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SIX SENSES SPA
PUNTA CANA

SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.



MASSAGES



SIX SENSES SIGNATURE MASSAGES

Movement Restoration, 50/80 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.

Detox, 50 minutes - An energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicon 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.

Holistic, 50/80 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.

Deep Tissue, 50/80 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 triggers points with gentle pressure and release techniques. Silicone cups, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

Tension Soother, 50/80 minutes - A reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Relaxed Feet, 25/50 minutes - Restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

Head Massage, 25/50 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.

PUNTA CANA SIGNATURE MASSAGE, 50/80 MINUTES ✿

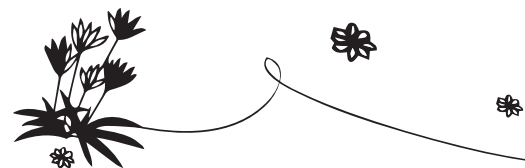
This moisturizing medium pressure massage uses coconut oil from local coconuts. Ideal before sunbathing.

THAI MASSAGE, 50/80 MINUTES

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

HOT STONE MASSAGE, 80 MINUTES

A Tibetan full body and face treatment using basalt stones to massage away muscle tension, remove blockages and eliminate stress.



FACIALS
BODY TREATMENTS



ROSE CRYSTAL LYMPHATIC FACIAL, 50/80 MINUTES

A deep cleansing facial followed by the application of three masks to decongest, brighten and hydrate the skin. It continues with lymphatic drainage and acupressure massage to firm and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes a deep sense of relaxation, leaving the skin fresh and glowing. *Using The Organic Pharmacy.*

VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 50 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.*

PURIFYING FACIAL, 50/80 MINUTES

Deep clean and brighten the skin to reveal clearer, fresher and renewed skin. This cleansing and hydrating facial includes two clay masks and a deep cleanse to remove dead cells, pollution and dull skin. *Using The Organic Pharmacy.*

PURE OXYGEN ANTIOXIDANT FACIAL, 80 MINUTES

Firm, tone and revitalize the skin with this intensive treatment targeting wrinkles and fine lines. It redefines the facial contour, leaving the skin noticeably radiant and glowing

Recommended as an add-on treatment:

PURE OXYGEN BOOST, 15 MINUTES



DETOX CLEANSING RITUAL, 80 MINUTES

Regulate fat metabolism in the body with an intense full-body scrub with a stimulating and detoxifying blend of salt, seaweed and lemon. It continues with a potent wrap of seaweed and eucalyptus with rare fossil mud, leaving the skin deeply enveloped, cleansed and stimulated. *Using The Organic Pharmacy.*

GREEN COFFEE BODY SCULPTING, 50 MINUTES

Reduce puffiness, bloating and improve circulation for a firmer and slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment starts with dry skin brushing followed by the thermogenic salon-strength chili and coffee oil massage to help break down fat cells. Stimulate the circulation and metabolism with a final application of Resculpting Body Gel. *Using The Organic Pharmacy.*

ROSE RENEWAL, 80 MINUTES

A rejuvenating treatment including a salt scrub and purifying wrap that envelopes the body with the nourishing essences of rose and jasmine for the perfect balance. *Using The Organic Pharmacy.*

ANTI-OXIDANT ORGANIC COCOA AND SUGAR CANE BODY TREATMENT, 80 MINUTES ✿

A tropical treatment using a unique blend of Caribbean sugarcane combined with indigenous pure coconut oil to exfoliate the skin, leaving it naturally silky smooth. It concludes with an organic cocoa and honey mask rich in antioxidants to help rejuvenate the entire body.

SIX SENSES SIGNATURE SCRUBS, 30 MINUTES

Calming - This jojoba scrub, infused with lavender essences, is ideal for sensitive skin.

Clarity - Ideal for combination and oily skin, this scrub uses crushed coconut shell with lemongrass essence.

Vitality - This rice grain scrub infused with white tea essence is ideal for all skin types.



RITUALS



BEAUTY, 4 HOURS

*Steam Bath
Body Scrub
Puntacana Signature Massage
Classic Facial
Manicure and Pedicure*

ENERGIZER, 110 MINUTES

*Body Scrub
Tension Soother
Relaxed Feet*

ROMANCE JOURNEY, 2 HOURS 50 MINUTES

*Steam Bath
Holistic Massage
Vitamin C and Papaya Enzyme Peel Facial
Spa Refreshment*

SENSE OF YOGA, THREE DAYS

*Private Hatha Yoga
Yin Yoga
Thai Massage*

SENSORY SPA JOURNEY, 80 MINUTES

Two therapists perform a cleansing facial ritual and body aroma massage in unique synchronicity for this deeply relaxing signature experience, complimented with a soothing footbath and scalp massage to induce a deep sense of calm.

BEAUTY
FITNESS



PERFECT POLISH MANICURE, 25 MINUTES

PERFECT POLISH DELUXE MANICURE,
50 MINUTES

PERFECT POLISH PEDICURE, 25 MINUTES

PERFECT POLISH DELUXE PEDICURE,
50 MINUTES

Waxing services on request

GROUP YOGA, 75 MINUTES
(ADVANCED RESERVATION REQUIRED)

PRIVATE YOGA, 60 MINUTES

SEMI-PRIVATE YOGA, 60 MINUTES (2 – 4 PEOPLE)

PRIVATE GROUP YOGA, 60 MINUTES (5+ PEOPLE)



SPA ETIQUETTE



SPA OPENING HOURS

Daily: 9:00 am to 8:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please dial 93-2206 from your villa or call +1 809 959 7772. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your villa before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

We recommend booking the steam and experience shower, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

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 Gallery.

PAYMENT

All treatments will be charged to your villa and will appear on your account at the time of departure from the resort. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.





SIX SENSES SPA AT PUNTACANA RESORT & CLUB

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