



SIX SENSES SPA

FIJI

SPA AND WELLNESS 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.

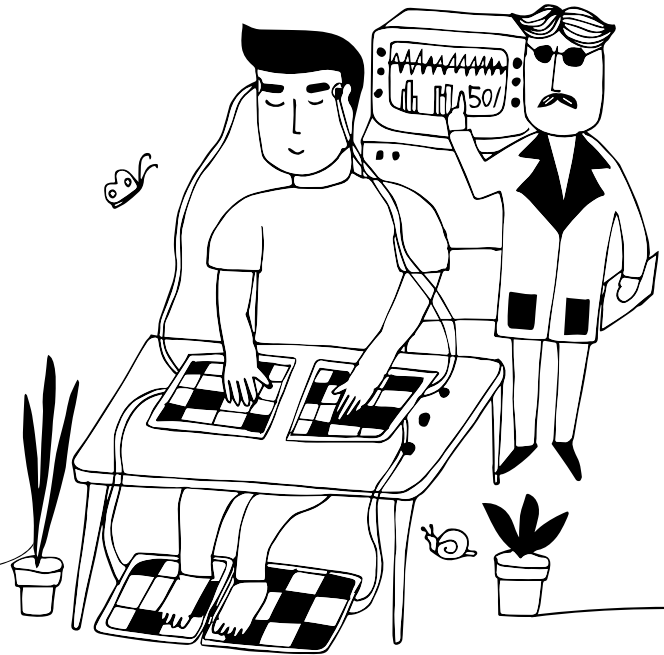
Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way 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.

At Six Senses Spa Fiji, you will also discover locally-inspired healing traditions incorporated into your experience.



PERSONALIZED WELLNESS



WELLNESS SCREENING, 45 MINUTES

Understanding what your body is telling you is the perfect place to start your wellness journey. Our experts can build a meaningful plan based on your current reality through a non-invasive screening which analyzes your key physiological biomarkers. Once we know what's going on inside, we'll create a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

NUTRITION

Whatever wellness journey you decide to take, our experts provide nutritional recommendations following the guiding principles of Eat With Six Senses, our food and drink philosophy which simply helps you live better. Because quality of food matters, we work with fresh, seasonal, locally-sourced produce some of which comes from our organic gardens and farms. Our chefs use a simpler approach to preparation, focusing on quality, balance and food made from scratch, while avoiding the bad stuff (food additives, flavor enhancers, lectins, lactose, gluten and refined sugar).



If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

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 spa treatments, wellness therapies and low intensity training.

FITNESS

Would you like to lose weight, improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on movement, blending high and low intensity training with soothing treatments, meditation and sleep.

DETOX

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, massages and meditation.



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 exercises with signature massages and energy treatments.

If you wish to cultivate the ancient discipline of yogic practices to recharge your batteries, cleanse the body or improve sleep, **Yogic Detox** and **Yogic Sleep** offer mind-body tools to help you eliminate negative effects from the environment and navigate whatever life throws your way.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being.





MASSAGES





SIX SENSES SIGNATURE MESSAGES:

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups or warm compresses might be used in the treatment, depending on the individual's need.

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.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Massage, 30/60 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.

Detox Massage, 90 minutes - this treatment helps in the elimination of toxic build-up and excess fluid in the muscle tissues. Using essential oils and lymphatic drainage movements you will feel less stiff and more relaxed.

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.

LEG & FOOT MASSAGE, 60 MINUTES

Bring harmony to the entire body with this energizing ayurveda aromatherapy foot and leg treatment. Recommended for relieving jet lag, improving circulation and de-stressing after traveling, this experience begins with a foot ritual and continues with a signature massage and a bronze kasa bowl technique to draw out excess heat and stimulate marma points of the feet and legs using unique oil blends. Hot compresses and the application of double cream or lotions complete this treatment. *Using Subtle Energies.*

BLISSFUL MARMA MASSAGE, 60/90 MINUTES

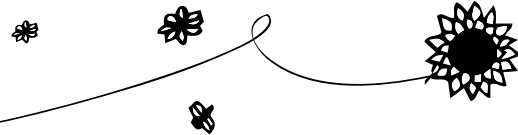
A deeply relaxing massage using long and firm flowing movements of varying pressure to eliminate stress-related tension, while marma therapy and chakra balancing align vital energy centers. Enriching oils with powerful active benefits are applied to balance the heart chakra and enhance overall well-being. *Using Subtle Energies.*

FIJIAN BOBO MASSAGE WITH HERBAL POULTICES, 90 MINUTES ✿

Increase circulation, release toxins and ease muscle tension and aches with this locally-inspired treatment combining firm massage techniques with local oil blends. Warm poultices of Fijian herbs picked from the spa's garden are applied to specific areas of concern.

HEATED LAVA SHELL MASSAGE, 90 MINUTES ✿

A unique healing massage using warmed shells and exotic oils to release tension, boost circulation, reduce swelling and balance the entire body and mind. The heat helps penetrate the muscles, ligaments and soft tissue on a deeper level, while the shells target specific problem areas.



FACIALS BODY TREATMENTS





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

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 60/90 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

ESSENTIAL DAILY FACIAL, 60 MINUTES

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalized, supple and resistant to the effects of urban living. *Using Subtle Energies.*

THE ALCHEMIST'S BODY SCRUB, 60 MINUTES

Learn in-depth alchemy at this interactive workshop. You will be guided by a skilled therapist and work with a variety of locally sourced ingredients and products, feel their textures, smell the wonderful aromas and create your own scrub that will be used in the treatment afterwards.

SEA GRAPE MASK AND BANANA LEAF DETOX BODY WRAP AND MASSAGE, 90 MINUTES ✿

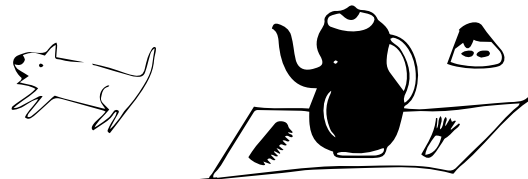
Balance and restore vital energy with this invigorating treatment starting with a sea grape mask to detox and remineralize the skin. The body is then wrapped in banana leaves to aid stress relief and detoxification. After a quick shower, the journey continues with an energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

TROPICAL HIBISCUS COCONUT BODY EXFOLIATION, 60 MINUTES ✿

Locally-sourced sea salt, the island's hibiscus flowers and freshly pressed coconut oil are the essence of this tropical body treatment. Starting with an invigorating scrub, friction techniques which penetrate deep into the muscle tissue are used to increase circulation and reduce fluid retention. Skin is left feeling re-energized and with a radiant and healthy glow.

NATURAL SUNBURN SOOTHER, 60 MINUTES ✿

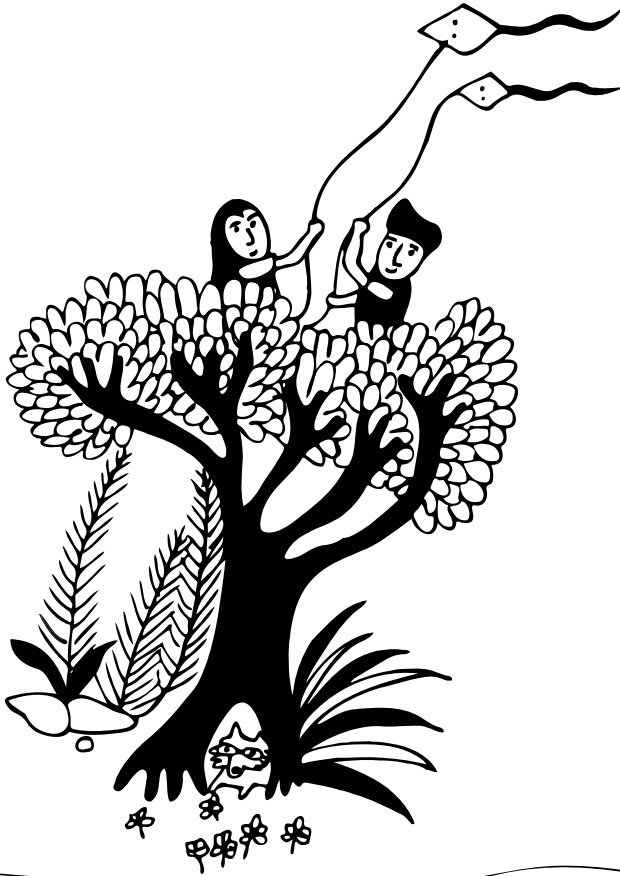
This hydrating and soothing treatment brings together the healing benefits of aloe vera and cucumber to soothe the skin after sun exposure.



RITUALS







WOW TREATMENT, 120 MINUTES

We begin with the presentation of a salusalu, a traditional Fijian flower garland, made with love at the spa, followed by a foot ritual. A full body scrub follows using your choice of a homemade sugar, coconut or coffee scrub to relax and stimulate the senses. The "four-hand" scrub is given by two therapists and is followed by a 75 minute four hand massage. The final stage is a coconut milk hair mask and simultaneous foot massage. Fresh coconut water and a fruit platter in the Relaxation area complete this experience.

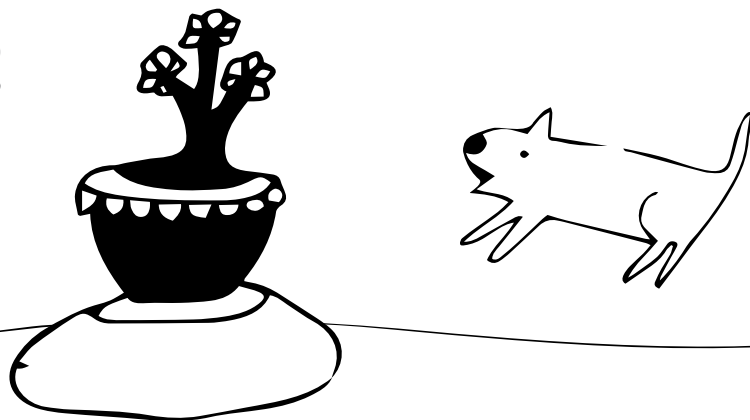
EMPOWER ME: A WOMAN'S JOURNEY, 150 MINUTES

Beautiful from the inside out, this journey addresses emotional and hormonal balance. It combines meditation with a full body massage using therapeutic techniques with ancient active oils of empowerment and renewal. It continues with a rejuvenating facial to nourish the skin with potent actives such as mogra, saffron and Indian rose. *Using Subtle Energies.*

SLEEP WELL JOURNEY, 105 MINUTES

This signature journey is based on clinical research and ancient practices to alleviate sleep concerns. It begins with guided meditation and *pranayama* (breathing exercise) which positively impacts the flow of energy. A full body massage then releases tension and brings the body's rhythm back into balance, while the facial marma massage stimulates the pineal gland using potent active ingredients. It concludes with the *nasya* (nasal oil application) which has been used for centuries to relieve sleep concerns and bring about better zzz's.

Using Subtle Energies.



AYURVEDIC





ABHYANGA, 60 MINUTES

This popular Ayurvedic body massage, also known as "four-hand" 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.

KATI VASTI, 45 MINUTES

A nurturing Ayurvedic treatment in which warm medicated oils are pooled on the lower back to promote muscle and ligament strength to support the spine. Relieving lower backache and spinal conditions, it lubricates joints and is ideal for sports injuries and overall health.

BEAUTY
FITNESS



An award-winning Bio Sculpture Gel system, also known as “The Gentle Gel”, ensures long lasting results and a chip-free holiday. Its safety, performance and integrity of ingredients make it the optimum choice. It is also the first ever UV curing, soakable, color nail gel in the world. Its recently launched line Evo is a fast lane color gel overlay that boasts superior technology and has a glue-less tip application and oxygenating base, which is infused with vitamins A and E, ensuring flexible support.

EXPRESS MANICURE, 30 MINUTES

MANICURE, 60 MINUTES

DELUXE MANICURE, 75 MINUTES

EXPRESS PEDICURE, 30 MINUTES

PEDICURE, 60 MINUTES

DELUXE PEDICURE, 75 MINUTES

GEL APPLICATION, 15 MINUTES

Add to your manicure or pedicure:

LAVENDER BASE TREATMENT
for additional nourishment

Waxing services are available on request.

SPA ETIQUETTE





SPA OPENING HOURS

Daily 8:00 am to 8:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please speak with your GEM, visit the spa or dial 6304 on your phone. 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 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 five 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 can 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.

All persons under the age of 18 must have a parent or legal guardian complete a Health Assessment Form and Children's Wellness Waiver. They must wear undergarments or swimsuits during any treatment where clothing is typically removed. Parents and/or guardians of all persons under the age of 18 will be asked to remain at or close to the spa/place of the treatment and stay reachable in case your child would like to see you during the treatment.

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 FIJI

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Vunabaka, Malolo Island, Fiji





JUNIOR SPA MENU

Pamper yourself with our selection of spa treatments, specially created for kids as part of our latest initiative, Grow With Six Senses. Incorporating all of the dimensions of wellness, you'll understand more about what's going on inside you and in the world around you.



JUNIOR BODY MASSAGE, 30/45 MINUTES, FJD 180/200

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

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/FJD 180

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/FJD 200

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, 45 MINUTES/FJD 200

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun nail art. Try your hand at water marbling, a fun and funky nail effect similar to tie-dye clothes.

MAKE YOUR OWN FACIAL, 45 MINUTES/FJD 200

Choose and blend natural ingredients under the guidance of your spa therapist and then relax as they use them in a gentle facial. Learn some tips and ideas for taking care of your skin so it maintains a healthy balance.

Prices include government taxes.



WELLNESS AND FITNESS ACTIVITIES

HATHA YOGA, 60 MINUTES/FJD 210

This practice is about finding balance and encouraging a healthy body-mind connection through a sequence of physical postures and breathing techniques.

YOGA NIDRA, 45 MINUTES/FJD 180

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

AERIAL YOGA, 45 MINUTES/FJD 180

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

VINYASA FLOW (RHYTHMIC FLOW YOGA), 60 MINUTES/FJD 210

Increase strength and flexibility through synchronized breath and sound movements. These dynamic and fast paced postures allow practitioners to deepen their asana practice and move into meditation. The series of asanas are selected to gracefully move from one into the next, working every part of the body physically, mentally and spiritually.

Prices include government taxes.

COUPLES YOGA (SHIVA-SHAKTI), 60 MINUTES/FJD 210

Shiva-Shakti represents the male-female elements of the universe and those represented within us all. In Hinduism, Shiva is the lord of destruction and he is complemented by the energies of the divine Goddess Shakti. Shiva is incomplete without Shakti. This yoga practice balances male-female energies, focusing on deep Shiva-oriented asanas and more subtle Shakti ones to unfold the goddess within.

It harmonizes asanas and breath into a divine union of energies.

CHAKRA MEDITATION, 45 MINUTES/FJD 210

For over thousands of years meditation has been utilized for healing, cleansing and balancing chakras. This session enables practitioners to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

YOGIC INTESTINAL CLEANSE, 90 MINUTES/FJD 440

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.

Prices include government taxes.





WELLNESS PROGRAMS

Wellness Screening

DURATION

45 mins

PRICE/FJD

200

Sleep/Detox/Fitness

Wellness screening

3 days

1,795 per person

3 x Personalized yoga, meditation or pranayama (60 mins)

2,965 per couple

3 x Personalized spa treatments (90 mins)

Nutritional guidance on foods to favor and avoid

Wellness screening

5 days

2,950 per person

5 x Personalized yoga, meditation or pranayama (60 mins)

4,765 per couple

5 x Personalized spa treatments (90 mins)

Nutritional guidance on foods to favor and avoid

Post-program debrief

Wellness screening on arrival and departure

10 days

5,895 per person

10 x Personalized yoga, meditation or pranayama (60 mins)

9,495 per couple

10 x Personalized spa treatments (90 mins)

Nutritional guidance on foods to favor and avoid

Post-program debrief

Prices include government taxes.

WELLNESS PROGRAMS

DURATION

PRICE/FJD

Discover Yoga

Yoga Consultation (30 mins)

Personalized Yoga (60 mins)

Guided Meditation (45 mins)

Signature Massage (60 mins)

Foot and Leg Massage (60 mins)

3 nights

900 per person
1,500 per couple

Yoga Consultation (30 mins)

2 x Personalized Yoga (60 mins)

Pranayama (30 mins)

Guided Meditation (45 mins)

2 x Signature Massage (60 mins)

Foot and Leg Massage (60 mins)

5 nights

1,395 per person
2,280 per couple

Yoga Consultation (30 mins)

3 x Personalized Yoga (60 mins)

Pranayama (30 mins)

Guided Meditation (45 mins)

Thai Massage (60 mins)

2 x Signature Massage (60 mins)

Lava Shell Massage (90 mins)

Foot and Leg Massage (60 mins)

7 nights

2,290 per person
3,895 per couple

Prices include government taxes.





WELLNESS PROGRAMS

DURATION

PRICE/FJD

Yogic Detox

Yoga Consultation (30 mins)
2 x Personalized Yoga (60 mins)
Pranayama (30 mins)
Guided Meditation (45 mins)
Yogic Intestinal Cleanse (90 mins)
Thai Massage (60 mins)
Detox Massage (60 mins)
Movement Restoration (60 mins)

5 nights

1,790 per person
2,950 per couple

Yoga Consultation (30 mins)
3 x Personalized Yoga (60 mins)
2 x Pranayama (30 mins)
Guided Meditation (45 mins)
Yogic Intestinal Cleanse (90 mins)
Thai Massage (60 mins)
Detox Massage (60 mins)
Detox Scrub (45 mins)
Body Wrap (45 mins)
Holistic Massage (60 mins)
Signature Facial (60 mins)
Movement Restoration (60 mins)

7 nights

3,200 per person
5,400 per couple

Prices include government taxes.

WELLNESS PROGRAMS

DURATION

PRICE/FJD

Yogic Sleep

Yoga Consultation (30 mins)

Personalized Yoga (60 mins)

Yoga Nidra (60 mins)

Holistic Massage (60 mins)

Movement Restoration (60 mins)

3 nights

800 per person
1,395 per couple

Yoga Consultation (30 mins)

2 x Personalized Yoga (60 mins)

Pranayama (30 mins)

Yoga nidra (60 mins)

Personal Training (60 mins)

Holistic Massage (60 mins)

Signature Facial (60 mins)

Movement Restoration (60 mins)

5 nights

1,590 per person
2,650 per couple

Yoga Consultation (30 mins)

2 x Personalized Yoga (60 mins)

Pranayama (30 mins)

2 x Yoga nidra (60 mins)

2 x Personal Training (60 mins)

Holistic Massage (60 mins)

Signature Facial (60 mins)

Movement Restoration (60 mins)

Foot and Leg Massage (60 mins)

7 nights

2,250 per person
3,750 per couple

Prices include government taxes.





TREATMENTS

DURATION/MINUTES

PRICE/FJD

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue</i>	60/90	330/450
<i>Movement Restoration</i>	90	460
<i>Holistic</i>	60/90	330/450
<i>Tension Soother</i>	30/60	220/280
<i>Head Massage</i>	30/60	220/280
<i>Detox Massage</i>	90	460
<i>Pregnancy Massage</i>	90	450
Leg and Foot Massage	60	375
Blissful Marma Massage	60/90	400/540
Fijian Bobo Massage with Herbal Poultices	90	460
Heated Lava Shell Massage	90	460

FACIAL

24k Gold Age-Defying Facial	60/90	440/580
Soothe and Enrich Advanced Antioxidant Facial	60/90	440/580
Essential Daily Facial	60	440
LED Mask Individual Treatment	20	65
LED Mask Facial Add-on	20	45
LED Mask Course of Three	3x20	135

Prices include government taxes.

TREATMENTS

DURATION/MINUTES

PRICE/FJD

BODY TREATMENT

The Alchemist's Body Scrub	60	220
Sea Grape Mask and Banana Leaf Detox	90	460
Body Wrap and Massage		
Tropical Hibiscus Coconut Body Treatment	60	260
Natural Sunburn Soother	60	280

RITUALS

WOW Treatment	120	800
Empower Me: A Woman's Journey	150	600
Sleep Well Journey	105	520

AYURVEDIC

Abhyanga	60	600
Shirodhara	60	600
Ayurvedic Experience	90	750
Kati Vasti	45	250

Prices include government taxes.





TREATMENTS

DURATION/MINUTES

PRICE/FJD

BEAUTY

Express Manicure	30	115
Manicure	60	230
Deluxe Manicure	75	270
Express Pedicure	30	115
Pedicure	60	230
Deluxe Pedicure	75	270
Gel Application	15	55
Lavender Base Treatment	15	70
Hair braid		5
Hair braiding	20	75
Hair braiding	75	120

Waxing services are available on request.

Prices include government taxes.