



SPA MENU

Spa Menu Index

Locally Inspired, Page 5

- Blanda Body Polish, 45mins/1,050,000
- Centella Body Wrap, 45mins/1,050,000
- Kumquat and Basil Body Polish, 45mins/1,050,000
- Vietnamese Fruit Smoother, 45mins/1,430,000

Sensory Therapies, Page 6

- Sensory Hot Stone Experience, 1hr 30mins/2,585,000
- Sensory Spa Journey, 1hr 30mins/3,000,000

Asian Therapies, Page 6

- Foot Acupressure, 30mins/885,000
- Indian Head Massage, 1hr/1,430,000
- Thai Massage, 1hr/1,975,000, 1hr 30mins/2,415,000
- Vietnamese Massage, 1hr/1,869,000, 1hr 30mins/2,520,000

Facial Therapies, Page 7

- Six Senses Signature Facial (*Nourishing, Purifying, Soothing*), 1hr/1,870,000, 1hr 30mins/2,520,000
- Anti-Ageing Silk Facial, 1hr/1,535,000
- Gentleman's Facial, 1hr/1,870,000
- Lymphatic Detox Facial, 1hr/1,870,000
- Oxygen Facial Infusions:
 - Atoxelene, 45mins/2,000,000
 - Opulence, 1hr/2,000,000
 - Rejuvenate, 1hr/2,000,000
 - Rejuvenate & Atoxelene, 1hr 30mins/3,000,000

Massage Therapies, Page 10

- Six Senses Signature Massage (*Detox, Energiser, Holistic, Oriental*), 1hr/1,869,000, 1hr 30mins/2,520,000
- Jet Lag Recovery, 1hr 30mins/2,585,000
- Manual Lymphatic Drainage, 1hr/2,000,000

Body Polishes & Cocoons, Page 11

- Six Senses Signature Scrub (*Calming, Clarity, Vitality*), 45mins/1,350,000
- Six Senses Signature Scrub & Wrap (*Body Refiner, Body Toner, Detoxifier*), 1hr 15mins/2,585,000
- Citrus Body Polish, 45mins/1,050,000
- Detoxifying Green Tea Body Polish, 45mins/1,050,000
- Green Coffee Body Treatment, 2hrs 30mins/3,240,000
- Refining Body Scrub with Micronised Algae Wrap, 2hrs 20mins/3,240,000
- Sunburn Soother, 45mins/1,325,000

Men's Maintenance, Page 13

- Aroma Vitality Body Polish, 45mins/1,045,000
- Energising Lime and Mint Body Polish, 45mins/1,045,000
- Gentleman's De Luxe Facial, 1hr 30mins/2,520,000
- Gentleman's Essential Facial, 1hr/1,870,000
- Men's De-stress, 2hrs 30mins/4,020,000
- The Nomad, 2hrs/3,750,000

Specialist Therapies, Page 14

- Chakra Balancing, 20mins/550,000
- Reiki, 1hr/1,580,000
- Oxygen Inhalation Therapies:
 - Breathe-Energising, 15mins/630,000
 - Breathe-Equilibrium, 15mins/630,000
 - Breathe-Health Boost, 15mins/630,000
 - Breathe-Relaxation and Relief, 15mins/630,000
 - Breathe-Tranquility, 15mins/630,000

Spa Beauty, Page 16

- Manicure, 45mins/651,000, 1hr/756,000
- Pedicure, 45mins/735,000, 1hr/861,000
- Waxing:
 - Brow, 30mins/861,000
 - Chin, 30mins/861,000
 - Full leg, 1hr/1,407,000
 - Half Leg, 45mins/966,000
 - Underarm, 30mins/830,000
 - UpperLip, 30mins/861,000

Ready-Made Packages, Page 17

- Detox:
 - Detox and Rejuvenate, 2hrs 30 mins/3,900,000
 - Essential Detox, 2hrs/3,500,000
 - Marine Detox, 2hrs/3,500,000
 - Vietnamese Well Being Journey, 2hrs 30mins/4,410,000
- Mini Day Spa Escapes:
 - Detoxifier, 3hrs, (1person)/4,180,000, (2people)/7,350,000
 - Oriental, 2hrs 30mins, (1person)/4,020,000, (2people)/7,185,000
 - Pampering, 3hrs 20mins, (1person)/4,095,000, (2people)/7,330,000
 - Romantic Hideaway, 3hrs 20mins for 2 people/8,715,000
- Your Own Spa Journey:
 - Mini Day, 2hrs 30mins/4,075,000
 - Full Day, 4hrs 30mins/6,930,000

Wellness Activities, Page 19

- Basic Massage Workshop, 1hr/1,305,000
- Meditation, 1hr/1,900,000
- Stretching, 1hr/1,555,000
- Tai Chi, 1hr/1,515,000
- Yoga, 1hr/1,900,000

Locally Inspired

- The Essence of Six Senses

By utilising ingredients, plants and herbs that are indigenous to the local area, we treasure local traditions as the very essence of Six Senses to offer you a truly natural and authentic Six Senses experience.

Blanda Body Polish, 45 minutes

Derived from a timeless recipe of the Hmong women, this light scrub promotes light skin exfoliation and regeneration leaving the skin soft, smooth and free of irritation.

Centella Body Wrap, 45 minutes

Rich in chlorophyll, centella is excellent in enhancing the skin's circulation and gives relief for varicose veins. This fresh wrap is also ideal for tired muscles and joints.

Kumquat and Basil Body Polish, 45 minutes

Vitamin C infused kumquat and fresh cool mint gives this body scrub cleansing and purifying properties. Its light Vietnamese Basil base also leaves the skin smooth and hydrated.

Vietnamese Fruit Smoother, 45 minutes

A smooth and exotic blend of papaya, pineapple and aloe vera is applied to remove dead skin cells leaving the skin tingling with freshness. Please make a reservation four hours in advance. Not recommended for sensitive skin.

Sensory Therapies

- The Soul of Six Senses

Sensory Hot Stone Experience, 1 hour 30 minutes

A Tibetan full body and face massage technique that uses basalt stones to instil a deep level of calm while relaxing tight muscles, removing blockages and eliminating stress.

Sensory Spa Journey, 1 hour 30 minutes

A divine signature spa treatment with two therapists performing a unique facial cleansing ritual and body massage at the same time! You will experience a luxurious footbath, a non-traditional aromatherapy massage using long strokes, a cleansing facial ritual and a stress relieving scalp massage. This will encourage your mind to release the stresses of daily life.

Asian Therapies

- The Origin of Six Senses

Foot Acupressure, 30 minutes

Reflex points on the feet correspond to every organ in the body. Applying pressure to these points, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Ideal when combined with Indian Head Massage.

Indian Head Massage, 1 hour

Traditionally known as 'Champissage', both gentle and stimulating techniques are used on the upper back, shoulders, neck and scalp. This treatment improves blood flow, nourishes the scalp and induces a deep sense of calm. Combine with Foot Acupressure for the ultimate pampering experience.

Thai Massage, 1 hour / 1 hour 30 minutes

Using Thai massage techniques, this treatment focuses on pressure points and gentle stretching movements along the body's energy channels. It is offered fully-clothed and without oil to re-awaken the body's energy flow.

Vietnamese Massage, 1 hour / 1 hour 30 minutes

This traditional massage incorporates pressure point techniques with invigorating movements to warm and relax muscle tissue. Heated small suction cups are placed on the back to aid in muscle relaxation, improve circulation and rejuvenate the body. Pure coconut oil infused with Blanda and Penduliflora essential oils are used in this treatment.

Facial Therapies

- Nurturing with Six Senses

Glowing skin reflects good health and a Six Senses signature facial will do more than simply treat the surface. Following a skin analysis, your therapist will perform a balancing facial that includes cleansing, exfoliating, massage, mask and moisturising treatment to suit your skin's individual needs. Each treatment combines the healing properties of Six Senses Skin Care products with the power of touch to encourage lymphatic drainage and improved skin elasticity and clarity.

Your skin will feel silky-soft and delicately scented, with a complexion that is polished, toned and radiant.

Six Senses Signature Facial, 1 hour / 1 hour 30 minutes

Choice of:

Nourishing

moisturises and improves skin tone and elasticity, beneficial for dry or maturing skin.

Purifying

deep-cleansing facial, ideal for eliminating blocked pores and skin blemishes.

Soothing

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

Anti-Ageing Silk Facial, 1 hour

Enjoy a traditional natural silk cocoon facial with Sericin essential protein to firm and tone your skin complex and improve its texture.

Gentleman's Facial, 1 hour

For the discerning gentleman who is concerned about the effects of ageing, our deeply cleansing and hydrating facial exfoliates and purifies the skin and decongests pores. This facial provides the full spectrum of skin benefits for men, as nature intended.

Lymphatic Detox Facial, 1 hour

This unique treatment detoxifies and reduces puffiness by assisting lymphatic flow using a traditional lymphatic drainage massage technique. It also increases circulation through exfoliation and pressure point massage. Includes an application of a calming hydrating botanical mask.

Oxygen Facial Infusions

The Intraceuticals system addresses the major underlying causes of fine lines and wrinkles and loss of elasticity caused by premature ageing. The infusion of oxygen and vitamin enriched serums from botanical extracts maximises skin regeneration and moisture. This leaves the skin noticeably firmer and glowing with a visible lift. Results continue to improve in the days following the treatment.

Atoxelene, 45 minutes

Smooth - Hold - Prevent. Significantly targets expression lines caused by facial muscle contractions around the forehead, eyes, nose and lip areas. Post infusion, the skin instantly looks smoother and feels tighter and firmer - an all natural alternative to Botox.

Opulence, 1 hour

Brighten – Balance - Smooth. Balances the skin with Green Tea and Vitamin C extracts. Evens out pigmentation to reveal a lighter, brighter skin with increased luminosity and radiance.

Rejuvenate, 1 hour

Hydrate - Lift - Tighten. This cooling and calming infusion with Vitamins A and E leaves your skin hydrated, toned and visibly lifted with a noticeable reduction in fine lines and wrinkles. Safe for all skin types.

Rejuvenate and Atoxylene, 1 hour 30 minutes

The ultimate in anti-ageing and skin rejuvenation with instant visible results. The Rejuvenate and Atoxylene Infusions work together to significantly reduce fine lines, while tightening and firming the skin for a more defined facial contour - achieving the much desired "movie star" look.

Massage Therapies

- The Heart of Six Senses

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

During the spa consultation, we will select with you the most suitable massage techniques and your preferred aromatherapy blend. Whether you favour light or firmer pressure or would prefer a stimulating rather than soothing treatment, we will personalise your therapy to suit your needs.

Six Senses Signature Massage, 1 hour / 1 hour 30 minutes

Choice of:

Detox

a stimulating massage with firming, toning oils to help reduce the appearance of cellulite.

Energiser

a reviving upper body massage, focusing on key areas to relieve muscle tension.

Holistic

a light to medium pressure soothing massage with long, flowing movements.

Oriental

an integrative style of full body massage with acupressure & stretching techniques.

Jet Lag Recovery, 1 hour 30 minutes

A rebalancing treatment including a body massage with aromatherapy oil to revive your circulation and ease muscle tension, a head massage to re-awaken your senses and a Six Senses herbal tea to reset your internal clock.

Manual Lymphatic Drainage, 1 hour

A specialised massage which aims to enhance the function of the lymphatic system. Techniques are performed using gentle, rhythmical, circular movements of the skin.

Body Polishes & Cocoons

- A Sense of Renewal

Enjoy a skin brightening experience using Six Senses Skin Care products to reveal your natural glow and rejuvenate your body. This group of therapies works deeper to eliminate toxins to combat cellulite, improve circulation, tone and revive the skin.

Body scrubs are proven to remove the natural build-up of dead skin cells that lead to dull and tired-looking skin. Body masks and wraps work beneath the surface and have a renewal effect.

Six Senses Signature Scrub, 45 minutes

Choice of:

Calming

jojoba scrub plus Roman camomile and lavender essences.

Clarity

crushed coconut shell scrub plus orange and rosemary essences.

Vitality

rice grain scrub plus ylang ylang with patchouli essences.

Six Senses Signature Scrub & Wrap, 1 hour 15 minutes

Choice of:

Body Refiner

a gentle jojoba scrub with a white clay wrap. Finish with a richly scented moisturiser to replenish the skin. This treatment is recommended for sensitive skin.

Body Toner

refresh yourself with a ground jasmine rice exfoliation. Pink clay and plant essences blended with peppermint and lemon firm the skin whilst improving circulation.

Detoxifier

a gentle massage to relieve tension is followed by a natural coconut shell exfoliation. Green clay is used to detoxify. An excellent treatment after travelling.

Citrus Body Polish, 45 minutes

Experience the cleansing properties of orange and grapefruit in this Vietnamese skin food recipe.

Detoxifying Green Tea Body Polish, 45 minutes

Vietnamese Green tea, renowned for its antioxidant qualities, is used in this treatment combined with sea salt to cleanse and soften the skin.

Green Coffee Body Treatment, 2 hours 30 minutes

Start with dry brushing to gently exfoliate the skin and stimulate lymphatic circulation. Green coffee concentrate is applied to specific areas to break down cellulite and smooth spongy looking skin. Followed with Green Coffee wrap, which is detoxifying yet hydrates and firms the skin. Finish with a relaxing massage.

Refining Body Scrub with Micronised Algae Wrap, 2 hours 20 minutes

Exfoliate with this mineral-rich scrub which has Rosemary, Chamomile and Jojoba guaranteed to smoothen and rejuvenate your skin. Followed by a warm, relaxing micronised algae body mask to detoxify, stimulate the skin's metabolism and relieve cellulite deposits. Finish with a relaxing body massage for totally healthy, glowing skin.

Sunburn Soother, 45 minutes

Cool lavender infused towels with soothing aloe vera extracts is applied to moisturise and encourage new cell growth. Includes foot acupressure or scalp massage.

Men's Maintenance

Special treatments and journeys tailor made to suit the male skin and physique.

Products and essential oils have a distinct masculine touch making these spa experiences unique ... and just for him.

Aroma Vitality Body Polish, 45 minutes

Black Pepper and Basil with Rice Bran Oil warms and soothes tired skin and improves circulation. Ideal after a fitness session or a long journey.

Energising Lime and Mint Body Polish, 45 minutes

This fine salt scrub, infused with the invigorating properties of Lime and Mint stimulates cell renewal and leaves you feeling delightfully fresh and clean.

Gentlemen's Essential Facial, 1 hour

Specifically formulated for the male complexion, this facial with organic extracts improves skin hydration, clears clogged pores and soothes skin sensitivity from shaving.

Gentlemen's De Luxe Facial, 1 hour 30 minutes

This luxurious version of the essential facial includes a relaxing back massage with a self heating mask which melts all knots and stresses away, and a relaxing eye treatment.

Men's De-Stress, 2 hours 30 minutes

This top to toe pampering starts with your choice of body polish followed by a Vietnamese Massage. It's long smooth strokes and cupping method removes all traces of lactic acid and fatigue leaving muscles limber and with increased flexibility. An aromatic facial cleanses the pores and smoothes the skin. A relaxing Foot Acupressure treatment concludes the journey leaving you rejuvenated, revitalised and refreshed.

The Nomad, 2 hours

For the frequent traveller. Recharge and energise with a full body massage with aromatic Basil and Black Pepper essential oils. Its warm soothing strokes with cupping techniques separates fused tissue layers, removes lactic acid and excess body fluids. Excellent after a long haul flight or jet lag. A special hot towel face treatment leaves your skin thoroughly exfoliated, refreshed and hydrated – ready for the next journey.

Specialist Therapies

- A Sense of Inner Calm

Chakra Balancing, 20 minutes (when booked with any other treatment)

Balance the energy centres, or chakras, of your body. This gentle form of healing works to harmonise the energies of your mind, body and emotions. It increases your vital wellbeing and neutralises negativity. The perfect end to any massage treatment.

Reiki, 1 hour

This is a powerful ancient and hands-on healing method of accessing universal energy to release negative patterns of thought and emotion. Gentle pressure is applied to the body over major energy centres to bring about a body and mind balance.

Oxygen Inhalation Therapies

Oxygen inhalation therapies assist to maintain oxygen levels in the body, a vital process for health, vitality, physical stamina and endurance. Taken as individual sessions or combined with our signature treatments, oxygen inhalation is among the most efficient methods of calming, detoxifying and purifying the body.

Breathe-Energising, 15 minutes

Peppermint and Oxygen relieves muscle pain, spasm and cramps. Ideal before or after hiking or an active workout.

Breathe-Equilibrium, 15 minutes

Pure Balance. Rose Otto works its magic on the senses as it calms, soothes and provides emotional release. Renowned for its meditative properties, it also energises the chakras and strengthen the aura.

Breathe-Health Boost, 15 minutes

Mildly infused with Lemongrass and Tea Tree, this detoxifies the liver, pancreas, kidney, bladder and the digestive tract. Apart from boosting the immune system, relaxation and relief also helps reduce uric acid and cholesterol, arthritic pain and rheumatism.

Breathe-Relaxation and Relief, 15 minutes

A blend of Oxygen and Roman Camomile, this infusion is ideal for arthritis, sciatica, muscular pains and swollen joints because of its analgesic and anti-inflammatory actions as well as eases states of irritability.

Breathe-Tranquility, 15 minutes

Utilising the tranquilising effects of Lavender, this oxygen blend is an excellent sleeping aid and antidepressant and assists in controlling migraines. It is also useful for anxiety, nervous tension and depression.

Spa Beauty

- A Sense of Touch

Manicure, 45 minutes / 1 hour with varnish

Your nails will be shaped, cuticles tidied and hydrated. This is then followed by a sea salt exfoliation and a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied upon request.

Pedicure, 45 minutes / 1 hour with varnish

Transform your feet with our nail and cuticle care and then enjoy an invigorating sea salt polish to refresh and relax your feet. This is followed by a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation; relieving tired or swollen feet. Nail varnish is applied upon request.

Waxing

Brow, 30 minutes

Chin, 30 minutes

Full Leg, 1 hour

Half Leg, 45 minutes

Underarm, 30 minutes

UpperLip, 30 minutes

Ready-Made Packages

- The Journey of Six Senses

Detox and Rejuvenate, 2 hours 30 minutes

A fusion of traditional and modern, this unique experience starts with the Vietnamese Massage. Blanda and Penduliflora essential oils, hand processed by indigenous tribes of Sa Pa Valley, Northern Vietnam, are legendary muscle relaxants used in this treatment. Combined with heated suction cups, they release lactic acid deposits and melt away stress and tension and prevent cellulite. A back application of warm clay from Nha Trang's medicinal hot springs completes this body work. Then recharge with a Rejuvenate Oxygen Facial Infusion. Using hyperbaric pressure, pure oxygen applies vitamin and botanical enriched serums into deep layers of the skin promoting regeneration from the inside.

Essential Detox, 2 hours

Excellent for water retention problems. The Lymphatic Drainage Massage assists in mobilising excess body fluids whilst the Essential Sculpting Body Wrap firms and tones the skin targeting cellulite accumulation in problem areas such as the thighs, buttocks and stomach.

Marine Detox, 2 hours

This seaweed based treatment starts with a massage using suction cups to remove lactic acid deposits. A purifying algae wrap cleanses the skin and enhances the function of your organ systems. The Oxygen Inhalation at the end of the treatment enhances your body's oxygen levels and improves cellular function.

Vietnamese Well Being Journey, 2 hours 30 minutes

This local wellness experience starts with a fine scrub of Com Xanh (Vietnamese rice) for a gentle yet thorough exfoliation. This is followed by the traditional bamboo massage with coconut oil, enhanced by the use of suction cups and a heated herbal poultice containing Tia To, Cay Nga Cuu and Kinh Goi, whose combined medicinal and antibacterial properties promote excellent skin, muscle relaxation and enhance circulation. Complete the journey with a Reiki crystal facial which balances the body chakras. Fresh fruit, vegetarian hand rolls and

Hung Lui (Vietnamese spearmint) tea from our organic garden are served after the treatment.

Mini Day Spa Escape, 2 hours 30 minutes

Choose one from steps 1 to 3 to create your own 2½ hour Day Spa Escape:

Step One: Choose One Body Exfoliation:

Vietnamese Green Tea Body Exfoliation; Herbal Healer Body Exfoliation; Exotic Orange Body Exfoliation

Step Two: Choose One Body Massage:

Traditional Vietnamese Massage; Oriental Massage; Holistic Massage

Step Three: Choose One Facial:

Aroma Skin Facial; Soothing Facial; Nourishing Facial; Oxygen Infusion Facial

Full Day Spa Escape, 4 hours, 30 minutes

The ultimate spa experience.....

Choose one from steps 1 to 3 to create your own Day Spa Escape:

Step One: Choose One Body Exfoliation:

Vietnamese Green Tea Body Exfoliation: Herbal Healer Body Exfoliation: Exotic Orange Body Exfoliation

Step Two: Choose One Body Massage:

Traditional Vietnamese Massage: Oriental Massage: Holistic Massage

Step Three: Choose One Facial:

Aroma Skin facial: Soothing Facial: Nourishing Facial: Oxygen Infusion Facial

In addition to the 3 treatments for the Mini Day Package, you can add the following treatments to create your very own full day spa experience:

Manicure and Pedicure; or Vietnamese Herbal Bath.

Wellness Activities

- Energising with Six Senses

Basic Massage Workshop, 1 hour

This workshop aims to teach you the basic methods of massage and relaxation. This special skill will help you deal with our current society's pressures and stressors.

Meditation, 1 hour

Provides a chance to calm your mind and take time to focus on yourself. Your instructor will guide you through a sitting and walking meditation technique, allowing your mind and body to relax. You will leave feeling relaxed and at peace with yourself.

Stretching, 1 hour

The deliberate lengthening of muscles, in order to increase muscle flexibility and/or joint range of motion. A natural activity often performed and simply pleasurable and beneficial.

Tai Chi, 1 hour

An ancient Chinese healing art of five components in perfect synergy: Slowness to develop awareness, lightness to make movements flow, balance to prevent body strain, calmness to maintain continuity and clarity to focus the mind. This system of physical exercise is excellent to strengthen the cardiovascular system and harmonise chi flow in the body.

Yoga, 1 hour

Yoga improves the overall wellbeing of both body and mind through the introduction of gentle postures that are adapted to each guest's physical structure. Ideal for beginners and more advanced guests who want to learn how to counteract the physical and mental stresses of daily life.

Spa For Your Convenience

Arrival and Lifestyle Consultation Form

Please arrive 20 minutes prior to your treatment, in order to complete your lifestyle consultation form to assist us with your treatment preferences.

Cancellation Policy

We operate a 5 hour notice period on cancellation on individual treatments and 24 hours notice on packages.

A 50% cancellation fee will apply in all cases that such notice is not given. For No Shows 100% of the treatment reserved will be charged.

Children

We love children, however to be able to ensure a spa ambience of well-being, it is highly recommended to avoid bringing children under 12 years to the spa. Our young guests from 12-15 are welcome to enjoy our treatments, although a guardian is requested to attend. Only female therapists will be allocated for children between the ages of 12 – 15.

Gentlemen

Please shave at least 2 hours prior to all facial treatments to ensure that maximum results are achieved.

Jewellery and Valuables

We recommend that you leave all jewellery and valuables in your room safe before coming to the Spa.

Late Arrival

Out of respect for other client's reservations, we advise you that we are unable to extend your treatment time in case of your late arrival.

Mobile Phones

In consideration of other guests, active mobile phones are not permitted in the spa.

Opening Hours

Six Senses Spa Opening Hours – 9.00am to 8.00pm daily.

Payment

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

Peace and Harmony

As Six Senses Spa is a sanctuary of peace and harmony, please be aware of the volume of your voice in order not to disturb our other valued spa guests.

Products

To extend your spa experience at home, a variety of spa products are available at the spa reception. Your therapist will advise you as to the products that suit you and your skin type as part of the treatment experience.

Refreshments

We have a wonderful selection of nutritious juices, which can be prepared for you to enjoy after your treatment.

Reservations

For any spa enquiries or information regarding the spa, please dial extension 677, or for your convenience please ask your Butler for assistance. Advanced bookings are highly recommended to secure your preferred time.

Smoking

In consideration of other guests, smoking is not permitted in the spa.

Swim and Sun

We advise against sunbathing and or swimming for the first 6 hours after a waxing treatment. The salt water from the ocean and the chlorine from the pool may cause some irritation to an already sensitive area.