



SIX SENSES SPA

KYOTO

WELLNESS AND SPA MENU



Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors, and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience and becomes a joyful way of life.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

CONTENT

- Locally Inspired Signature Treatments
- Reconnection
- Wellness Days and Programs
- Biohacking
- Massage
- Facials and Body Treatments
- Fitness
- Beauty
- Tips to make the most of your spa time



LOCALLY INSPIRED
SIGNATURE TREATMENTS





OMAKASE (I'LL LEAVE IT UP TO YOU)

Just as it is customary to leave yourself in the hands of a trusted sushi chef in Japan, we encourage you to hand over to our team of skilled therapists. Armed with an impressive toolkit of varying techniques, allow our team to curate a personalized experience tailored to your individual needs and the time you have available.



All recommendations take the season into account and the 24 divisions of the Japanese Solar Year.

Facial (60 minutes)

Body Massage (60 minutes)

Full Body Scrub (30 minutes)

Body Wrap (60 minutes)

You are invited to enjoy an authentic bathing ritual prior to your treatment journey and a tea ritual featuring our exclusive herbal tea to bring this memorable occasion to a close.

AH-UN, 60/90 MINUTES

Symbolizing the pursuit of inner peace, balance and awakening in Zen. This experience aims at recognizing the inherent unity that exists. The powerful journey will begin with an intention setting ritual using traditional incense. You will then enjoy a soothing full body massage complemented with vibrational tuning forks on acupuncture points along the meridians. This treatment promises to promote the flow of Qi, bringing your being into harmony.

THE ALCHEMY BAR WORKSHOP, 45 MINUTES

Learn how to make clean potions and cures using Kampo medicinal herbs and fresh ingredients from our garden. You will be guided by our knowledgeable Alchemist on how to create your bespoke products in this interactive workshop. Not to be missed!



RECONNECTION



ACUPUNCTURE, 60 MINUTES

Step into the realm of acupuncture and moxibustion as you go on a personal journey to activate your energy center, release blockages, and strengthen the immune system. The acupuncture points on your body are carefully chosen to achieve maximum therapeutic effect.

SOUND JOURNEY, 60 MINUTES

Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.

WATSU/AQUATIC BODYWORK, 60 MINUTES

A healing experience for both physical and emotional conditions. It is especially effective in addressing chronic pain, joint stiffness, arthritis, stress, sleep disorders and therapies involving emotional release. Using massage and stretching techniques to soften muscles, stretch tissues and open energy pathways to increase mobility and flexibility and release stored emotions. *A swimsuit is required.*

MEDITATION, 45 MINUTES

We will guide you through the meditation that you need on the day. This could include chakra balancing, yoga nidra or loving kindness.

BREATHWORK, 45 MINUTES

Breathing techniques to remove blockages in energy channels, strengthen the respiratory system and calm the mind by minimizing thought process.



WELLNESS



WELLNESS SCREENING, 60 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 40 key biomarkers relating to your overall well-being, our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to gain.

WELLNESS CHECK-IN, 15 MINUTES

In a hurry? If you would like the screening results to review yourself and receive treatment suggestions for the duration of your stay, opt for a check-in.

Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals. Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived.



REST AND RECOVER

Shake off life's stresses and press the reset button with this one-day program dedicated to balancing symptoms of stress, inducing relaxation, and calming a monkey mind.

BLOSSOM AND UNWIND

Outer beauty comes from a healthy body and balanced mind. We can help you overcome lifestyle related aging effects and treat your skin so you can shine bright. Look at yourself in a new light through a personalized half or one day program.

Our programs can be tailored for guests staying for 2/4/6 nights and for local residents we can personalize the duration.

SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the sleep science of yoga nidra meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.



DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs, detoxifying body wraps and facials, as well as personalized wellness activities. A top to toe cleanse.

YOGA

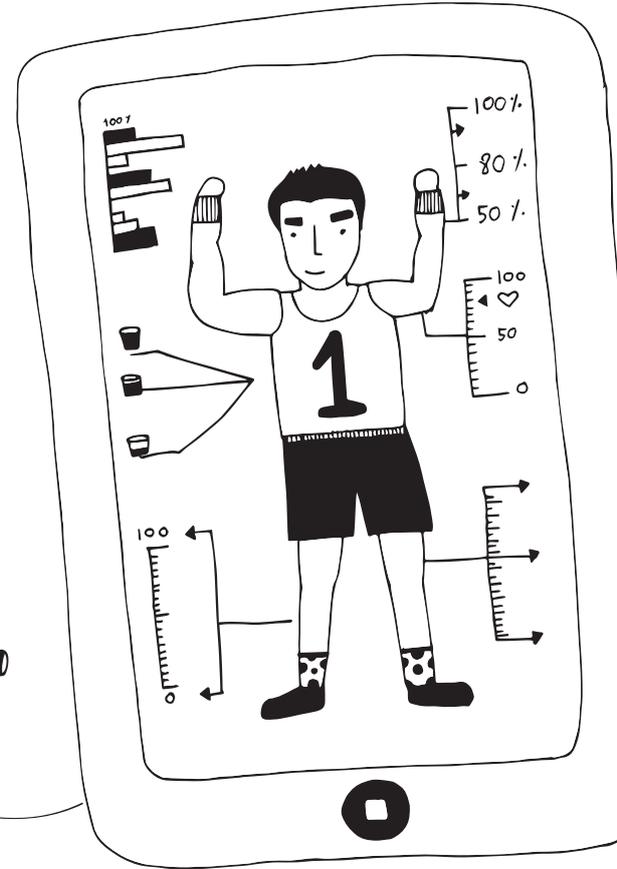
For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.

FITNESS

Our expert personal trainers will assess your fitness level and blend high and low intensity training with soothing treatments, as fitness is all about balance! Recover with deep tension release massage and stretching to improve range of motion. Learn new workouts to take home and input into your routine to achieve your goals. A fitness journey never ends. We can discover new ways of getting results at each stage of our lives.



BIOHACKING



Recovery for muscles and minds

Biohacking sounds futuristic, but it's simply a way to quickly recover from travel or exercise and get the most out of your stay.

Our biohacking bundles are named to address certain concerns and when hacks are used together it makes the most of your time too. You just need to sit back and relax.

ENERGY HACK, 30 MINUTES

Turn stress and tension into a light mood leading to good sleep.

PAIN RELIEF HACK, 30 MINUTES

Soothe lower back, hip or leg tension with compression and vibration therapy. Ideal for relief from seated posture, post travel or after a long walk.

HEAL AND BALANCE HACK, 15 MINUTES

Using the power of light to increase blood flow and healing while bringing balance to your emotional state.

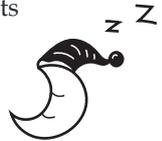
SLEEP HACK, 30 MINUTES

Relieve any tension with compression therapy, whilst wearing a red-light face mask and listening to meditative yoga nidra.

Complemented with Sleepy Tea, Power Down Hour tips & the use of Blue Light Blocking Glasses.

SLEEP TRACKING

Wear our sleep tracking ring overnight to get handy intel on your current sleeping patterns. Talk to our sleep expert the following day to discuss your results and what to do next.



MASSAGES





SIX SENSES SIGNATURE MESSAGES:

We use pure camellia seed oil from Kazurasei, founded in Kyoto in 1865.

Deep Tissue, 60/90 minutes - release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses may be used to enhance this treatment.

Detox, 60/90 minutes - focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Holistic, 60/90 minutes - combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Pregnancy Massage, 90 minutes - a full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - release aches and pains after walking around the city. Treat yourself with the extended version, which includes a warm, soothing foot ritual prior to a deep massage.

SHIATSU, 60/90 MINUTES

Shiatsu means finger pressure in Japanese. Our expert practitioner will lean their body weight into various points along key channels, to stimulate Qi in the body. This treatment promises an increase in circulation in your muscles, a decrease in pain, stress, and tension, and will also promote a good night's sleep.

DREAMCATCHER, 90 MINUTES

Evoke a deep sense of relaxation with this head-to-toe therapeutic massage enhanced with our CBD body oil with powerful natural actives and skin-defending antioxidants. Deep seated muscle tension is released from the back, neck and shoulders. A therapeutic scalp massage and acupressure on the feet complete this blissful experience.

Enhance your massage:

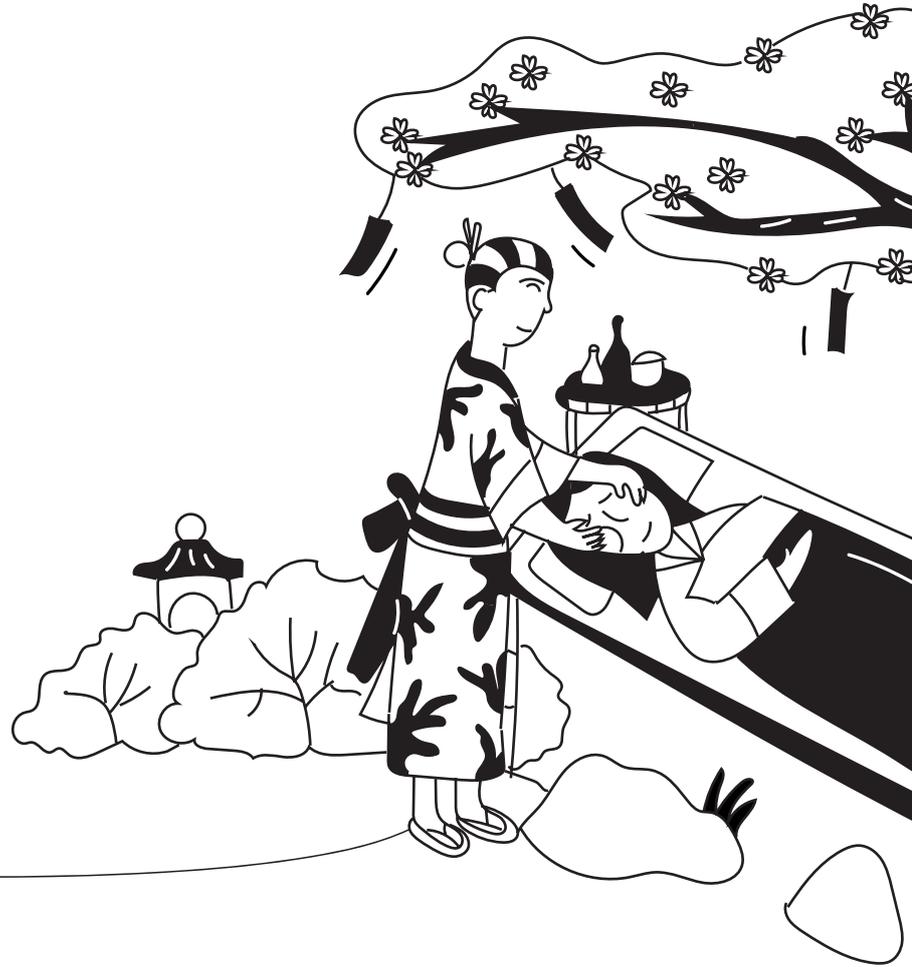
CHAKRA BALANCE WITH TUNING FORKS,
30 MINUTES

PERCUSSION MASSAGE DEVICE, 15 MINUTES

FULL BODY GREEN TEA SCRUB, 30 MINUTES



FACIALS





Award winning Australian skincare brand, Subtle Energies delivers personalized face and body treatments. Backed by over 25 years of clinical research, Subtle Energies creates clean results-based aromatherapy and wellness solutions.

24K GOLD AGE DEFYING FACIAL, 60/90 MINUTES

Combining collagen and elastin boosting actives, while addressing stress, anxiety, and hormonal balance. This age-defying facial features Mogra, Queen of Jasmines, Himalayan Rose and 24k Gold that will penetrate the dermal layers of the skin, renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles.

ADVANCED HOLISTIC BIOTECH FACIAL, 60/90 MINUTES

Transform your skin with deep hydration, enhanced cellular renewal, and a plump, youthful appearance. Elevating your skincare experience with the latest in bio tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness the remarkable rejuvenation and embrace a youthful, lifted complexion.

SOOTHE & ENRICH ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dehydrated, sensitive, or damaged skin. This intense enriching facial therapy delivers potent antioxidants and essential fatty acids to fight free radical damage, protecting the skin from visible signs of ageing. Effectively removing impurities and pollutants, while keeping the skin calm and nourished. The facial marma massage delivers a nutrient rich elixir to increase collagen and hyaluronic acid production. This restorative treatment leaves the skin smooth, vitamin enriched and deeply hydrated.



WILD KASHMIR FACIAL, 30/60 MINUTES

This purifying facial will, optimize your wellbeing and replenish the skin with renewed freshness.

Wild turmeric purifies and exotic Kashmir lavender soothes and restores. Ideal for tired, congested, and stressed skin.

ENHANCE YOUR FACIAL

Pomegranate Enzyme Booster - a powerful phyto-active complex of activated pomegranate enzymes and natural AHAs, revealing a smoother, brighter complexion.

Vegan Collagen Booster - experience the transformative power of vegan collagen, meticulously designed to mimic human collagen, providing deep hydration and a natural filler solution restoring youthful elasticity.



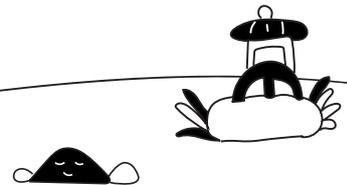
BODY TREATMENTS

DETOX BODY BUFF, 60 MINUTES

Detoxify and stimulate the adrenals to provide clarity and grounding. Dead skin cells are buffed away to help reduce cellulite using cinnamon bark and walnut shells blended with Indian lime and wild turmeric. Followed by a full body hydration. *Using Subtle Energies*

DETOX BODY WRAP, 75 MINUTES

Revitalize, tone, and purify as this active body therapy begins with a zesty exfoliation, including essential oils, cinnamon powder, and walnut shells. A mineral rich clay infused with Spiked Ginger Lily and Green Tea envelop your body providing the ultimate detox. Experience full body hydration with a choice of aromatic infused body butters, lotions, or blends after. *Using Subtle Energies*



**PEARL INFUSED REMINERALIZING MASK,
90 MINUTES**

Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using potent anti-ageing actives of Mogra and Indian rose to release tension and stress, and restore balance.

Using Subtle Energies



FITNESS



PERSONAL TRAINING, 45 MINUTES

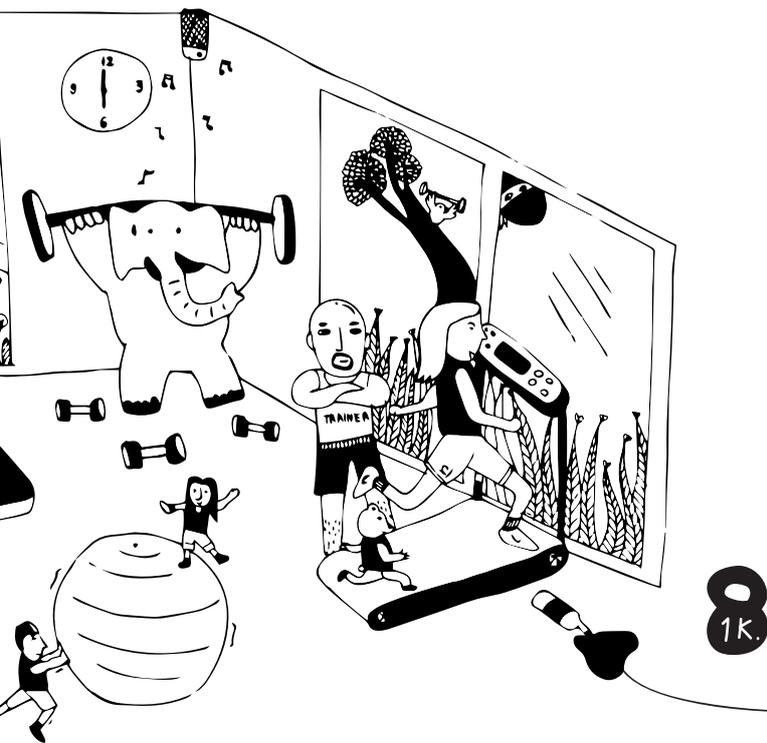
FLYING YOGA, 45 MINUTES

YOGA, 60 MINUTES

RECOVERY

Roll it out with Vyper Go Roll

An advanced vibrating fitness roller. To assist in warming up and recovering faster. Features three speeds of vibration, with a dual zone smooth and grooved exterior.

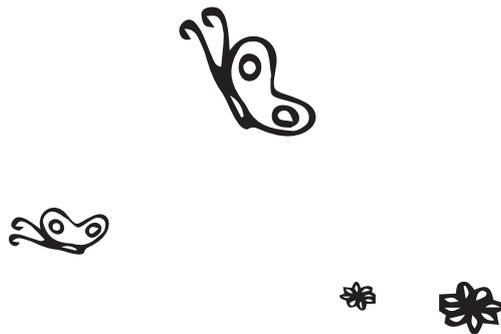


BEAUTY



MANICURE, 30/60/75 MINUTES

PEDICURE, 30/75/90 MINUTES



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Pool, Baths and Sauna 7:00 am to 9:00 pm

Spa 10:00 am to 8:00 pm

Gym 24 hours

SPA RESERVATIONS

For inquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 30 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

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 24 hours' notice on spa treatments and 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.



CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs, and we offer private (one-on-one) treatments with children below 16 years, we recommend that the parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.

Indoor Pool:

Children under 16 can use the facility between from 7:00 am and 12:00 pm when accompanied by a guardian.

Locker, Bath, and Sauna:

Children under 16 must be accompanied by a guardian. Sauna and steam room are not available for anyone under 16.

Fitness facilities are not available for anyone under 16.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage and body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

SPA GIFT CERTIFICATE

Please enquire at Reception if you wish to surprise somebody special with a customized gift certificate.



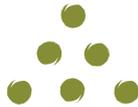


SIX SENSES SPA KYOTO

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SIX SENSES SPA
KYOTO

WELLNESS AND SPA MENU PRICELIST



WELLNESS PROGRAMS

PRICE/JPY

Wellness Screening (15/60 mins)

0/15,000

SLEEP

2 DAYS

4 DAYS

6 DAYS

Wellness Screening (60 mins)

1

1

1

Yoga Nidra or Pranayama (45 mins)

1

1

2

Private Activity: *Yoga/PT/Pilates* (60 mins)

-

1

2

Holistic Massage/Shiatsu (60 mins)

-

1

2

Dreamcatcher (90 mins)

1

1

2

Watsu with Sound Healing (60 mins)

-

1

1

A welcome bag with sleep amenities

1

1

1

Sleep tracking each night

1

1

1

Daily Biohack Recovery Session

1

1

1

Daily Sleep check-in

1

1

1

Daily Bathing Ritual

1

1

1

Program wrap-up

-

1

1

Price per person

JPY 78,200

JPY 145,350

JPY 233,750

Price per couple

JPY 143,650

JPY 262,650

JPY 411,400

Prices include 10 percent consumption tax and 15 percent service charge.

WELLNESS PROGRAMS

DETOX

	2 DAYS	4 DAYS	6 DAYS
Wellness Screening (60 mins)	1	1	1
Private Yoga (60 mins)	-	1	2
Yogic Cleanse (75 mins)	-	1	1
Private Activity: <i>Meditation or Pranayama</i> (45 mins)	1	1	2
Personalized Detox Massage (60 mins)	1	1	1
Sound Journey (60 mins)	-	1	1
Acupuncture (60 mins)	-	-	1
Detox Body Wrap (75 mins)	-	1	1
Green Tea Scrub Enhancement (30 mins)	1	-	-
Daily Biohack Recovery	1	1	1
Program wrap-up	-	1	1
Price per person	JPY 73,100	JPY 145,775	JPY 198,475
Price per couple	JPY 133,450	JPY 227,375	JPY 304,725



Prices include 10 percent consumption tax and 15 percent service charge.



WELLNESS PROGRAMS

YOGA

	2 DAYS	4 DAYS	6 DAYS
Wellness Screening (60 mins)	-	1	1
Yogic Consultation (45 mins)	1	1	1
Private Yoga (60 mins)	1	2	2
Meditation/Breathwork/Sound Journey (45 mins)	1	2	2
Shiatsu (60 mins)	1	1	1
Chakra Balancing with Tuning Forks (30 mins)	-	-	1
Yogic Cleanse (75 mins)	-	-	1
Biohack Recovery Session	1	1	1
Program wrap-up	-	1	1
Price per person	JPY 69,700	JPY 134,300	JPY 161,925
Price per couple	JPY 111,350	JPY 212,500	JPY 267,750

FITNESS

	2 DAYS	4 DAYS	6 DAYS
Wellness Screening with Personal Trainer (60 mins)	1	1	1
Personal Training/Mat Pilates (45 mins)	2	3	4
Assisted Stretching and Biohacking (30 mins)	-	1	2
Shiatsu/Deep Tissue (60 mins)	1	2	2
Watsu/Aquatic Bodywork (60 mins)	-	-	1
Biohack Recovery Session	1	1	1
Program wrap-up	-	1	1
Price per person	JPY 71,400	JPY 121,550	JPY 174,250
Price per couple	JPY 117,300	JPY 192,100	JPY 272,000

Prices include 10 percent consumption tax and 15 percent service charge.

WELLNESS PROGRAMS

REST AND RECOVER

	1 DAY
Wellness Screening (30 mins)	1
Sound Journey and Meditation (45 mins)	1
Watsu/Aquatic Bodywork (60 mins)	1
Personalized Massage (60 mins)	1
Biohack Recovery Session	1
Healthy Breakfast or Lunch	1
Price per person	JPY 90,450
Price per couple	JPY 158,100

BLOSSOM AND UNWIND

	1/2 DAY	1 DAY
Wellness Screening (30 mins)	1	1
24K Gold Age-Defying Facial (90 mins)	1	1
Sound Journey with biohacking (45 mins)	1	1
Pearl Infused Remineralizing Wrap (90 mins)	-	1
Biohack Recovery Session	1	1
Seasonal Afternoon Tea	1	1
Price per person	JPY 85,950	JPY 124,650
Price per couple	JPY 128,350	JPY 218,450



Prices include 10 percent consumption tax and 15 percent service charge.



TREATMENTS

DURATION/MINUTES

PRICE/JPY

LOCALLY INSPIRED SIGNATURE TREATMENTS

Omakase (I'll leave it up to you)	60/90	34,000/47,000
	120/150	60,000/70,000
	180	82,000
AH-UN	60/90	34,000/47,000
The Alchemy Bar Workshop	45	12,000

RECONNECTION

Acupuncture	60	34,000
Sound Journey	60	20,000
Watsu/ Aquatic Bodywork	60	36,000
Meditation	45	15,000
Breathwork	45	15,000

BIOHACKING

Energy Hack	30	12,000
Pain Relief Hack	30	12,000
Heal and Balance Hack	15	8,000
Sleep Hack	30	12,000
Sleep Tracking	per night	5,000

Prices include 10 percent consumption tax and 15 percent service charge.

TREATMENTS

DURATION/MINUTES

PRICE/JPY

MASSAGES

Deep Tissue	60/90	34,000/47,000
Detox	60/90	33,000/46,000
Holistic	60/90	32,000/45,000
Pregnancy	90	46,000
Tension Soother	30/60	19,000/29,000
Head Massage	30/60	19,000/29,000
Relaxed Feet	30/60	19,000/29,000
Shiatsu	60/90	34,000/47,000
Dreamcatcher	90	45,000

ENHANCEMENTS

Chakra Balance with Tuning Forks	30	10,000
Percussion Massage Device	15	5,000
Full Body Green Tea Scrub	30	18,000

FACIALS - SUBTLE ENERGIES

24K Gold Age-Defying Facial	60/90	40,000/55,000
Advanced Holistic Biotech Facial	60/90	42,000/56,000
Soothe and Enrich Antioxidant Facial	60/90	38,000/54,000
Wild Kashmir Purifying Facial	30/60	20,000/32,000
Enhancement: Pomegranate Enzyme Booster		7,000
Enhancement: Vegan Collagen Booster		12,000

Prices include 10 percent consumption tax and 15 percent service charge.





TREATMENTS

DURATION/MINUTES

PRICE/JPY

BODY TREATMENTS

Detox Body Buff	60	32,000
Rasayana Detox Body Wrap	75	42,000
Pearl Infused Remineralizing Wrap	90	53,000

FITNESS AND WELLNESS ACTIVITIES

Personal Training	45	15,000
Flying Yoga	45	18,000
Yoga	60	18,000

BEAUTY

Manicure	30/60	10,000/12,000
	75	20,000
Pedicure	30/75	15,000/23,000
	90	30,000

Prices include 10 percent consumption tax and 15 percent service charge.

SIX SENSES SPA KYOTO

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431 Myohoin Maekawacho, Higashiyama Ward, Kyoto 605-0932, Japan



KID'S SPA MENU

Kids, it's your turn to spa-kle! As part of Grow With Six Senses we've created a selection of spa treatments especially for you. Take time out from exploring the city for some funky nail art or a relaxing massage. Parents, help your child feel better, sleep soundly, and understand more about what's going on for them with our junior spa menu. It's so much easier for you to relax when the kids are relaxed too.





JUNIOR BODY MASSAGE, 60 MINUTES/JPY 20,000

Relaxation is the way to go with this soothing full body massage using unscented oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and choose a removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/JPY 15,000

Having fun all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES/JPY 18,000

The various reflex areas on your feet form “maps” that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body’s balance to its optimum state.

PRETTY HANDS OR FEET, 30 MINUTES/JPY 11,000

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun colors.

ANIMAL FLOW YOGA, 45 MINUTES/JPY 12,000

MINI MEDITATION, 30 MINUTES/JPY 10,000

PARENT AND CHILD EXPERIENCES/JPY 50,000 PER TO TWO PEOPLE

MASSAGE & NAILS, 75 MINUTES

Spend some relaxing time together and indulge in a relaxing full body massage followed by nail painting.

TOP TO TOE MASSAGE, 75 MINUTES

Unwind after an active day with a full body soothing massage followed by a scalp massage.

All prices include 10 percent consumption tax and 15 percent service charge.