



SIX SENSES SPA

LAAMU

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.





PERSONALIZED WELLNESS





WELLNESS SCREENING, 60 MINUTES

This non-invasive screening 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.

NUTRITION

Whatever wellness journey you take, our experts follow the guiding principles of Eat with Six Senses: natural ingredients (where possible from our own organic gardens and farms), 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.

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

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 and personalized wellness activities.



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 with correcting muscular imbalances and soothing treatments.

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 hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

*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 MASSAGES:

Deep Tissue, 60/90 minutes - focusing on the deepest layers of muscle tissue, your therapist applies suitable pressure and trigger point techniques to release stress, ease muscle tension, and improve mobility. Hot stones or warm compresses may further enhance these benefits.

Detox, 60/90 minutes - a full body treatment focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, 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.

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

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

Relaxed Feet, 30/60 minutes - 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.

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

THAI MASSAGE, 90 MINUTES

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

HOT STONE MASSAGE, 90 MINUTES

This full body massage uses heated basalt stones to release stress and tension, and increase blood flow to the affected area. The heat from the stones provides the extra relaxation for fatigued and overworked muscles, and has a healing effect on damaged soft tissue. It is also known to promote better sleep.

BALINESE MASSAGE, 60/90 MINUTES

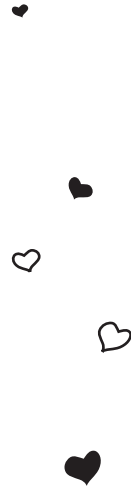
Our Balinese massage uses thumb, palm and forearm pressures with firm strokes, along the meridian lines. Skin rolling and kneading is combined with gentle stretching. The aromatherapy will help stimulate the blood flow and improve energy levels, instilling deep relaxation for the mind and body.

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.*



FACIALS





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 into 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. *Using Subtle Energies.*

SOOTHE & ENRICH ANTIOXIDANT FACIAL, 60/90 MINUTES

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

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. *Using Subtle Energies.*



SIGNATURE ROSE LIFTING DIAMOND, 60 MINUTES

This restorative and ultimate skin lifting facial combines the powers of innovative cosmeceuticals and first press essence from organic Persian roses with an intensely skin toning face and body massage. The treatment begins with a stress-relieving back, neck and shoulder treatment. A deep exfoliation using diamond dust and enzyme peel smoothes and revives. Skin is left feeling instantly refreshed and rejuvenated. *Using The Organic Pharmacy.*

MEN'S FACIAL, 60 MINUTES

Tailored specifically to a man's skin, this organic facial deeply cleanses, refreshes and hydrates. Triple-mask application followed by crystal and acupressure massage decongests and addresses specific concerns whilst toning facial muscles. Feet, hands and scalp massage completes this relaxing skin experience. *Using The Organic Pharmacy.*

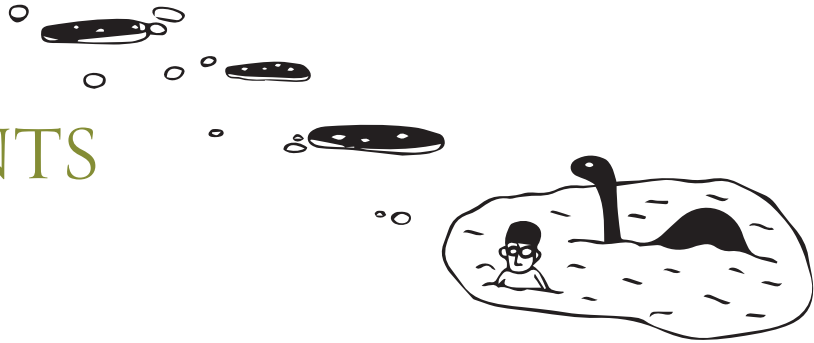
ROSE CRYSTAL LYMPHATIC FACIAL, 60/90 MINUTES

A perfect way to rejuvenate and quench thirsty, urban skin. This indulgent organic facial deeply cleanses, renews and uplifts stagnant energy. A thorough cleanse using antioxidant-rich carrot butter is followed by a purifying rose petal exfoliation. Powerful, triple-mask ritual brightens, decongests and tones face, neck and décolletage. Rose quartz crystals awaken the lymphatic system, and an acupressure massage firms and tones tired facial muscles. A divine massage for feet, hands and scalp completes this heavenly experience. *Using The Organic Pharmacy.*

VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 60 MINUTES

Target age spots, pigmentation, fine lines and uneven skin with this facial combining deep cleansing and fruit acid exfoliation to reveal a brighter, nourished and exceptionally smooth complexion. Drainage massage and a hydrating mask stimulate new skin cells and elasticity, leaving the skin with a rejuvenated glow. *Using The Organic Pharmacy.*

BODY TREATMENTS





SOOTHE AND REPLENISH BODY RESCUE, 75/90 MINUTES

Soothe, nourish and repair the skin with this deeply cooling and hydrating treatment. Ideal for dry, sun exposed or damaged skin. This calming face and body therapy includes a localized application of hydration mask enriched with aloe vera to reduce redness, while its antioxidant properties help fight free radical damage. It concludes with the application of intensive serum and butter to restore skin cells plus an antioxidant facial. *Using Subtle Energies.*

HIMALAYAN ENERGIZING BODY POLISH, 60 MINUTES

Release toxins, stimulate circulation and reduce tension with this invigorating body polish. It uses mineral-rich Himalayan crystal salts with rare Ayurveda Aromatherapy oils and hot compresses, leaving the skin visibly radiant and deeply moisturized. *Using Subtle Energies.*

RASAYANA DETOX BODY WRAP, 75 MINUTES

Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation using essential oils with cinnamon powder and walnut shells. It continues with a mineral-rich clay mask infused with powerful herbs of spiked ginger lily, spirulina and green tea to detoxify the skin. This experience concludes with the application of customized and aromatically infused body butter, lotions or oils to provide intense nourishment, leaving the skin glowing and the body re-energized. *Using Subtle Energies.*

TRIM AND FIT, 60 MINUTES

A duo massage treatment. Green Coffee and Chilli oil is used to heat the body and target problem areas such as hips, thighs, waist & tummy. Cooling body sculpting gel is then massaged into the skin to reduce bloating, stimulate lymph and circulation that drains the body from toxins. The skin appears smoother and more toned. *Using The Organic Pharmacy.*

CLEANSING RITUAL, 90/120 MINUTES

An intense full-body scrub with a stimulating and detoxifying blend of salt, eucalyptus, seaweed and lemon. A cocooning wrap of detoxifying extracts with rare, re-mineralizing fossil mud leaves the skin deeply cleansed and stimulated. Finally, a relaxing head massage eases muscle tension and induces a deep sense of calm. *Using The Organic Pharmacy.*



AYURVEDIC THERAPIES



ABHYANGA, 60/90 MINUTES

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

SHIRODHARA, 60 MINUTES

This stress-releasing treatment, performed by one therapist, 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.

ELAKIZHI, 90 MINUTES

A stimulating and rejuvenating treatment using poultices filled with herbal leaves, powders and spices. Warmed in medicated oils, the poultices are used to massage the entire body to improve circulation and tackle joint pain, muscle cramps and stress.

UDVARTANA, 60 MINUTES

A full body massage using medicinal powders to promote digestion, healthier skin, firmer muscle tone, increased circulation and a breakdown of cellulite.

KATI-VASTI, 60 MINUTES

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti promotes 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.



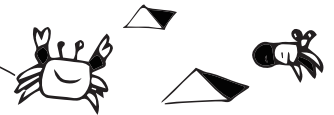
RITUALS

LAAMU KAASHI THEYO, 120 MINUTES ✿

Revive and rehydrate the skin with this soothing body treatment using ingredients from local coconuts. It begins with a body scrub and cocoon followed by a relaxing massage to release tension from the upper back, neck and shoulders.

RELAX TOGETHER, 120 MINUTES ✿

This couples experience starts at The Alchemy Bar where you will each create a unique body scrub and herbal poultice. Your therapist will then tailor your full body scrub and signature massage to incorporate your exotic creations.



RECOVERING TRAVELLER, 90 MINUTES

Help to bring the body into balance and assist with sleeping patterns and energy levels with this customizable jet lag journey. Includes Marma work, lymphatics and a bronze kasa bowl technique to draw out excess heat. Working on the individual needs this treatment can be used to awaken or to help bring about a restful slumber. Assists in releasing any fluid retention and strengthens the immune system after a long flight.

Using Subtle Energies.



BEAUTY



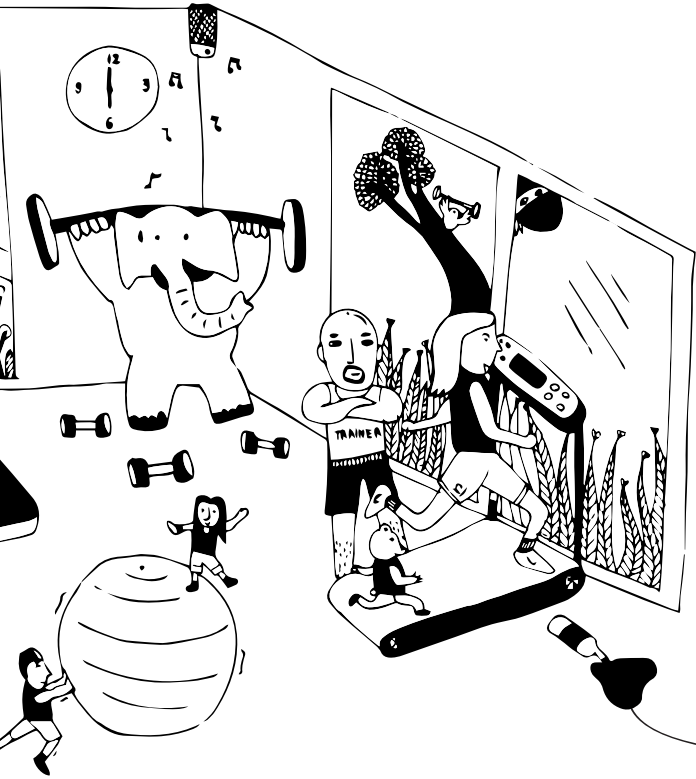
MANICURE, 30/60 MINUTES

PEDICURE, 30/75 MINUTES



WELLNESS AND FITNESS ACTIVITIES





AERIAL YOGA, 60 MINUTES

PRANAYAMA BREATHWORK, 60 MINUTES

YOGA, 60 MINUTES

MINDFULNESS MEDITATION, 60 MINUTES

PERSONAL TRAINING, 60 MINUTES



SPA TO SPAAHH





SPA 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.

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 LAAMU

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Olhuvveli Island, Laamu Atoll, Maldives





KID'S SPA MENU

Kids, it's your turn to spa-kle! As part of Grow With Six Senses we've created a selection of spa treatments especially for you. Take time out from the pool for some funky nail art, fun facials, 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.





BODY MASSAGE, 30/60 MINUTES, USD 55/90

Relaxation is the way to go after a busy day on the beach. Choose your funky shaped unscented oil at spa reception and your therapist will use it in your massage to leave your skin soft and body ready to take on the beach again.

FUN FACIAL, 60 MINUTES/USD 85

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 for keeping healthy, balanced skin at home.

FOOT MAPPING, 45 MINUTES/USD 65

Put your feet up! The feet are maps of the body with each zone relating to an organ or body system. Learn all about these maps as the spa therapist massages your feet.

PRETTY HANDS OR FEET, 30 MINUTES/USD 55

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

PARENT AND CHILD EXPERIENCES, USD 250 per parent and child

MASSAGE AND NAILS, 75 MINUTES

Chill out together! 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 head massage.

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.



PERSONALIZED WELLNESS

DURATION

PRICES/USD

Wellness Screening

60 mins

150

Nutrition

Detox

3 days

1,125 per person/2,400 per couple

5 days

1,770 per person/3,335 per couple

7 days

2,390 per person/4,380 per couple

10 days

3,175 per person/5,160 per couple

Fitness

3 days

1,165 per person/2,275 per couple

5 days

1,740 per person/3,280 per couple

7 days

2,390 per person/4,380 per couple

10 days

3,175 per person/5,160 per couple

Sleep

3 days

1,375 per person/2,690 per couple

5 days

1,975 per person/3,720 per couple

7 days

2,605 per person/4,770 per couple

10 days

3,490 per person/5,670 per couple

Discover Yoga

3 days

1,235 per person/2,420 per couple

5 days

1,790 per person/3,375 per couple

7 days

2,440 per person/4,470 per couple

10 days

3,300 per person/5,370 per couple

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.

TREATMENTS

DURATION/MINUTES

PRICES/USD

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue Massage</i>	60/90	185/220
<i>Detox Massage</i>	60/90	185/220
<i>Holistic Massage</i>	60/90	160/195
<i>Movement Restoration</i>	90	220
<i>Tension Soother</i>	30/60	100/155
<i>Head Massage</i>	30/60	100/155
<i>Relaxed Feet</i>	30/60	100/155
<i>Pregnancy Massage</i>	90	195
Thai Massage	90	220
Hot Stone Massage	90	220
Balinese Massage	60/90	185/220
Blissful Marma Massage	60/90	210/250

FACIALS

24K Gold Age-Defying Facial	60/90	220/250
Soothe And Enrich Advanced Antioxidant Facial	60/90	160/185
Wild Kashmir	30/60	100/160
Signature Rose Lifting Diamond	60	240
Men's Facial	60	240
Rose Crystal Lymphatic Facial	60/90	240/275
Vitamin C And Papaya Enzyme Peel Facial	60	240

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.





TREATMENTS

DURATION/MINUTES

PRICES/USD

BODY TREATMENTS

Soothe And Replenish Body Rescue	75/90	220/250
Himalayan Energizing Body Polish	60	180
Rasayana Detox Body Wrap	75	220
Trim And Fit	60	200
Cleansing Ritual	90/120	250/300

AYURVEDIC THERAPIES

Abhyanga	60/90	210/250
Shirodhara	60	220
Ayurvedic Experience	90	300
Elakizhi	90	280
Udvaartana	60	210
Kati-Vasti	60	190

RITUALS

Laamu Kaashi Theyo	120	295
Relax Together	120	330 per person
Recovering Traveller	90	260

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.

TREATMENTS

DURATION/MINUTES

PRICES/USD

BEAUTY

Manicure	30/60	65/100
Pedicure	30/75	85/130

WELLNESS AND FITNESS ACTIVITIES

Aerial Yoga	60	85
Yoga	60	85
Pranayama Breathwork	60	85
Mindfulness Meditation	60	85
Personal Training	60	85

Prices are subject to an additional 10 percent Service Charge and 16 percent GST.

