



SIX SENSES SPA

ZIGHY BAY

# 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.



# LOCALLY INSPIRED SIGNATURE TREATMENTS



### WONDERS OF OMAN, 90 MINUTES

This locally-inspired cleansing journey begins with a warming hammam using a nourishing date, honey and almond scrub to buff the skin. A personalized full body signature massage follows and is complemented by a refreshing ginger, lemon-grass and carom seed tonic.

### RELAX TOGETHER, 90 MINUTES

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse in the varied textures and extraordinary aromas and create your unique body scrub which will be used for your body scrub followed by a personalized massage.

### ZIGHY BAY JOURNEY, 90/120 MINUTES

Evoke a deep sense of relaxation with this therapeutic Arabian journey. Releasing tension from back, neck, shoulders and head, before finishing with an acupuncture massage on the feet. Reveal a fresh, radiant complexion by adding Rose Quartz Gua Sha facial massage to the experience.

The exotic fragrance of frankincense and oudh promise to linger long after leaving the spa.



# HAMMAM





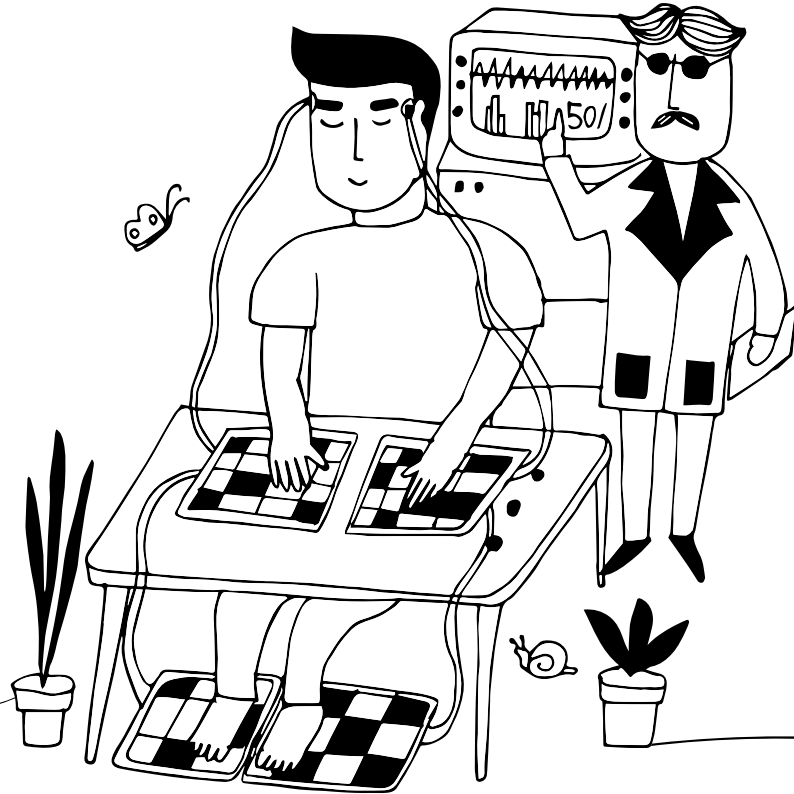
### ROYAL MOROCCAN HAMMAM, 90 MINUTES

Cleanse and nourish the body with a personalized experience starting with Moroccan steam and body wash with a black soap enriched with eucalyptus essential oil. The body is then exfoliated on a heated marble bed and swathed with a purifying rasoul clay mask, allowing for impurities to rise to the skin's surface. It continues with the application of hair strengthening oil, a face and foot treatment; completing with a gentle massage and the application of hydrating body milk. *Using MarocMaroc.*

### TRADITIONAL MOROCCAN HAMMAM, 60 MINUTES

A cleansing and refreshing treatment commencing with a warm herbal steam, body wash with a black soap and gentle exfoliation using the kese mitt. It continues with the application of purifying rasoul clay enriched with seven fragrant herbs. After rinsing, body milk is applied, leaving the skin supple and enriched. *Using MarocMaroc.*

# PERSONALIZED WELLNESS



### NUTRITION CONSULTATION, 60 MINUTES

Whatever wellness journey you take, our experts follow the guiding principles of Eat with Six Senses: natural ingredients , local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We provide advice on nutrition that is right for you to amplify the benefits of your daily treatments and activities. Includes a Wellness Screening.

### WELLNESS SCREENING, 60 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

### 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 inhouse wellness team 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 hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

### FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns?

This program focuses on assessing your fitness level and blends high and low intensity training and corrections of muscular imbalances with soothing treatments.

### DETOX

Do you want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind?

We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies, wellness food and personalized wellness activities.

### WEIGHT MANAGEMENT

Could you do with shedding a few pounds and boosting your energy levels? In this program, you'll learn the importance of balanced nutrition, exercise and a healthy mind; and how to sustain this routine once you return home.



*Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being. If you are unsure which program is right for you, speak to our team of wellness experts who can design a personalized programs based on your nutritional, physical and emotional needs.*



# MASSAGES



**SIX SENSES SIGNATURE MESSAGES:**

*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* - a fully personalized treatment based on each combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.



*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, 60 minutes* - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

*Head Massage, 60 minutes* - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

*Relaxed Feet, 60 minutes* - restore the body's balance and release aches and pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.



### FIRE AND ICE THERAPEUTIC MASSAGE, 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.

### BALINESE MASSAGE, 60/90 MINUTES

This traditional Balinese massage reawakens the senses and induces a complete state of calm, combining acupressure and skin rolling with firm but smooth massage strokes.

### THAI MASSAGE, 60/90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.

### *Enhance your massage with a biohacking upgrade, 15/30 minutes:*

- Percussion Massage Gun
- Venom Advance Heat and Vibration Back Wrap
- Full Legs Compression Boots
- Lower Legs Compression Sleeves



# FACIALS



*Six Senses has partnered with Subtle Energies to deliver personalized face and body treatments. Backed by over 30 years of clinical research, Subtle Energies creates results based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.*

### ADVANCED HOLISTIC BIOTECH FACIAL, 60/90 MINUTES

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



### 24K GOLD AGE-DEFYING FACIAL, 60/90 MINUTES

Bring a radiant glow to your skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles. We combine collagen and elastin boosting actives, while addressing stress, anxiety, and hormonal balance. This age-defying facial features Mogra and 24k Gold to renew and regenerate.

### ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES

A restorative treatment for dehydrated, sensitive, or damaged skin. This intense enriching therapy delivers potent antioxidants and essential fatty acids to fight free radical damage, protecting the skin from visible signs of ageing. The facial marma massage delivers a nutrient rich elixir to increase collagen and hyaluronic acid production.



### GENTLEMEN'S FACIAL, 60/90 MINUTES

This purifying facial will optimize your well-being and replenish the skin with renewed freshness.

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

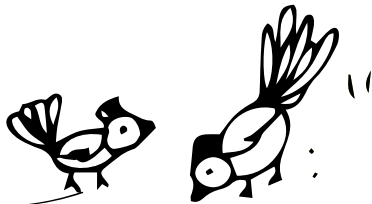
#### *Enhance Your Facial*

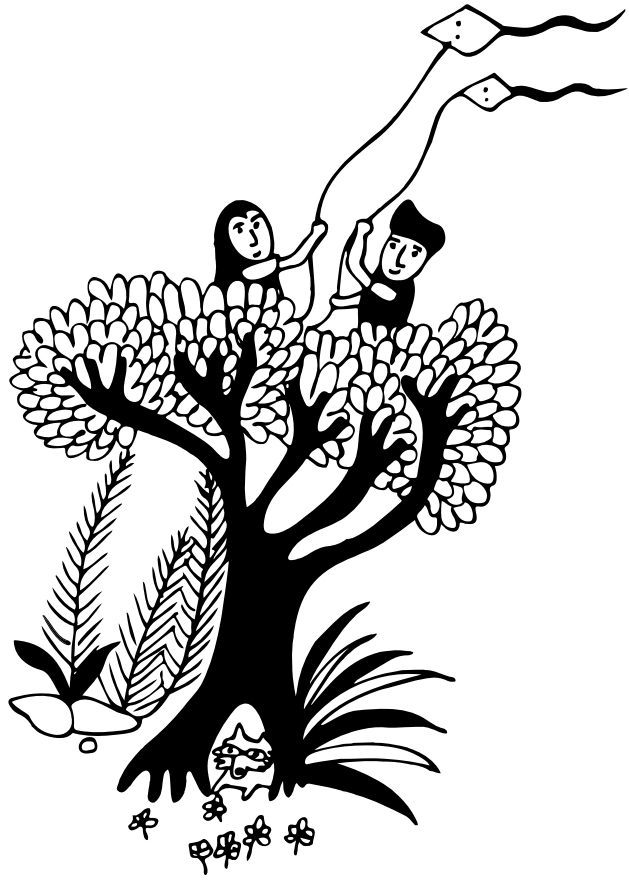
Pomegranate Enzyme Booster - using natural AHAs, to reveal a smoother, brighter complexion.

Vegan Collagen Booster - to restore youthful elasticity.

### VEGAN COLLAGEN FACIAL, 60/90 MINUTES

Instantly smooth, plump and replenish the skin using cutting edge biotech to mimic human collagen via natural animal-free methods. Restore the skin integrity. Provide a natural filling effect to the skin. Rejuvenates the skin cells and firms the skin. Provide holistic skin science assisting with stress, sleep and anxiety issues.





# BODY TREATMENTS



### COOLING SUNBURN SOOTHER, 90 MINUTES

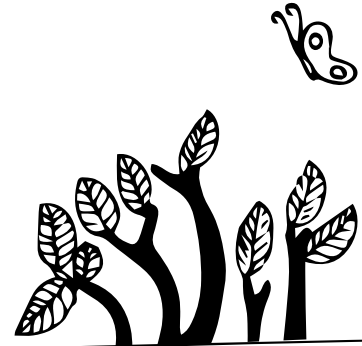
Time to show your skin some serious TLC after a day under the scorching sun! Our "After Sun Soother" by the pool and on the beach is the ultimate cool-down treat. Picture this: a refreshing Aloe Vera Mask that works its magic while you chill out with a cold compress that'll make you go "Ahhhhh". But wait, there's more! Our talented therapists will pamper you with a head and foot massage that'll have you floating on cloud nine. Its perfect way to say goodbye to sunburn and hello to ultimate relaxation.

### 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 envelop your body providing the ultimate detox.

### PEARL INFUSED REMINERALISING WRAP, 90 MINUTES

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results. Starting 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 and regenerate skin cells. While being cocooned in the mineral mask, the signature facial marma massage releases tension and stress, using potent anti-aging actives of mogra and Indian rose.



# AYURVEDA





### ABHYANGA, 60 MINUTES

This popular Ayurvedic body massage, also known as 'four-handed massage', performed by two therapists at the same time, reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

### SHIRODHARA, 60 MINUTES

This stress-releasing treatment involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

### AYURVEDIC EXPERIENCE, 90 MINUTES

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

# FITNESS AND MINDFULNESS



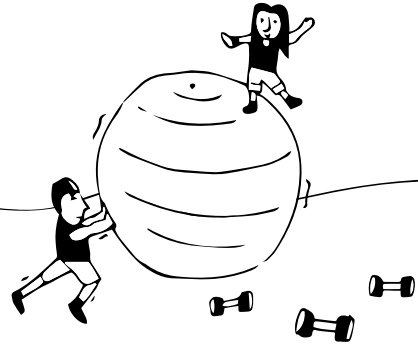
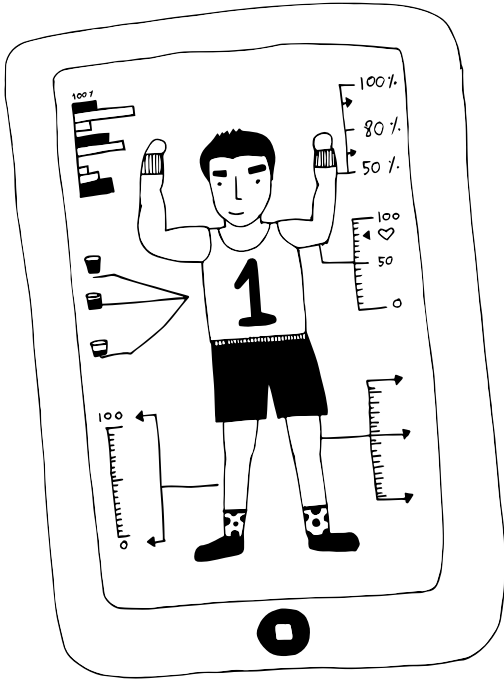
YOGA, 60/90 MINUTES

PERSONAL TRAINING, 60/90 MINUTES

YOGA NIDRA, 60/90 MINUTES

MEDITATION, 60 MINUTES

BREATHWORK, 60 MINUTES





BEAUTY





MANICURE, 30/60/75 MINUTES

PEDICURE, 30/60/75 MINUTES

GEL REMOVAL & EXPRESS MANICURE,  
60 MINUTES



# SPA TO SPAAHH

Make the most of your spa time





### OPENING HOURS

Daily 9:00 am to 9:00 pm

### SPA RESERVATIONS

For spa enquiries 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 15 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

### LATE ARRIVALS

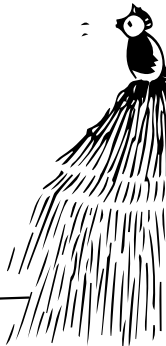
Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### CANCELLATIONS

Please allow three hours' notice on individual treatments and 24 hours' notice on spa 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.



### AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, 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 store.

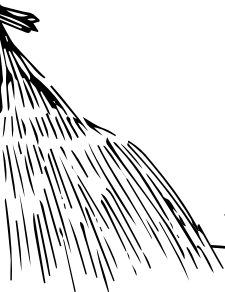
### PAYMENT

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.

### 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 two types of services: private treatments and therapies in an open room/group setting.

For private (one on one) treatments with children below 14 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.



SIX SENSES SPA ZIGHY BAY

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SIX SENSES SPA

ZIGHY BAY

# WELLNESS AND SPA MENU PRICELIST





TREATMENT	DURATION/MINUTES	PRICE/OMR
<b>LOCALLY INSPIRED SIGNATURE TREATMENTS</b>		
Wonders of Oman	90	100
Zighy Bay Journey	90/120	92/120
Relax Together	90	178 per couple
<b>HAMMAM</b>		
Royal Moroccan Hammam	90	110
Traditional Moroccan Hammam	60	80
<b>PERSONALIZED WELLNESS</b>		
Nutrition Consultation	60	62
Wellness Screening	60	53

*Prices are per person, unless mentioned otherwise, and subject to service charges and all applicable taxes in Sultanate of Oman.*

## WELLNESS PROGRAMS

### SLEEP

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening & Nutrition Guidance (60 mins)	✓	✓	✓
Yoga Nidra, Pranayama or Guided Meditation (60 mins)	1	2	3
Private activity: Yoga (60 mins)	1	2	3
Personalized Holistic Massage (60 mins)	2	3	4
Shirodhara (60 mins)	1	2	2
Sleep tracking throughout the stay	✓	✓	✓
Bliss Blend Oil, 25 ml	-	✓	✓
Program Wrap-Up	✓	✓	✓
<b>Total price per person</b>	<b>OMR 356</b>	<b>OMR 627</b>	<b>OMR 785</b>
<b>Total price per couple</b>	<b>OMR 641</b>	<b>OMR 1,129</b>	<b>OMR 1,412</b>

### DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yoga Consultation	1	1	1
Personalized Yoga (60 mins)	3	4	6
Pranayama (60 mins)	-	2	2
Guided Meditation (60 mins)	1	2	2
Signature Massage (60 mins)	1	2	3
Program Wrap-Up	✓	✓	✓
<b>Total price per person</b>	<b>OMR 275</b>	<b>OMR 529</b>	<b>OMR 688</b>
<b>Total price per couple</b>	<b>OMR 496</b>	<b>OMR 952</b>	<b>OMR 1,238</b>

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## WELLNESS PROGRAMS

### FITNESS

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening & Nutrition Guidance (60 mins)	✓	✓	2
Consultation with Personal Trainer	✓	✓	✓
Personalized Training (60 mins)	3	4	5
Stretch & Release Therapy (60 mins)	1	2	2
Deep Tissue Massage (60 mins)	1	1	1
Thai Massage (60 mins)	-	1	1
Private Yoga (60 mins)	-	-	1
Program Wrap-Up	✓	✓	✓
<b>Total price per person</b>	<b>OMR 347</b>	<b>OMR 520</b>	<b>OMR 688</b>
<b>Total price per couple</b>	<b>OMR 624</b>	<b>OMR 936</b>	<b>OMR 1,203</b>

### DETOX

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening & Nutrition Guidance (60 mins)	✓	✓	✓
Private Activity: Fitness Training or Yoga (60 mins)	3	2	3
Private Activity: Yoga (60 mins)	-	2	2
Private Activity: Meditation or Pranayama (60 mins)	1	1	2
Personalized Detox Massage (60 mins)	1	2	2
Moroccan Hammam (60 mins)	-	-	1
Yogic Intestinal Cleanse (60 mins)	1	1	1
Detox Wrap (75 mins)	1	1	1
Program Wrap-Up	✓	✓	✓
<b>Total price per person</b>	<b>OMR 435</b>	<b>OMR 543</b>	<b>OMR 706</b>
<b>Total price per couple</b>	<b>OMR 783</b>	<b>OMR 978</b>	<b>OMR 1,271</b>

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## WELLNESS PROGRAMS

### WEIGHT MANAGEMENT

	5 NIGHTS	7 NIGHTS	10 NIGHTS
Wellness Screening & Nutrition Guidance (60 mins)	✓	✓	2
Fitness Assessment	✓	✓	✓
Yogic Intestinal Cleanse (60 mins)	1	1	2
Private Personal Training Sessions (60 mins)	3	4	6
Private Yoga (60 mins)	1	2	3
Private Activity: Meditation or Pranayama (45 mins)	-	-	4
Personalized Detox Massage (60 mins)	2	4	5
Moroccan Hammam (60 mins)	-	-	1
Detox Wrap (75 mins)	1	1	1
Program Wrap-Up	✓	✓	✓
<b>Total price per person</b>	<b>OMR 519</b>	<b>OMR 675</b>	<b>OMR 1,310</b>
<b>Total price per couple</b>	<b>OMR 935</b>	<b>OMR 1,215</b>	<b>OMR 2,358</b>

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## TREATMENT

## DURATION/MINUTES

## PRICE/OMR

### MASSAGES

Deep Tissue	60/90	75/94
Detox	60/90	71/88
Holistic	60/90	73/92
Pregnancy Massage	60/90	71/88
Tension Soother	60	71
Head Massage	60	71
Relaxed Feet	60	71
Fire and Ice Therapeutic Massage	90	92
Balinese Massage	60/90	71/88
Thai Massage	60/90	73/92
Bio-hacking upgrade enhancement	15/30	18/33

### FACIALS

Advanced Holistic Biotech Facial	60/90	89/103
24K Gold Age-Defying Facial	60/90	85/97
Advanced Antioxidant Facial	60/90	76/88
Gentlemen's Facial	60 /90	76/88
Vegan Collagen Facial	60/90	76/88
Facial Enhancement		17

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TREATMENT	DURATION/MINUTES	PRICE/OMR
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### BODY TREATMENTS

Cooling Sunburn Soother	90	88
Detox Body Wrap	75	84
Pearl Infused Remineralising Wrap	90	88

### AYURVEDA

Abhyanga	60	123
Shirodhara	60	99
Ayurvedic Experience	90	119

### FITNESS AND MINDFULNESS

Yoga	60/90	56/72
Personal Training	60/90	56/72
Yoga Nidra	60/90	56/72
Meditation	60	56
Breathwork	60	56

### BEAUTY

Manicure	30/60/75	32/42/52
Pedicure	30/60/75	42/48/62
Gel Removal & Express Manicure	60	42

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