



SIX SENSES SPA

SHAHARUT

WELLNESS AND SPA MENU

A land of desert and date palms between the Red Sea and the Dead Sea, the region is rich with vitamins, minerals, and essential oils, which are the foundation for health and healing. When combined with traditional therapies, signature treatments, and personalized programs, your spa and wellness journey at Six Senses Spa Shahrut becomes the ultimate experience tailored just for you.

Our overarching philosophy of integrated wellness provides the best base possible to help you flourish in tune with your natural flow. From our pioneering experts to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, we consider every step of your stay with us.



LOCALLY INSPIRED SIGNATURE EXPERIENCES

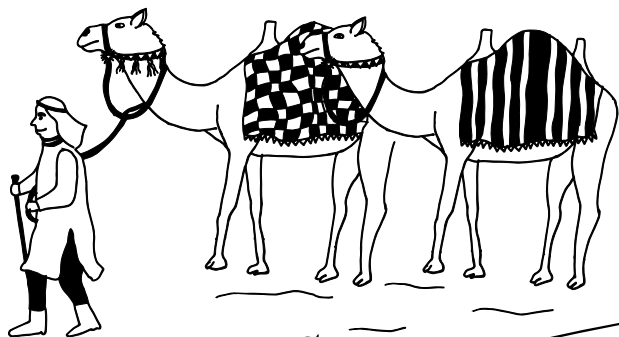




SHAHARUT WELLNESS EXPERIENCE

*Treatments can be booked individually or
as an immersive package*

Shaharut is located in an area rich in history and culture. This carefully curated experience is infused with the essence of the surrounding area.



IT'S A DATE, 60 MINUTES

Alchemy bar/facial

This area is known for dates and they don't just taste yummy, they are packed with Vitamin C and D which boosts collagen and helps to fight free radical damage. Using local and organic dates, you will make a mask with your therapist before having it applied during your facial.

DEAD SEA BODY WRAP, 90 MINUTES

Scrub/wrap/massage

The Dead Sea, one of the seven wonders of the world, is just north of us and it is packed with minerals and oils which are incredible for your body! Let us scrub you down with Dead Sea salt infused by local herbs and wrap you up with the mineral rich mud to leave your body feeling smoother and softer than ever before!

NABATEAN INCENSE, 45 MINUTES

Alchemy bar

Inspired by the nearby ancient trails where spices and herbs were transported, we invite you to make your very own smudge stick. Using local herbs and amber from our garden, and according to their medicinal and spiritual attributes, we will create a unique and personal smudge that you can take home with you.

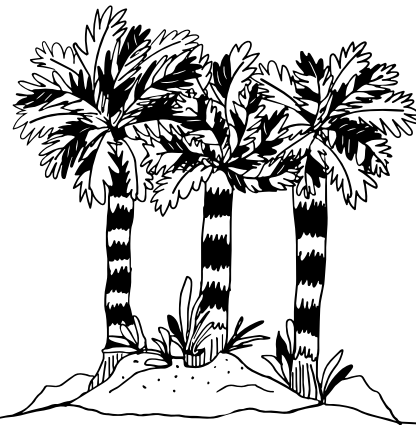
ESSENTIAL ROYAL MASSAGE, 90 MINUTES

Just as the Queen of Sheba gifted to King Solomon, be anointed with the Balm of Gilead, which blends olive, myrrh, frankincense and persimmon oils. Your therapist will take you on a royal journey, dripping warm olive oil infused with magical herbs over your body using long, flowing massage strokes to melt away stress and tension.

TIME TO RELAX, 120 MINUTES

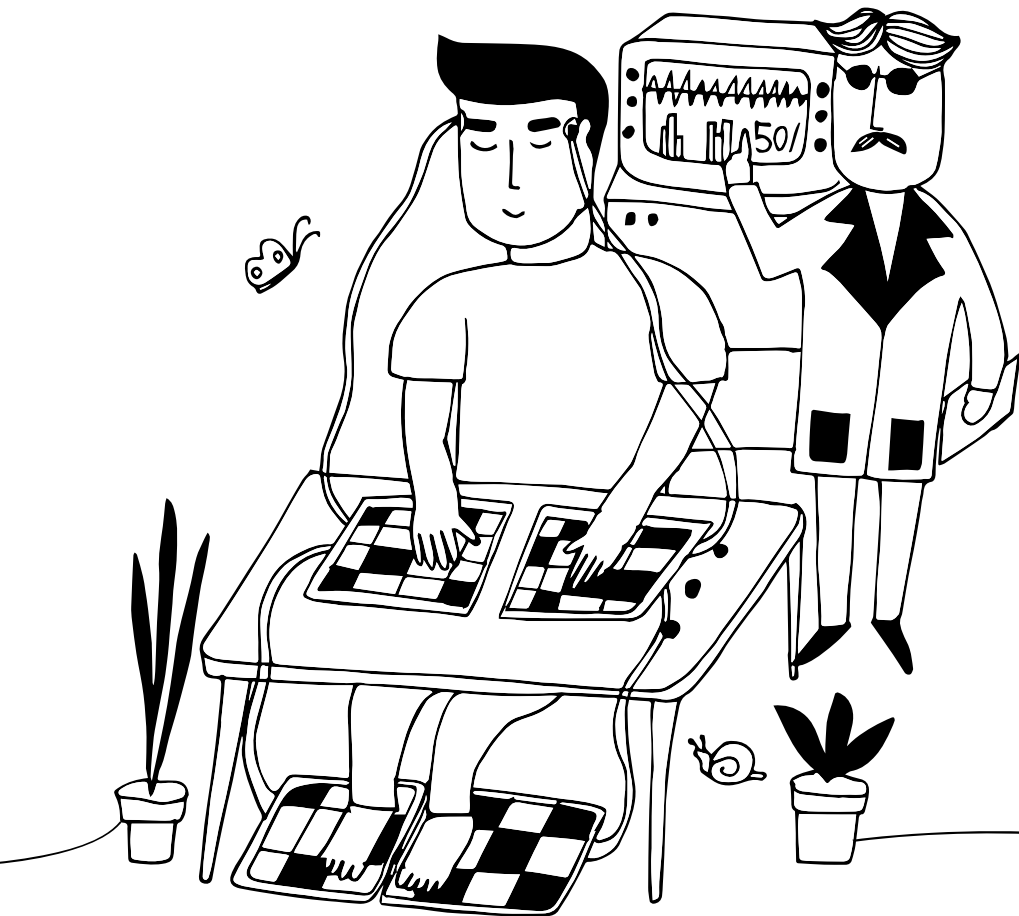
Enjoy an Alchemy Bar experience where you will make your own unique blend of body scrub and herbal poultice. Your therapist will use your creations in your fully body scrub and signature massage treatment.

This experience can be enjoyed together or just for one.

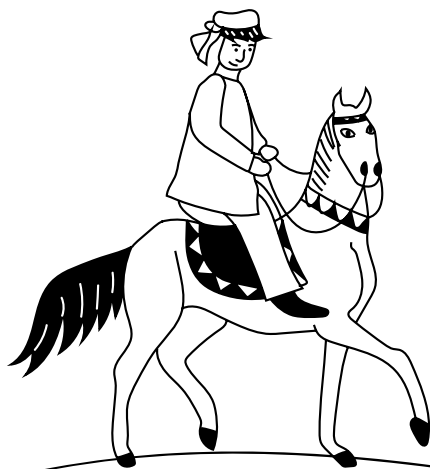


PERSONALIZED WELLNESS





Our named programs cover all the basics 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. Our programs can be tailored for guests staying for 3/5/7 days.



WELLNESS SCREENING, 45 MINUTES

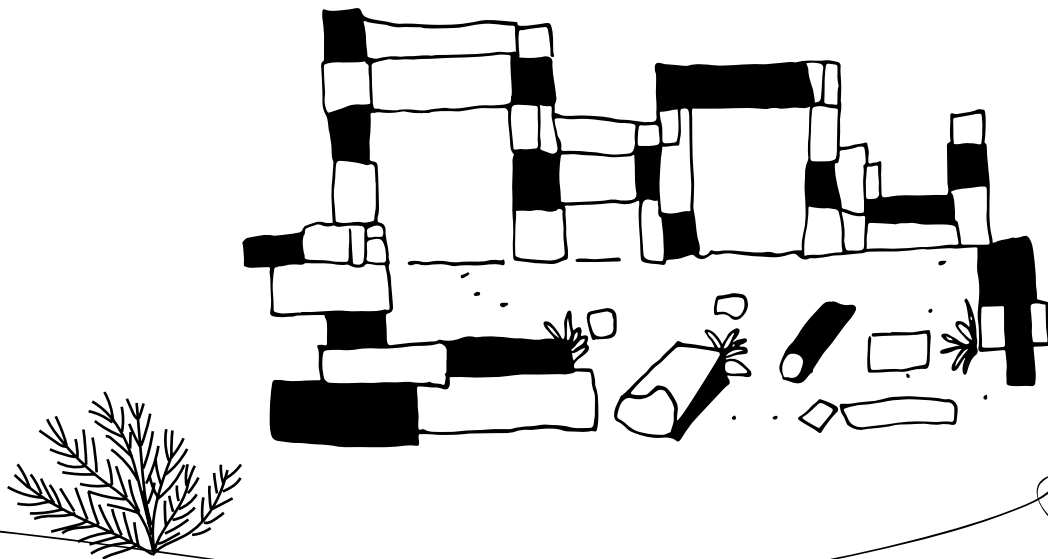
How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 40 key biomarkers relating to your overall well-being. Our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to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

SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of yoga, guided meditation and breathing exercises with signature massages and locally inspired treatments.





MASSAGES





SIX SENSES SIGNATURE MESSAGES:

Choose from a local, high quality jojoba oil blended with aromatherapy extracts or a soothing camel milk and CBD lotion.

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.

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, 60/90 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.

DREAMCATCHER, 90 MINUTES

Evoke a deep sense of relaxation with this head-to-toe therapeutic massage. Releasing tension from back, neck and shoulders before finishing with an acupuncture massage on the feet.

HOT & COLD STONE THERAPY, 60/90 MINUTES

When used along with hot stones that induce deep relaxation, cold stones have a stimulating effect. This helps increase the body's metabolism, muscle tone and ability to flush out toxins. This soothing massage is complemented by the placement of healing crystals on the body to bring about balance and harmony.

JET LAG SOOTHER, 60 MINUTES

After a long journey, this re-balancing treatment will help reset your body clock and release muscular tension. Body brushing stimulates circulation before a massage with a personalized essential oil blend is focused on the back, neck, face, scalp and lower legs.



FACIALS





We have partnered with French skincare brand, *Biologique Recherche*, to deliver results-driven effective facials.

PERSONALIZED TREATMENT, 90 MINUTES

This bespoke facial starts with a thorough skin analysis. The facial is then tailored to suit your skin type and address concerns.

CO-FACTEURS BIOLOGIQUE RECHERCHE

For even more visible results, enhance your treatment by applying a preformed mask with unique ingredients such as marine collagen or collagen caviar.

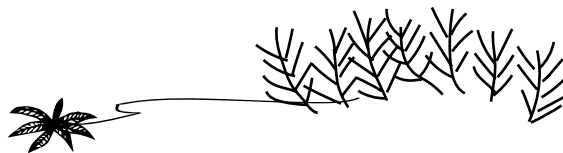
EYE CONTOUR TREATMENT

Recommended to reduce signs of fatigue and aging around the eye area. Immediately reduces puffiness, dark circles, and fine lines. Eyes will appear brighter, fresh and lifted.

We have partnered with British skincare brand *The Organic Pharmacy* for a fusion of nature and nurture to get powerful results.

ROSE CRYSTAL LYMPHATIC FACIAL, 60/90 MINUTES

A deep cleansing facial followed by the application of three masks to decongest, brighten and hydrate. Lymphatic drainage and acupressure massage firm the skin and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes a deep sense of relaxation, leaving the skin fresh and radiant.





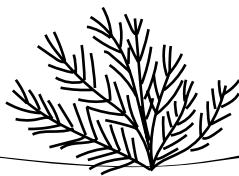
BODY TREATMENTS



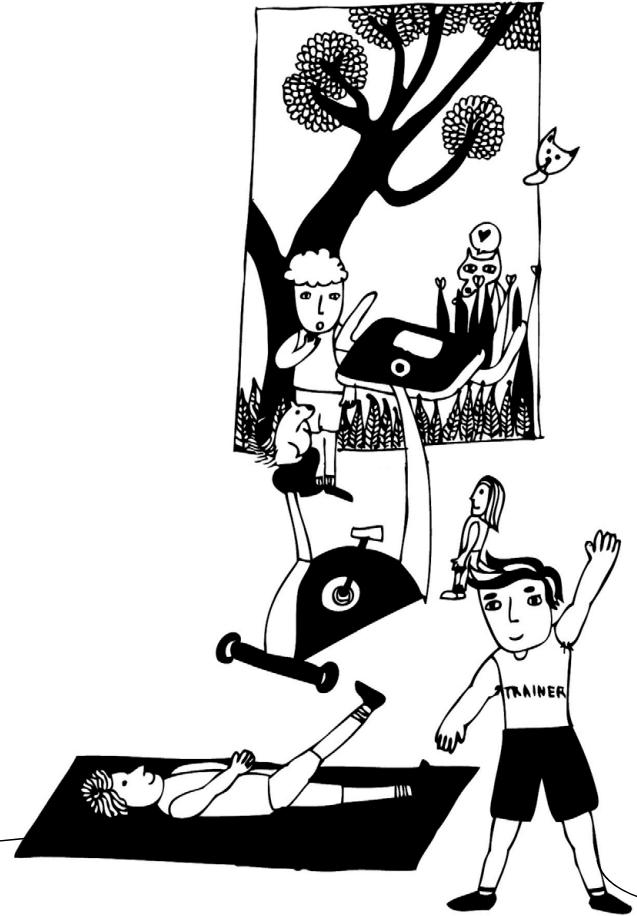
DEAD SEA REVIVAL, 60/90 MINUTES

Scrub/wrap/massage

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WELLNESS AND FITNESS ACTIVITIES



SOUND JOURNEY INTO SPACE, 60 MINUTES

A transcendent experience not to be missed.

Let the sound and vibration of the oceanic drum, gong and singing bowls give you the opportunity to experience your true, limitless nature.

ICE BATHS, 45 MINUTES

A refreshing and invigorating ice bath experience, perfect for rejuvenating both body and mind. The experience includes 30 minutes breath-work session, followed by the ice bath.

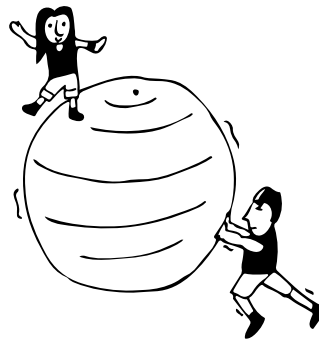
YOGA, 60 MINUTES

AERIAL YOGA, 60 MINUTES

BREATHWORK, 45 MINUTES

YOGA NIDRA, 45 MINUTES

SHAHARUT MEDITATION, 45 MINUTES



BIOHACKING





TRAVELER'S HACK WITH NORMATEC BOOTS AND VENOM, 30 MINUTES

Soothe leg and lower back tension with compression and vibration therapy. Ideal post travel.

EASE TENSION WITH VENOM BACK WRAP, 20 MINUTES

Digitally controlled heat and vibration to soothe sore muscles and relax stiff joints.

FAST RECOVERY WITH COMPRESSION THERAPY, 30 MINUTES

These boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal making them your best friend after a flight.

SLEEP TRACKING

Wear our sleep tracking ring overnight to get handy intel on how you are sleeping. We will decode the results with you too.

SPA TO SPAAHH

Make the most of your spa time





SPA RESERVATIONS

For spa inquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time. Please advise if you have had recent surgery or have any known allergies.

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 15 minutes prior to your treatment. We invite you to arrive early to use the sauna and steam rooms, but at a minimum please arrive 15 minutes prior to your treatment to complete a 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 when canceling wellness programs and packages and three hours' notice for spa treatments. Failure to notify or keep an appointment will result in a 100 percent 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 or 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 are accepted at the spa reception.

CHILDREN

Guests over the age of 16 years are welcome to use the gym, spa facilities and have treatments. A treatment menu for little spa goers to enjoy treatments alongside an adult is available. Family access hours for parents and their children to enjoy the inside pool can be arranged on a daily basis.





WELLNESS AND SPA MENU PRICELIST



PERSONALIZED WELLNESS

PRICE/ILS

Wellness Screening (45 mins)

400

DISCOVER YOGA

3 NIGHTS 4 NIGHTS 7 NIGHTS

Group Yoga (60 mins)

3

4

7

Personalized Yoga/
Personal Training (60 mins)

1

2

3

Pranayama/Meditation (45 mins)

1

1

2

Guided Meditation (45 mins)

1

1

2

Signature Massage (60 mins)

1

2

3

Himalayan Warm Stone Massage (90 mins)

-

-

1

Personalized Facial Treatment (75 mins)

-

1

1

Head Massage (60 mins)

1

1

1

Price, single occupancy*

ILS 1,952

ILS 3,312

ILS 5,312

**Accommodation and meals are not included in this price.*

All prices are in ILS inclusive of 18 percent government tax as per local law.

Guests with a valid tourist entry permit are exempt by presenting a B-type visa upon check-in.



SLEEP

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Sleep Tracking	3	5	7
Daily Sleep Review (15 mins)	3	5	7
Six Senses Signature Massage (60 mins)	1	2	3
Himalayan Warm Salt Massage (90 mins)	1	1	1
Wellness Screening (45 mins)	1	1	1
Private Activity: Yoga/Meditation/Wellness (60 mins)	1	3	5
Foot Massage (30 mins)	-	1	1
Head Massage (30 mins)	1	1	2
A welcome bag with sleep amenities	1	1	1
Program Debrief (30 mins)	1	1	1
Price, single occupancy*	ILS 2,792	ILS 4,744	ILS 6,536

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LOCALLY INSPIRED SIGNATURE EXPERIENCES

Time to Relax	120	1,190
Dead sea revival treatment	90/120	890/1190
It's a Date!	90	890
Nabatean Incense	45	400
Essential Royal Massage	90	890

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue</i>	60/90	650/850
<i>Detox/Holistic</i>	60/90	590/795
<i>Movement Restoration</i>	90	850
<i>Pregnancy</i>	60/90	590/795
<i>Tension Soother/ Head Massage/ Relaxed Feet</i>	30/60	420/590
Hot & Cold Stone Therapy	60/90	650/850
Here & Now	90	780
Jet Lag Soother	90	850

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TREATMENTS

DURATION/MINUTES

PRICE/ILS

FACIALS

Personalized Treatment	75	850
Co-facteurs Biologique Recherche	30	350
Eye Contour Treatment	30	350
Rose Crystal Lymphatic Facial	60/90	600/800

BODY TREATMENTS

Dead Sea Revival	60/90	500/750
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WELLNESS & FITNESS ACTIVITIES

Sound Journey into Space	60	500
Yoga	60	400
Aerial Yoga	60	500
Breathwork/Meditation	45	400
Personal Training	60	500
Ice Bath	45	400

BIOHACKING

Traveler's Hack	30	300
Venom Back	20	200
Normatec Compression Boots	20	200
Sleep Tracking	per night	200

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SIX SENSES SPA SHAHARUT

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