



SIX SENSES SPA

AMAALA

SPA AND WELLNESS MENU

CONTENT

- Locally Inspired
- Hammam
- Wellness
- Biohacking
- Massage
- Facials
- Body Treatments
- Ayurveda
- Yoga & Mindfulness
- Fitness
- Tips to make the most of your spa experience

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 vibrant wellbeing.

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.



LOCALLY INSPIRED



THE FOUR ELEMENTS JOURNEY, 3 HOURS

Discover profound renewal with our Four Elements Healing Journeys. An immersive 3-hour ritual where nature's Water, Air, Earth, and Fire guide your personalized path to balance, clarity, strength, and vitality through authentic Saudi-inspired hydrotherapy, scrubs, body masks, and massages. Tailored to your unique spirit, each element unlocks a transformative experience that honors tradition and awakens your inner harmony.

Water – The Flow of Renewal

Tailored with hydrotherapy using Arabian sea salt and soothing rose water, this journey purifies the body and emotions, embracing the tranquility of a desert oasis through regenerative pearl extracts and fluid massage strokes.

Air – The Breath of Lightness

Centered on breath and clarity, this ritual incorporates a eucalyptus sauna and desert sand scrub enlivened with frankincense and oud, echoing the expansive desert winds, with a massage incorporating cupping to enhance the flow of vital life force.

Earth – The Roots of Strength

Grounding you in ancient Arabian remedies, this journey features herbal steam with a saffron foot bath, an invigorating coffee and cardamom scrub followed by a clay wrap. Deep Bedouin-inspired massage techniques and a nourishing prickly pear oil facial massage complete the experience.

Fire – The Flame of Transformation

Igniting inner vitality with a sauna and jacuzzi, a ginger and turmeric scrub, and warm body mask, this path channels the desert sun's energy, enhanced by myrrh inhalation and fiery deep tissue massage using black seed sesame oil.

**We will be happy to tailor your experience according to the time you have available & your unique preferences.*



CELLULAR AWAKENING, 2 HOURS

A revitalizing journey that blends science and soul. Begin with a cryotherapy burst to awaken and recharge your vitality. Continue with Intermittent Hypoxia-Hyperoxia Training, an advanced breathing method that mimics altitude intervals to enhance mitochondrial function, increase energy, and support faster recovery. The benefits are enhanced with a red-light face mask and compression boots to energize and restore the body at a cellular level. Craft your own anti-aging serum at the Alchemy Bar, which will be applied by your therapist while you experience a water-powered jet massage that gently melts away tension. This deeply immersive experience is designed to transport you to a blissful state.

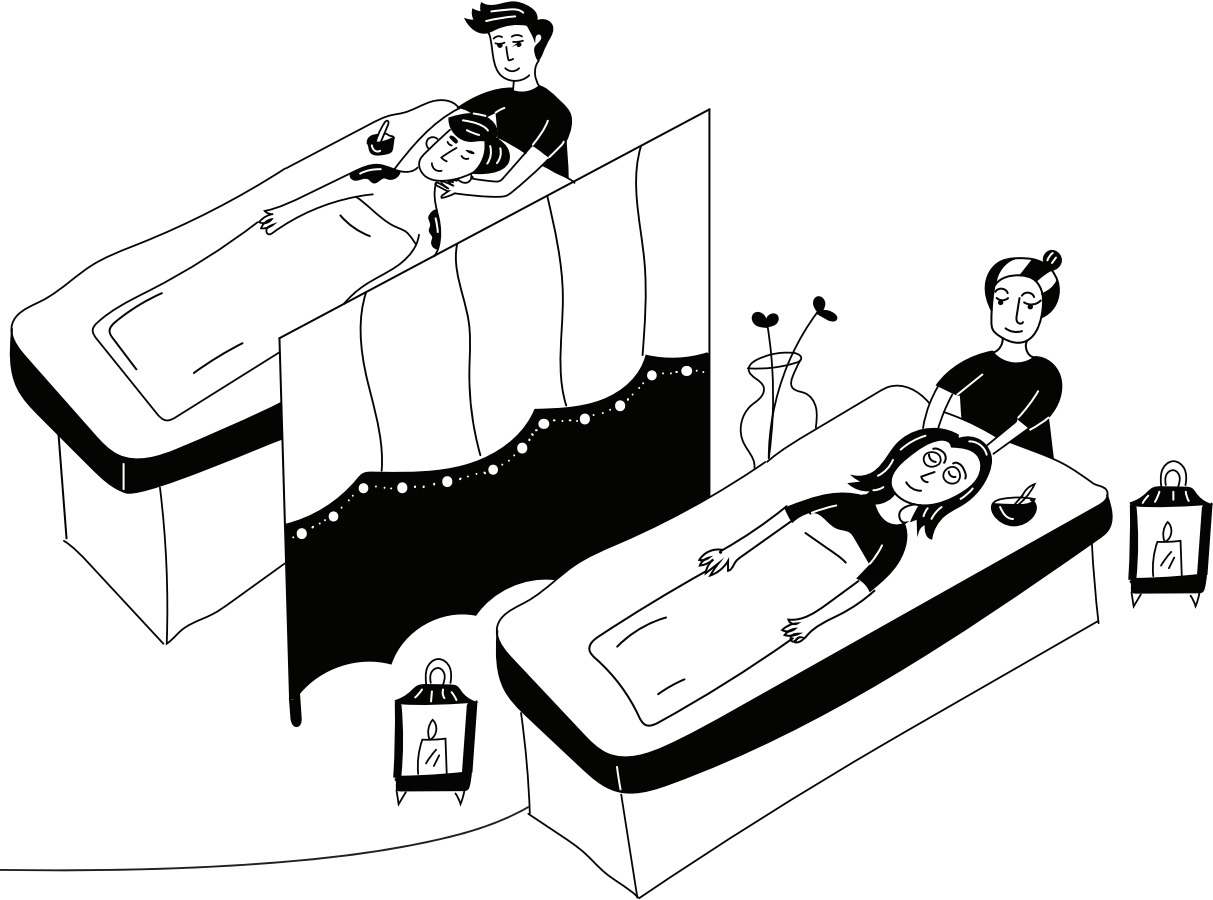
FAMILY WELLNESS JOURNEY, 2.5 HOURS

Begin with a shared sound healing session to restore your sense of wellbeing, then gather at our Alchemy Bar for an interactive workshop where you'll create a refreshing rose water spritz and honey date seed scrub together. Each family member then enjoys a personalized full body massage using your handcrafted creations. Unwind afterward with smoothies and herbal teas to deepen your connection even further.

ALCHEMY BAR WORKSHOP, 45 MINUTES

This interactive workshop is not to be missed! Our expert Alchemist will share in-depth knowledge of the abundant local herbs and produce. Immerse yourself in the varied textures, extraordinary oriental aromas and create your unique potions and cures to carry on the good work back home.







HAMMAM





The word AMAALA is derived from the Arabic word for hope and the Sanskrit word for purity. We encourage you to enjoy these cleansing rituals in our Grand Hammam, suited for couple's treatments if you wish.

TRADITIONAL HAMMAM, 60 MINUTES

Immerse yourself in the timeless tradition of the Hammam with this luxurious full-body treatment designed to purify, exfoliate, and rejuvenate. The ritual begins with a session of warm steam to open pores and the application of a rich black olive soap renowned for its deep-cleansing and skin-softening properties. Following this, a thorough exfoliation is performed using the traditional Kessa glove, effectively removing dead skin cells and stimulating circulation. The experience culminates with a soothing application of mineral rich clay, known for its detoxifying and nourishing benefits. This indulgent journey leaves your skin feeling refreshed, radiant, and silky smooth. *Features products by Subtle Energies.*

AROMATIC DETOX HAMMAM, 90 MINUTES

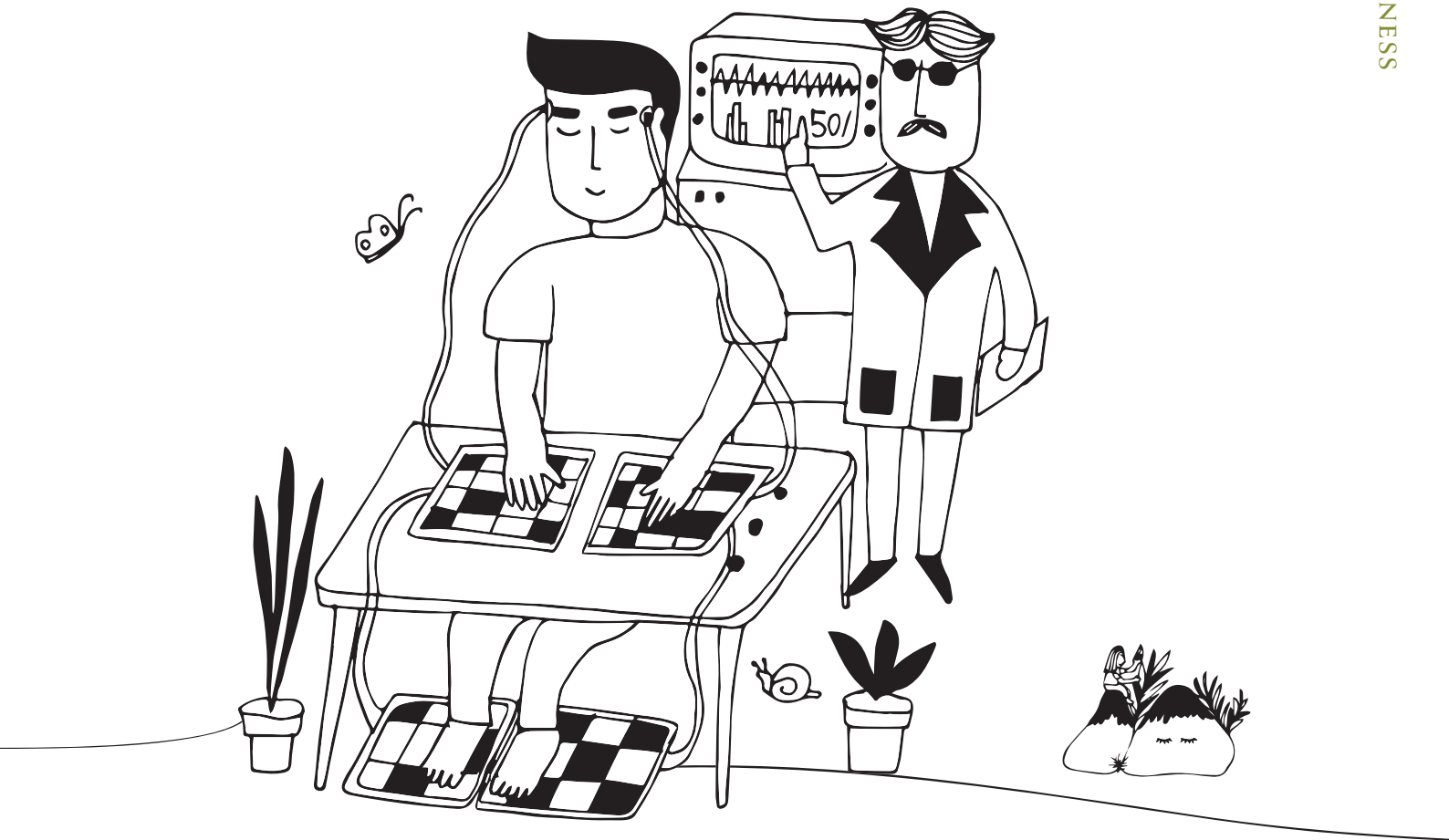
Enjoy a personalized wellbeing journey that brings together age-old cleansing and massage rituals. Following the classic steam and black soap ritual, this sets the stage for the treatment to complete with a full-body oil application focused on releasing tension, soothing the mind and rejuvenating the body. Long, flowing strokes are combined with chakra alignment to support overall wellbeing, while enriching blends deliver powerful active benefits. Based on your individual needs, we use aromatic oils to either bring stress release and relaxation or to energize and invigorate. *Features products by Subtle Energies.*





WELLNESS





WELLNESS SCREENING, 45 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 30 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. Our programs can be tailored for day guests or staying guests for 3/5/7 days.

VO2 MAX, 30 MINUTES

VO2 max is the maximum volume of oxygen a person can consume and use during intense exercise, serving as the best indicator of cardiovascular fitness and aerobic endurance. A higher VO2 max allows the body to produce more energy (ATP) to power muscles, resulting in better physical fitness, more efficient exercise, and potentially increased longevity.

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.



LONGEVITY

Our longevity program is specifically designed to increase your energy, sharpen your mental focus, and improve your overall health and fitness, all while greatly reducing disease risks and working towards the goal of living better for longer.

This program is most effective when followed over 7 consecutive days although we will be happy to create a bespoke journey for you depending on the time you have available.

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 you 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.



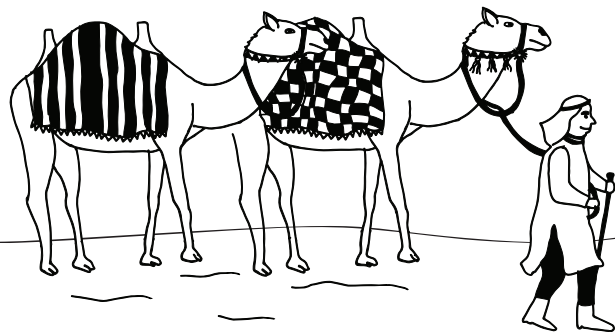
DETOX

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. wraps and facials, as well as personalized wellness activities. A top-to-toe cleanse.

This program is most effective when followed over 7 consecutive days although we will be happy to create a bespoke journey for you depending on the time you have available.

AYURVEDIC REJUVENATION

Improve vitality, boost the immune system and discover Ayurveda, the ancient science of life and longevity. Our resident Ayurvedic doctor recommends suitable combinations of therapies based on your *dosha* (Ayurvedic body type) along with activities and the food to favor or avoid.



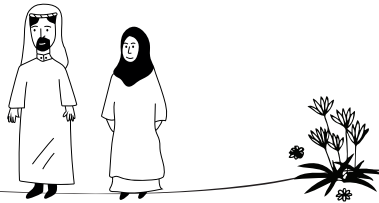
YOGA

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.

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. Our programs are also complemented with sleep tracking offering information on your current sleeping patterns and advice on how to get the most from your sleep.



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 life. Our biohacking bundles are named to address certain concerns and when used together, these hacks maximize your time and results. You just need to sit back and relax.

RECOVERY HACK, 30 MINUTES

Kickstart your recovery process with pulsed electromagnetic field therapy followed by a boost of cryotherapy and completed with compression boots together with our venom back belt. This deeply regenerative combination speeds up muscle repair and recovery, as well as raises energy levels.

CONTRAST THERAPY, 30 MINUTES

Experience the ultimate wellness boost by combining the soothing heat of a Finnish sauna with the invigorating chill of a cold plunge pool, using breathwork techniques to enhance your experience. This contrast therapy enhances circulation, reduces inflammation, accelerates recovery, and detoxifies the body while promoting stress relief and mood elevation. Perfect for relaxation and rejuvenation.

HYPOXY TRAINING, 30 MINUTES

Enhance your energy production using a specialized breathing mask to consume a combination of normal oxygen air and oxygen reduced air. It is a revolutionary wellness option for longevity and athletic performance.

LIFEFORCE HACK, 40 MINUTES

Enhance the power of your breath with hypox training while easing lower back tension.

PEMF THERAPY, 15 MINUTES

Pulsed electromagnetic field therapy can improve athletic performance, reduce pain and inflammation, stimulate cell metabolism and help you recover faster from an injury.

TRAVELER'S HACK, 30 MINUTES

Combine red light therapy for your face with compression and vibration therapy for legs and lower back tension whilst listening to binaural beats. Ideal post travel to revive circulation.

ENERGY HACK, 30 MINUTES

Turn stress and tension into a light mood leading to good sleep with PEMF, massage gun and cryotherapy.

SUPER CHARGE, 30/45 MINUTES

Enjoy a full-body recharge for mind and muscles. You will begin with hypoxo training to improve oxygen use and focus, followed by cryotherapy for recovery. You will then relax with compression boots and an LED face mask whilst listening to binaural beats.

SLEEP HACK, 30 MINUTES

Enjoy compression therapy, a red-light face mask and meditative yoga nidra.

Complemented with Sleepy Tea and Power Down Hour tips.



MASSAGES





SIX SENSES SIGNATURE MESSAGES:

Deep Tissue, 60/90 minutes - Release stress, ease muscle tension and improve mobility. Silicone cups, hot stones or warm compresses might enhance this treatment.

Detox, 60/90 minutes - Focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo stick 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.

Movement Restoration, 90 minutes - Improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

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 craniosacral techniques to ease tension and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - Restore the body's balance and release aches and pains with a fusion of massage techniques on the meridian lines of the legs and reflex zones of the feet.

DREAM CATCHER, 90 MINUTES

Evoke a deep sense of relaxation with this head-to-toe therapeutic massage. 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.

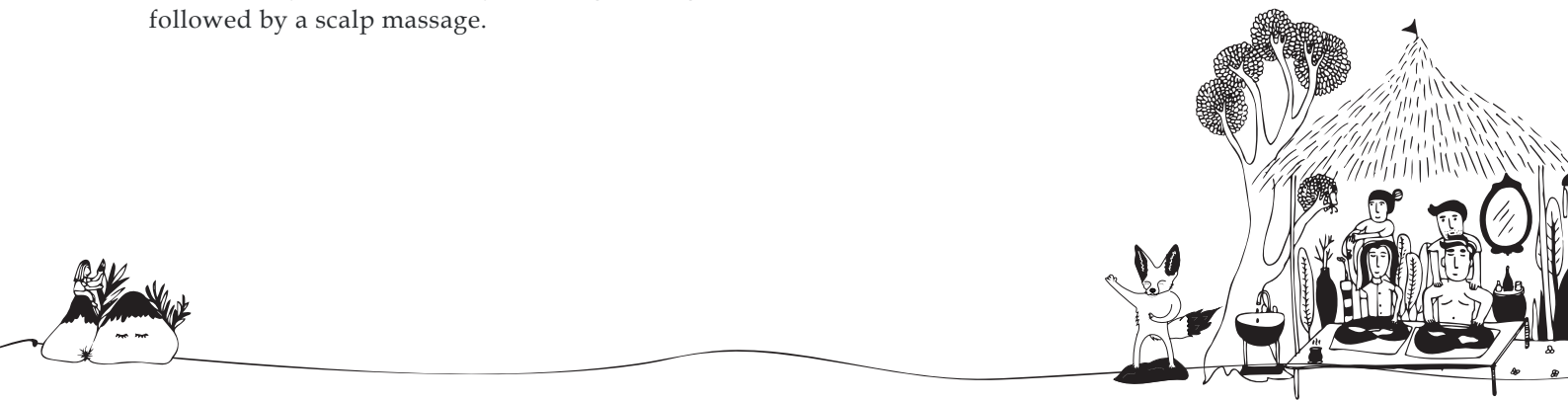
PARENT AND CHILD EXPERIENCES

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.

ENHANCE YOUR SPA EXPERIENCE:

- *Cryotherapy*
- *Percussion Massage Device*
- *Ease Tension With Heat and Vibration Wrap*
15 Minutes
- *Locally Inspired Body Scrub, 30 Minutes*
- *Dry Body Brush, 15 Minutes*
- *Muscle Ease For Deep Relaxation & Tight Muscles* By Subtle Energies.



FACIALS





*We have partnered with French skincare brand, **Biologique Recherche**, a globally acclaimed scientific skincare brand with a visionary approach based on personalization and an advanced understanding of skin physiology. Rooted in over four decades of scientific innovation, the brand offers unparalleled transformative treatments with cutting-edge products and proprietary protocols. Biologique Recherche full range of treatments and products addresses individual skin concerns to restore, rebalance and build better skin.*

SKIN ANALYSIS WITH SKIN INSTANT LAB © 30 MINUTES

Using non-invasive probes and personalized diagnostic software, Skin Instant Lab© provides a comprehensive skin analysis and high-precision results, allowing our skin expert to design tailored treatment exclusively for your needs.

In addition to a manual evaluation of the skin, this diagnostic identifies water loss, lipid barrier function, elasticity, pigmentation levels as well as oil balance. *Transformative experience with Biologique Recherche.*

PERSONALIZED BOOSTER FACIAL 60/90 MINUTES

This tailored treatment begins with personalized diagnostics using Skin Instant Lab© and is designed to suit your skin type and skincare concerns, using a combination of products, boosters and techniques to deliver desired results.



SKIN INSTANT REVIVE, 45 MINUTES

Time efficiency for a restored skin.

MEN'S FACIAL – SKIN RESET & RELIEF 60 MINUTES

This high-performance treatment, specifically designed for men, adapts seamlessly to every skin type and lifestyle. An efficient facial that detoxes, plumps and restores through expert techniques and concentrated formulas. Skin is visibly rebalanced and revitalized, with a plump, energized complexion achieved in just one session.



ENHANCE ANY BIOLOGIQUE RECHERCHE FACIAL, BODY TREATMENT OR MASSAGE 30 MINUTES

For even more visible results, enhance any Biologique Recherche treatment with the application of a pre-infused sheet mask containing active ingredients. This mask molds precisely to the shape of your face delivering an immediate transformative result.
Transformative experience with Biologique Recherche.

COOLING EYE GLOW

This solution helps reduce swelling, puffiness, or heaviness around the eyes.

LIFTKISS

Instantly repairs damaged lips and adds volume to the lip contour. Lips are smoother and re-plumped.

TOLESKIN M

This mask immediately calms the epidermis, comforting and soothing the skin. Alleviates redness and provides protection against external factors.

MASK PIGM 400

A mask with a high concentration of active ingredients of exceptional brightening and antioxidant properties, the skin's initial radiance is restored, illuminates the skin and the complexion is evened.

MASK CAVIAR VERT

An ultimate anti-wrinkle treatment with immediate tightening effect, helping prevent wrinkles and increase skin firmness.

BIOLOGIQUE FEERIE

An intense collagen treatment that restores density, improves skin elasticity, and reveals a firmer, more radiant complexion.

Award winning Australian skincare brand, Subtle Energies delivers Holistic Skin Science facials and result driven body treatments. Backed by over 30 years of clinical research, Subtle Energies creates clean results-based aromatherapy and wellness solutions.



24K GOLD AGE DEFYING FACIAL 60/90 MINUTES

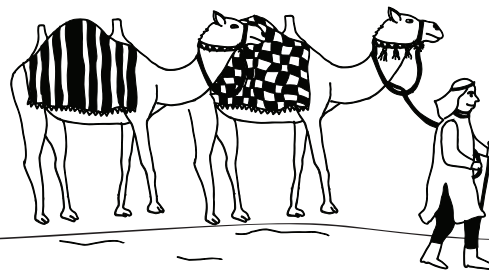
Combining collagen and elastin boosting actives, while addressing stress, anxiety and hormonal balance. This age-defying facial features Mogra, Queen of Jasmines, Himalayan Rose and 24k Gold that will penetrate the dermal layers of the skin, renewing and regenerating skin cells with a sustained result.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

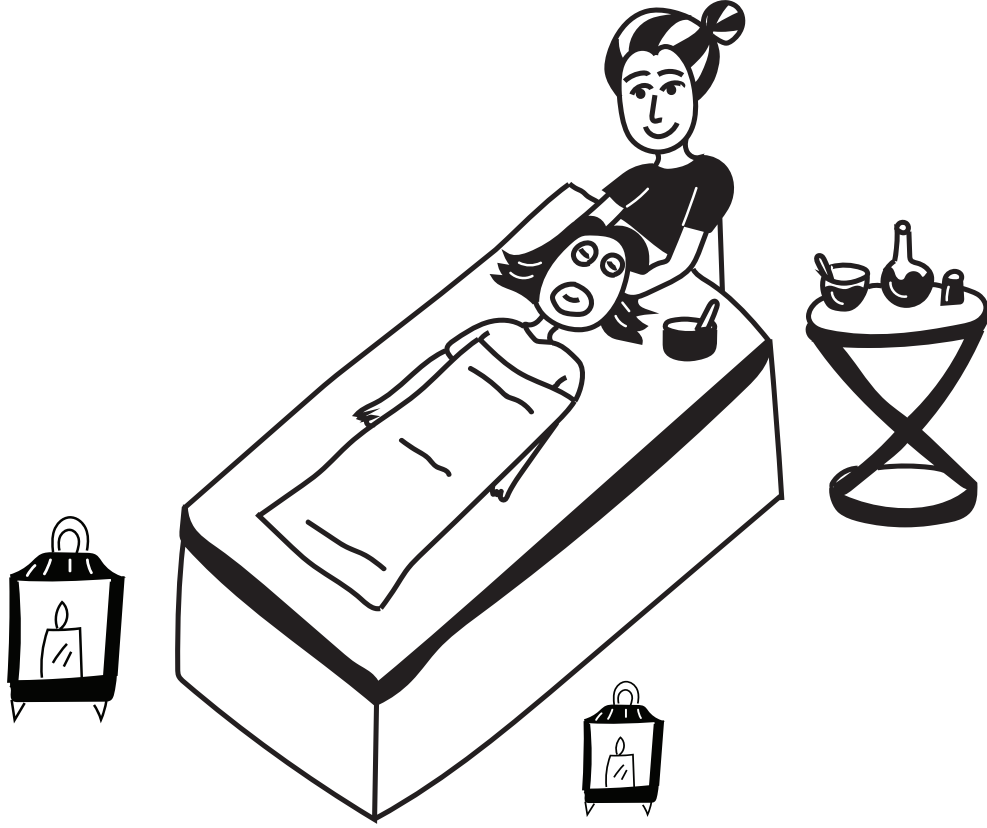
ADVANCED HOLISTIC BIOTECH FACIAL 60/90 MINUTES

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.

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.





BODY TREATMENTS





WATSU, 60/75 MINUTES

This is a nurturing experience that you will remember! Be held by a specialist in the warmth of our outdoor Watsu pool, where they combine energy healing, massage, and stretching techniques while you float weightlessly on the surface of water. Some compare it to rebirthing, others feel like they are flying through the water. You will emerge transformed.

The extended version of this journey incorporates singing bowls to take the experience even deeper.

ENVELOPEMENT MARIN, 60 MINUTES

This detoxifying body wrap harnesses the power of marine ingredients to promote the elimination of toxins, excess water, and fat. Designed to refine the silhouette, it targets the appearance of cellulite and helps diminish the “orange peel” effect. By stimulating micro-circulation, the treatment enhances skin texture, leaving it visibly smoother, firmer, and more toned. Ideal for those seeking to rejuvenate their body skin and regain a sculpted, harmonious body shape. *Transformative experience with Biologique Recherche.*

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 Tulsi, 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.*

SKINBIOME RESET & RESTORE, 120 MINUTES

A deeply hydrating and restorative face and body treatment that strengthens the skin microbiome and barrier function. Infused with fermented actives, prebiotics, and adaptogenic botanicals, this therapy replenishes moisture, soothes inflammation, and supports microbial balance. A cooling Aloe Vera-based mask, enriched with Ruh Khus Neem, and Marshmallow Root, calms and nourishes the skin, while a trio of serums featuring Multi-Molecular Hyaluronic Acid, Bacillus Ferment, and botanical extracts deeply hydrate and restore barrier integrity. *Using Subtle Energies.*



AYURVEDA





AYURVEDIC CONSULTATION, 45 MINUTES

A personal consultation with an in-house Ayurvedic doctor to determine your constitution or 'dosha' type, including lifestyle and treatment advice.

ABHYANGA, 60 MINUTES

This popular Ayurvedic body massage reduces signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 60 MINUTES

A stress-releasing treatment during which warm oil is poured over the third eye to soothe and calm the nervous system. Assists with treating skin conditions and insomnia, whilst also enhancing emotional balance.

AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

YOGA & MINDFULNESS





YOGA, 60 MINUTES

FAMILY YOGA SESSION, 60 MINUTES

AERIAL YOGA, 45 MINUTES

YOGIC INTESTINAL CLEANSE, 75 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water. *Bookings are required one day prior to the desired start date.*

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 ones. We will be happy to arrange couples sessions or a journey for the whole family.

BREATHWORK, 45 MINUTES

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

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.

YOGA NIDRA, 45 MINUTES

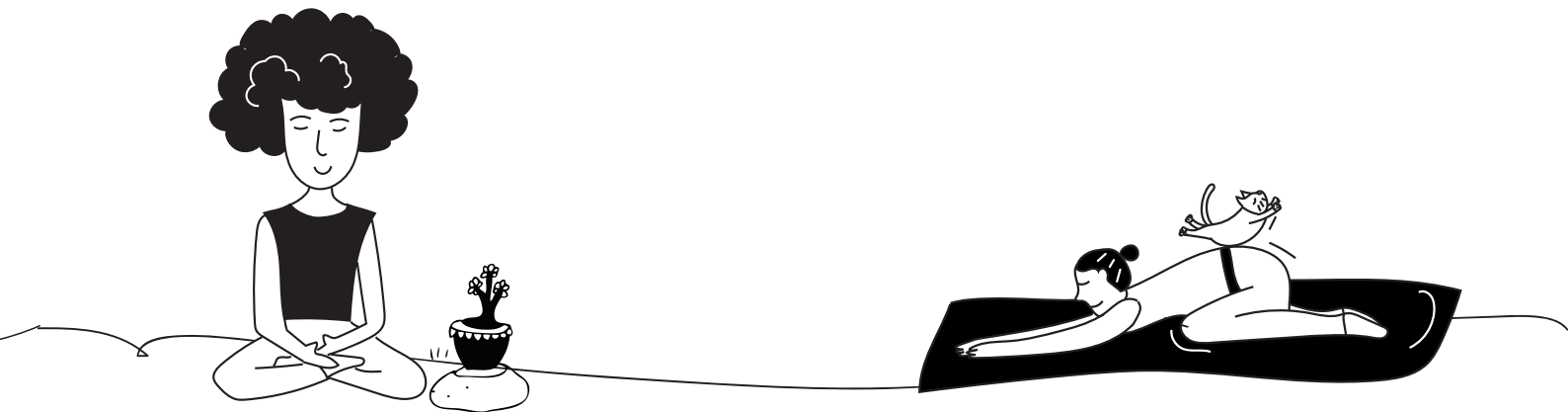
A guided meditation that induces deep, sleep-like relaxation, balancing the nervous system and restoring inner harmony.

NETI, 45 MINUTES

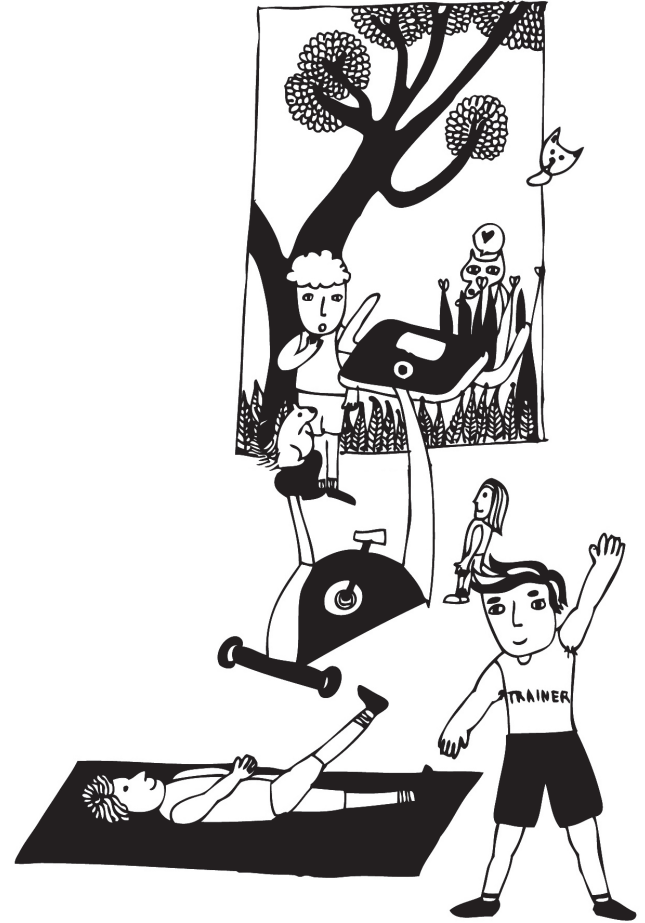
A traditional cleansing ritual that gently clears the nasal passages, improving breathing, focus, and mental clarity. Soothing effect to reduce stress on the nervous system.

TRATAKA – CANDLE MEDITATION, 45 MINUTES

An ancient mindfulness practice that awakens clarity and inner peace through steady gazing at a candle flame. Enhances focus, concentration, and helps calm a busy mind.



FITNESS



PERSONAL TRAINING, 60 MINUTES

HIGH-INTENSITY INTERVAL TRAINING
30 MINUTES

STRENGTH TRAINING, 45 MINUTES

CRYO FIT, 60 MINUTES

A combination of cryotherapy and a private fitness session tailored to your goals.

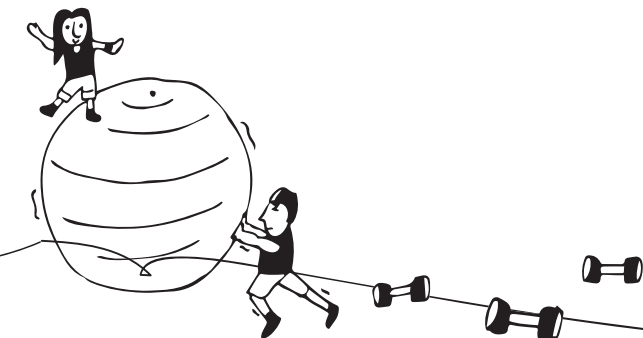
ASSISTED STRETCHING, 30 MINUTES

A Relaxing and personalized techniques to increase mobility and flexibility of a muscle or group of muscles. Increase range of motion and flexibility, improve circulation and posture and it is good for stress and pain relief.

RECOVERY

Roll it out with Vibrating Massage Roller

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.



HAIR & BEAUTY



HAIR

HAIR DESIGN

Shampoo, Blow-Dry

Fringe Trim

Upstyle

BARBER SERVICES

Traditional Shave

Beard Trim/Shave

Haircut

Head Shave

Mustache/Goatee Outline

BEAUTY

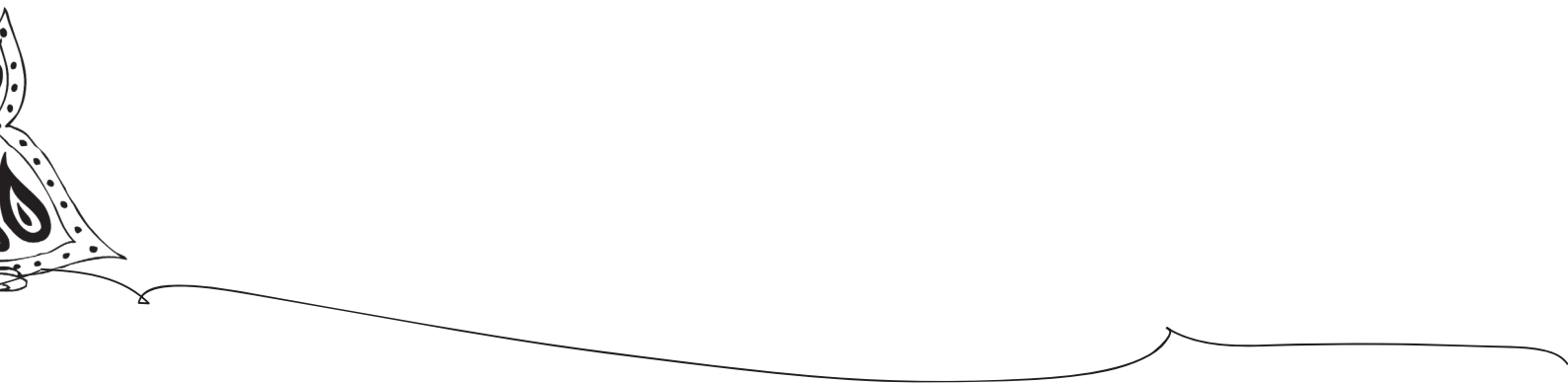
MANICURE, 30/60/75 MINUTES

PEDICURE, 30/75/90 MINUTES

GEL APPLICATION, 15 MINUTES

WAXING

Available on request



SPA TO SPA-AAH

Make the most of your spa time.





SPA OPENING HOURS

Spa Facilities available between 8.00 am – 9.00 pm
Spa Treatments available between 9.00 am – 9.00 pm
Gym 24/7 and supervised between 7.00 am – 7.00 pm

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 20 minutes before your treatment to complete your consultation form. If you'd like to enjoy our facilities and unwind in the spa's tranquil surroundings, we recommend arriving 45-60 minutes early.

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.

KIDS

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including kids. Our services are adapted to a child's needs, and we offer private (one-on-one) treatments with children. We recommend that the parent or guardian be present in the room at the time of service for kids from 5 – 14 years of age. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.



CANCELLATIONS

Please allow 24 hours' notice on spa packages and 3 hours notice on spa treatments; 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.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, facial, body treatment or depilatory waxing 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 boutique.

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 AMAALA

T +966 145144400 E spa-amaala@sixsenses.com

Triple Bay, AMAALA Kingdom of Saudi Arabia





KID'S SPA MENU

For young guests aged 5-14 years

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 the pool 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/SAR 690

Relaxation is the way to go with this soothing full body massage using unscented oil. During your treatment, your therapist will add special playful touches that make this massage uniquely fun for kids. Choose your favorite removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/SAR 410

Having fun at the pool or playing 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/SAR 620

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/SAR 410

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

Prices are inclusive of all taxes.



PARENT AND CHILD EXPERIENCE, PER PARENT AND CHILD

MASSAGE & NAILS, 75 MINUTES/SAR 1,500

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

TOP TO TOE MASSAGE, 75 MINUTES/SAR 1,500

Unwind together with a soothing full body massage followed by a scalp massage.

ANIMAL FLOW YOGA, 45 MINUTES/SAR 520

MINI MEDITATION, 30 MINUTES/SAR 350

Prices are inclusive of all taxes.



SIX SENSES SPA

AMAALA

SPA AND WELLNESS MENU PRICELIST



WELLNESS PROGRAMS

PRICE/SAR

LONGEVITY

3 NIGHTS 5 NIGHTS 7 NIGHTS

Wellness Screening + My Circadian Day	1	1	1
Skin Analysis using Skin Instant Lab	1	1	1
Personalized Booster Facial treatment (Biologique Recherche) (60 mins)	1	1	1
VO2 Max	1	1	1
Hypoxy Training	1	2	3
Private Fitness/Yoga (60 mins)	1	3	4
Cryotherapy	1	2	3
Breathwork/Gratitude Meditation (60 mins)	1	2	3
Locally Inspired Longevity Journey (120 mins)	1	1	2
Watsu	0	1	2
Traditional Hammam/Enveloppement Marin (60 mins)	1	2	3
Abhyanga/Head Massage (60 mins)	1	2	2
Group Wellness Activities ; Scheduled	✓	✓	✓
Hot and Cold Hydro Circuit (Contrast Therapy)	✓	✓	✓
Sleep Tracking	✓	✓	✓
Program Wrap Up	✓	✓	✓
Price per person	8,450	13,510	19,060
Price per couple	16,900	27,020	38,120

Prices are inclusive of all taxes.

Prices are exclusive of accommodation and meals.

Wellness cuisine dining packages are available to enhance your journey.



WELLNESS PROGRAMS

PRICE/SAR

SLEEP

3 NIGHTS 5 NIGHTS 7 NIGHTS

Wellness Screening + My Circadian Day	1	1	1
Personalized Yoga/Fitness (60 mins)	1	2	3
Yog Nidra/Trataka Meditation (60 mins)	1	2	3
Breathwork (60 mins)	1	1	1
Neti (Yogic Nasal Cleansing) (30 mins)	0	1	1
Holistic Massage/Shirodhara (60 mins)	2	3	4
Dream Catcher (90 mins)	1	1	1
Sound Healing (60 mins)	0	1	1
Sleep Hack (Daily) - Compression Boots/Red Light Face Mask/Meditative Yoga Nidra	✓	✓	✓
Group Wellness Activities ; Scheduled	✓	✓	✓
Hot and Cold Hydro Circuit (Contrast Therapy)	✓	✓	✓
Sleep Tracking	✓	✓	✓
Program Wrap-Up	✓	✓	✓
Price per person	5,680	9,200	11,640
Price per couple	10,220	15,970	19,770

Prices are inclusive of all taxes.

Prices are exclusive of accommodation and meals.

Wellness cuisine dining packages are available to enhance your journey.



WELLNESS PROGRAMS

PRICE/SAR

DETOX

3 NIGHTS

5 NIGHTS

7 NIGHTS

Wellness Screening + My Circadian Day/Time shifter	1	1	1
Private Fitness/Yoga (60 mins)	2	2	3
Breathwork (60 mins)	1	2	2
Neti (Yogic Nasal Cleansing) (30 mins)	1	1	1
Detox Massage (60 mins)	2	3	4
Signature Massage (60 mins)	0	1	1
Traditional Hammam/Detox Body Wrap (75 mins)	1	1	1
Gut Detoxification Protocol (75 mins)	0	1	1
Sound Healing (60 mins)	0	1	1
Recovery Biohacks	✓	✓	✓
Hypoxo Training/Compression Boots (Daily)	✓	✓	✓
Group Wellness Activities ; Scheduled	✓	✓	✓
Hot & Cold Hydro Circuit (Contrast Therapy)	✓	✓	✓
Digital Detox + Conversation Cards	✓	✓	✓
Program Wrap-Up	✓	✓	✓
Price per person	6,460	10,400	12,480
Price per couple	13,320	21,600	26,160

Prices are inclusive of all taxes.

Prices are exclusive of accommodation and meals.

Wellness cuisine dining packages are available to enhance your journey.



WELLNESS PROGRAMS

PRICE/SAR

AYURVEDA

3 NIGHTS

5 NIGHTS

7 NIGHTS

Ayurvedic Consultation

1

1

1

Abhyanga (60 mins)

2

3

4

Shirodhara (60 mins)

1

2

3

Yoga (60 mins)

1

2

3

Watsu (60 mins)

0

1

1

Yoga Nidra/Gratitude Meditation (60 mins)

1

2

3

Group Wellness Activities ; Scheduled

✓

✓

✓

Hot and Cold Hydro Circuit (Contrast Therapy)

✓

✓

✓

Digital Detox + Conversation Cards

✓

✓

✓

Program Wrap up

✓

✓

✓

Price per person

4,130

7,760

11,390

Price per couple

8,260

15,520

22,780

Prices are inclusive of all taxes.

Prices are exclusive of accommodation and meals.

Wellness cuisine dining packages are available to enhance your journey.



WELLNESS PROGRAMS

PRICE/SAR

YOGA

3 NIGHTS 5 NIGHTS 7 NIGHTS

Yoga Consultation	1	1	1
Personalized Hatha Yoga (60 mins)	3	4	5
Trataka Meditation (20 mins)	1	1	2
Gratitude Meditation/Yoga Nidra (45 mins)	1	2	3
Pranayama (Yogic Breathwork) (60 mins)	1	2	2
Neti (Yogic Nasal Cleansing) (30 mins)	1	1	2
Yogic Intestinal Cleansing (75 mins)	0	1	1
Holistic Massage/ Abhyanga (60 mins)	2	2	3
Sound Healing (60 mins)	0	1	1
Group Wellness Activities ; Scheduled	✓	✓	✓
Hot & Cold Hydro Circuit (Contrast Therapy)	✓	✓	✓
Digital Detox + Conversation Cards	✓	✓	✓
Program Wrap up	✓	✓	✓
Price per person	5,490	8,340	10,880
Price per couple	10,980	16,680	21,760

Prices are inclusive of all taxes.

Prices are exclusive of accommodation and meals.

Wellness cuisine dining packages are available to enhance your journey.



WELLNESS PROGRAMS

PRICE/SAR

FITNESS

3 NIGHTS 5 NIGHTS 7 NIGHTS

Wellness Screening + My Circadian Day	1	1	1
Fitness Assessment	1	1	1
VO2 Max	1	1	1
Private Fitness Training (60 mins)	3	5	7
Breath Work (60 mins)	1	2	3
Movement Restoration/Deep Tissue Massage (60 mins)	1	3	4
Recovery Biohacks - PEMF/Cryotherapy/Hypoxo Training (Daily)	✓	✓	✓
Group Wellness Activities ; Scheduled	✓	✓	✓
Hot & Cold Hydro Circuit (Contrast Therapy)	✓	✓	✓
Sleep Tracking	✓	✓	✓
Program Wrap up	✓	✓	✓
Price per person	5,830	9,910	13,290
Price per couple	11,660	19,820	26,580

Prices are inclusive of all taxes.

Prices are exclusive of accommodation and meals.

Wellness cuisine dining packages are available to enhance your journey.



WELLNESS PROGRAMS

PRICE/SAR

LOCAL PACKAGES

WEEKEND IMMERSIONS/WELLNESS DAYS

1 DAY

2 DAYS

3 DAYS

A refreshing wellness welcome drink

1

2

3

Personalized Booster Facial treatment (Biologique Recherche) (60 mins)/Sound Healing (60 mins)

1

1

1

Wellness Tea

1

2

3

Traditional Hammam (60 mins)

1

1

2

Holistic Massage/Movement Restoration (60 mins)

1

2

3

Alchemy Bar Workshop (45 mins)

0

1

1

Red Light Face Mask and Compression Boots (Daily)

✓

✓

✓

Group Wellness Activities ; Scheduled

✓

✓

✓

Hot and Cold Hydro Circuit (Contrast Therapy)

✓

✓

✓

Digital detox

✓

✓

✓

Price per person

3,270

4,870

6,770

Price per couple

6,540

9,740

13,540

Prices are inclusive of all taxes.

Prices are exclusive of accommodation and meals.

Wellness cuisine dining packages are available to enhance your journey.



TREATMENTS

DURATION/MINUTES

PRICE/SAR

LOCALLY INSPIRED

The Four Elements Journey

180

2,300 per person
4,370 per couple

Cellular Awakening

120

2,130 per person
4,030 per couple

Family Wellness Journey

150

4,760 per family
(2 parents, 1 Child)
1,150 per
additional Child

Alchemy Bar Workshop

45

550

HAMMAM

Traditional Hammam

60

910

Aromatic Detox Hammam

90

1,270

WELLNESS

Wellness Screening

45

460

Wellness Check-in

15

Complimentary

VO2 Max

30

690

Sleep Tracking

per night

170

Prices are inclusive of all taxes.



TREATMENTS

DURATION/MINUTES

PRICE/SAR

BIOHACKING

Recovery Hack	30	575
Contrast Therapy	30	Complimentary
Hypoxy Training	30	350
Lifeforce Hack	40	100
PEMF Therapy	15	230
Traveler's Hack	15	170
Energy Hack	30	230
Super Charge	30/45	810/980
Sleep Hack	30	230

Prices are inclusive of all taxes.



TREATMENTS

DURATION/MINUTES

PRICE/SAR

MASSAGES

Six Senses Signature Massages

• Deep Tissue/Detox/Holistic	60/90	820/1,140
• Movement Restoration	90	1,140
• Pregnancy Massage	90	1,140
• Tension Soother/Head Massage/Relaxed Feet	30/60	500/820
Dream Catcher	90	1,270

Parent and Child Experiences, per parent and a child:

Massage & Nails	75	1,500
Top to Toe Massage	75	1,500

Enhance your spa experience

Cryotherapy	-	500
Percussion Massage Device	10	230
Ease Tension with Heat and Vibration Wrap	15	230
Locally Inspired Body Scrub	30	550
Dry Body Brush	15	230
Muscle Ease for Deep Relaxation & Tight Muscles <i>Subtle Energies</i>	-	120

Prices are inclusive of all taxes.



TREATMENTS

DURATION/MINUTES

PRICE/SAR

FACIALS

Biologique Recherche

Skin Analysis with Instant lab	30	460
Personalize Booster Facial	60/90	1,610/2,190
Skin Instant Revive	45	1,290
Men's Facial- Skin Reset & Relief	60	1,290

Add on to any Biologique Recherche treatment

The following services may be included with any Biologique Recherche facials, body treatments or massages and are not offered as individual treatments.

Cooling Eye Glow	30	520
Liftkiss	30	520
Toleskin M	30	520
Mask Pigm 400	30	520
Mask Caviar Vert	30	520
Biologique Feerie	30	520

Subtle Energies

24K Gold Age-defying Facial	60/90	1,380/1,930
Advanced Holistic Biotech Facial	60/90	1,450/2,050
Wild Kashmir Facial	30/60	690/1,320

Prices are inclusive of all taxes.



TREATMENTS

DURATION/MINUTES

PRICE/SAR

BODY TREATMENTS

Watsu	60/75	810/ 920
Enveloppement Marin	60	1,270
Detox Body Buff	60	1,270
Dedtox Body Wrap	75	1,500
Skinbiome Reset & Restore	120	2,300

AYURVEDA

Ayurvedic consultation	45	460
Abhyanga	60	820
Abhyanga Four Hands	60	1,270
Shirodhara	60	1,270
Ayurvedic Experience	90	1,580

Prices are inclusive of all taxes.



TREATMENTS

DURATION/MINUTES

PRICE/SAR

YOGA AND MINDFULNESS

Yoga	60	610
Family Yoga Session (2 parents, 2 children)	60	1,220
Yogic Intestinal Cleanse	75	610
Aerial Yoga	45	610
Sound Journey	60	750
Breathwork	45	520
Meditation	45	520
Yoga Nidra	45	520
Neti	45	520
Trataka - Candle Meditation	45	520

FITNESS

Personal Training	60	610
High-Intensity Interval Training	30	350
Strength Training	45	520
Cryo Fit	60	1,040
Assisted Stretching	30	400
Recovery Roll it out with Vibrating Massage Roller	-	Complimentary

Prices are inclusive of all taxes.



TREATMENTS

DURATION/MINUTES

PRICE/SAR

HAIR

Hair Design

Shampoo, Blow-Dry		350
Fringe Trim		460
Upstyle		580

Barber Services

Traditional Shave		320
Beard Trim/Shave		400
Haircut		400
Head Shave		320
Mustache/Goatee Outline		320

Beauty

Manicure	30/60/75	250/440/520
Pedicure	30/75/90	290/630/750
Gel Application	15	210
Waxing	On request	from 230

Prices are inclusive of all taxes.

SIX SENSES SPA AMAALA
T +966 145144400 E spa-amaala@sixsenses.com
Triple Bay, AMAALA, Kingdom of Saudi Arabia