat from stones which is slowly released into the heart of the muscle for a completely new body experience. Small stones are placed on key energy points, whilst luxuriously warmed oils are massaged deeply into the body for maximum relaxation.

Sports    45 min- 4,100 Baht /75 min - 5,400 Baht

A powerful massage for releasing tension in muscles, tissues and joints. This massage is designed to enhance athletic performance and recovery.

 Only at Six Senses Yao Noi  Local Fresh Products  Pressure

Massage Therapies *(continued)*

Page 9

Signature Massage 60 min- 3,900 Baht /90 min - 5,200 Baht

Six Senses Signature massage therapies are designed with your specific needs in mind. From the spa consultation, we choose the most suitable massage techniques. Whether you prefer light or firm pressure or a stimulating treatment opposed to a soothing one, we will mould the treatment to suit your wishes.

✓ **Oriental**   60 min- 3,900 Baht /90 min - 5,200 Baht

A stress relieving massage combining a full body massage with **acupressure** and **Thai stretching techniques**. (*strong to medium pressure*)

✓ **Holistic**  60 min- 3,900 Baht /90 min - 5,200 Baht

A soothing full body massage designed to evoke deep relaxation. (*soft to medium pressure*).

✓ **Back, Neck, Head & Shoulder**   60 min- 3,900 Baht

Combining a head, neck shoulder massage and back massage, this is the ideal for those who've just completed long international flight. Our expert therapists use deep tissue techniques to help release muscle tension built up by stress and bad postures.

✓ **Detox**   45 min- 3,600 Baht

A Detox Massage using lymph massage techniques as well invigorative and stimulating techniques for cellulite areas. This massage we will concentrate only on **legs, hip, stomach and upper arm**.

 Only at Six Senses Yao Noi  Local Fresh Products  Pressure

5. Thai Therapies

Page 10

Oriental Foot Massage  60 minutes / 3,900 Baht

This dynamic treatment works by applying thumb, finger and palm pressure to reflex zones of the feet which correspond to organs and systems in the upper body. This therapy is particularly beneficial in treating tension headaches, poor circulation and a sluggish digestive system.

Thai Massage  90 minutes / 4,200 Baht

Re-awaken the body and mind with this energising treatment combining Thai massage techniques with gentle stretching movements. The use of point-pressure along with wide variety of stretching movement opens the joints and balances all major muscle groups of the body. Rhythmic compressions ease the recipient into a deeply relaxed state while helping them to become more flexible.

Thai Herbal Massage  90 minutes / 4,800 Baht

Tensions drift away during this traditional heated Thai massage, which has been used for many centuries in Thailand for the relief of pain and inflammation. Following a sport massage, a selection of therapeutic herbs including *plai*, *ginger*, *turmeric* and *lemongrass* are wrapped in a muslin compress, steamed and then applied to the body in gentle circular and rolling movements.

 Only at Six Senses Yao Noi  Local Fresh Products  Pressure

6. Facial Therapies

Page 11

Advanced techniques complemented by the finest natural products. All facials therapies include a foot massage.

Gentleman's Facial 60 minutes / 4,200 Baht

Designed specifically for men, this facial includes an **exfoliation**, **deep cleaning** mask and **intensive moisturising**. Deeply cleanses and hydrates the skin, whilst combating the signs of ageing.

Aroma Skin Facial 60 min- 3,900 Baht/ 90 min - 4,400 Baht

A skin balancing facial using a combination of plant extracts and flower essences with deep cleansing and exfoliation techniques. Suitable for all skin types.

Signature Facial 60 min- 3,900 Baht/ 90 min - 4,400 Baht

- **Nourishing** - moisturises and improves skin tone and elasticity. Beneficial for dry or maturing skin.
- **Purifying** - a deep-cleansing facial ideal for eliminating blocked pores and skin blemishes.
- **Soothing** - calms sensitive and irritated skin with soothing plant extracts and flower essences.

Thai Silk Facial ❄️ 🌿 60 minutes /4,200 Baht

An anti-ageing facial using natural silk cocoons to firm and tone the skin. Originating from North Thailand, the cocoons contain twelve amino acids which improve skin elasticity, reduce appearance of wrinkles and repair sun-damaged skin.

❄️ Only at Six Senses Yao Noi 🌿 Local Fresh Products 🔥 Pressure

7. Body Therapies

Page 12

Body Scrub 30 minutes - 1,900 Baht / 60 minutes- 3,700 Baht

- ✓ Improve blood circulation and bodily fluids within.
- ✓ Improve the look of aging and dimpled skin from cellulite.
- ✓ The glow that your skin is left with.
- ✓ The skin, the biggest organ in the body can breathe better.

- *Jojoba Calming* – ideal for sensitive skin.
- *Coconut Clarity* – ideal for combination and oily skin.
- *Rice Vitality* – ideal for all skin types.



Full Body Scrub & Wrap

90 minutes / 4,900 Baht

- ✓ Pulling toxins out of the skin via the pores. high
- ✓ High in potassium levels for weight loss.
- ✓ The warmth provided by a clay body wrap improves circulation and relieves aches and joint pain.
- ✓ Absorb excess water from skin.

- *Coconut Scrub & Green Clay & Detoxifier* –removes toxins.
- *Jojoba Scrub & White Clay Body Refiner* – improves texture, moisturises and brightens the skin.
- *Rice Scrub & Pink Clay Wrap Body Toner* – firms, tones and tightens the skin.

8. Beauty Therapies

Page 13

Hand Rejuvenator 30 minutes / 1,400 Baht
 Promote healthy and younger-looking hands with an exfoliating coconut hand scrub, followed by a nourishing mask and a hand and forearm massage.

Hair Hydration 60 minutes / 3,400 Baht
 A rehydrating hair treatment complemented with a soothing scalp massage and completed with the application of Coconut mask to hydrate the scalp.

Manicure and Pedicure
 Yao Noi's Manicures and Pedicures is a new concept of global beauty, which takes a more holistic approach through the integration of wellbeing with glamour and sensuousness.

The treatment is divided into three steps to meet the following essential requirements:

- **Beauty** - The nail becomes naturally shiny, more than it would with a coat of nail polish. (cut and natural brilliance of the nail)
- **Health** - The goal is to eliminate any nail problems or sign of skin rigidity (corn, callus or any other painful thickening)
- **Well-being** - Achieved through a specific massage focusing on muscular flexibility, joint mobility, blood circulation and skin elasticity.

Spa Manicure 60 minutes / 2,300 Baht

Spa Pedicure 60 minutes / 2,500 Baht

Gentleman's Manicure 45 minutes / 1,500 Baht

Gentleman's Pedicure 45 minutes / 1,800 Baht

9. Treatment enhancers

Page 14

Customize your spa experience by adding one of our add-ons to your massage, facial or Body Treatment to complete your spa journey.

Headache Relief (included in the time) 800 Baht

Special pressure point techniques applied to assist in reducing the built up pressure associated with headaches.

Nourishing Hair Treatment (included in the time) 800 Baht

Coconut oil combined with the richly scented essential oils of rosemary, geranium, and ylang ylang is massaged into the hair and scalp. This enhancer is designed to condition the scalp and leave hair super shiny, glossy and nourished.

Revitalizing Eye Rescue (add 10 min) 1000 Baht

Revitalize the delicate eye area with lymphatic massage and active seaweed extracts which are designed to firm the eye area and reduce puffiness while vitamin C, E, and retinol smooth fine lines. Designed to nourish, moisture and soften, a perfect add-on to a body wrap, massage or any facial.

Hot Stone Bliss (included in the time) 800 Baht

Consider incorporating to one or two areas of your massage hot stone therapy for a total relaxing journey.



- *Only available in conjunction with any 60 or 90 minute treatment.*

November 2013

Prices are quoted in Thai Baht and are inclusive of service charge and government tax

10. Spa Etiquette

Page 15

Spa Reservations

Our Six Senses Spa is open from **08:00-21:00**. For any enquiries or information regarding the spa, please press the “spa” button on the phone in your villa. Advance bookings are highly recommended to secure your preferred time.

During your stay

The spa is a sanctuary of peace and harmony, please be aware of the volume of your voice and not to disturb our other spa guests, smoking and active mobile phones are not permitted in the spa.

Spa Retail

A selection of natural skincare products has been chosen according to the Six Senses Spas’ philosophy. They are available for purchase at the spa shop.

Arrival

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

After your treatment

We recommend that you do not sunbathe after any massage/body treatment or depilatory waxing for at least six hours.

Payment

For your convenience all treatments can be charged to your room, and will appear on your account at the time of departure from the resort.

Cancellation Policy

Please give **4 hours cancellation** notice on individual treatments and 24 hours notice on packages and groups (more than 4 pax). A 50% cancellation fee may apply if such notice is not given.

For no shows 100% of the treatment cost will be charged.

Six Senses Spa at Six Senses Yao Noi

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November 2013

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