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Services sur mesure
Expertise unique

LITTLE GUEST

présente

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familiales sont sur
www.littleguestcollection.com

SIX SENSES SPA

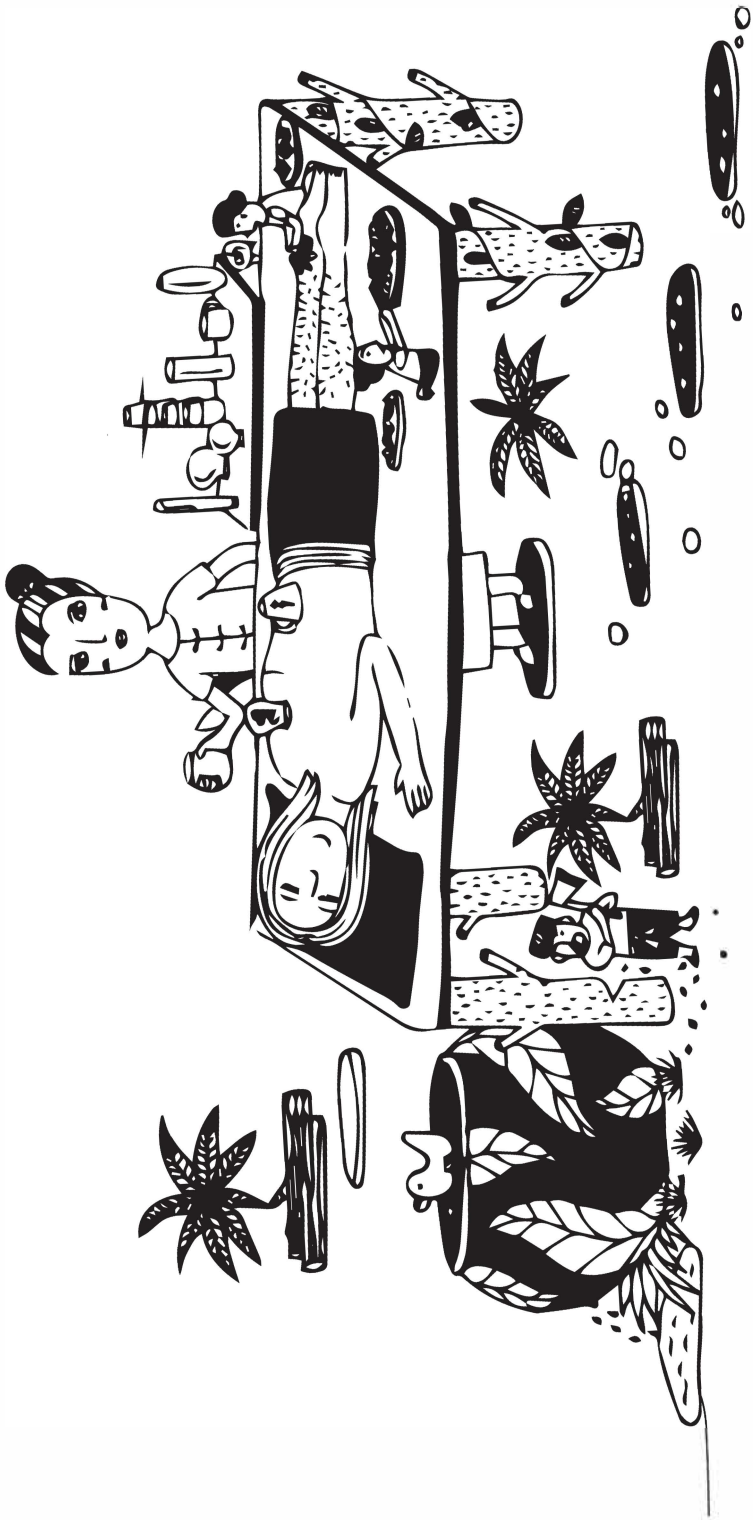
KOH KOOD

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:

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.

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.

Detox, 60 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

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.

Tension Soother, 30/60 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.

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.

Relaxed Feet, 30/60 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.

ORIENTAL MASSAGE, 60/90 MINUTES ❊

A stress relieving treatment combining a full body massage with acupressure and stretching techniques.

THAI MASSAGE, 60/90/120 MINUTES ❊

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

THAI HERBAL MASSAGE, 90 MINUTES ❊

A full body massage using warm poultices which contain local ingredients such as plai, ginger, turmeric and lemongrass. These are applied to specific pressure points, using gentle and rolling movements, to condition skin and induce a sense of well-being.

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.*

❊ Locally-inspired

FACIALS
BODY TREATMENTS
WELLNESS THERAPIES

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.*

THAI SILK FACIAL, 60 MINUTES ❋

This anti-aging facial uses natural silk cocoons to firm and tone the skin. Originating from North Thailand, the cocoons contain 12 amino acids which improve skin elasticity, reduce the appearance of wrinkles and repair sun-damaged skin.

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.*

❋ Locally-inspired

MUKHA CHIKITSA, 60/90 MINUTES

Purify, hydrate and nourish the skin with this holistic facial treatment, using a blend of rare ingredients such as mogra (fragrant flower of South Asia), saffron and rose with anti-aging and relaxing properties enjoyed by the nobility of ancient India and Persia. An aromatic hand and arm ritual is followed by a complete facial cleanse and exfoliation. The treatment includes a hydrating oil mask, together with a deep facial marma massage to rejuvenate on a physical, mental and emotional level. *Using Subtle Energies.*

EXPRESS FACIAL, 30 MINUTES

A cleansing and exfoliating treatment followed by a face mask. Choose from: Nourishing, Purifying or Sensitive Mask.

COCONUT BODY SCRUB, 45 MINUTES ❊

Reveal softer and smoother skin with this natural body scrub using a crushed coconut shell with coconut oil.

DETOXIFYING COFFEE SCRUB, 45 MINUTES ❊

This invigorating scrub is gentle yet effective skin treatment. It uses coffee granules with coconut oil to expel impurities whilst encouraging healthy cell renewal.

DETOXIFYING COFFEE BODY WRAP, 75 MINUTES ❊

This purifying body wrap uses crushed coconut shell and coffee blended with coconut oil to detoxify and firm the skin. It is followed by a green clay mask to deeply moisturize and nourish.

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. It includes foot acupressure or scalp massage.

Are you sure?

YOGIC INTESTINAL CLEANSE, 60 MINUTES

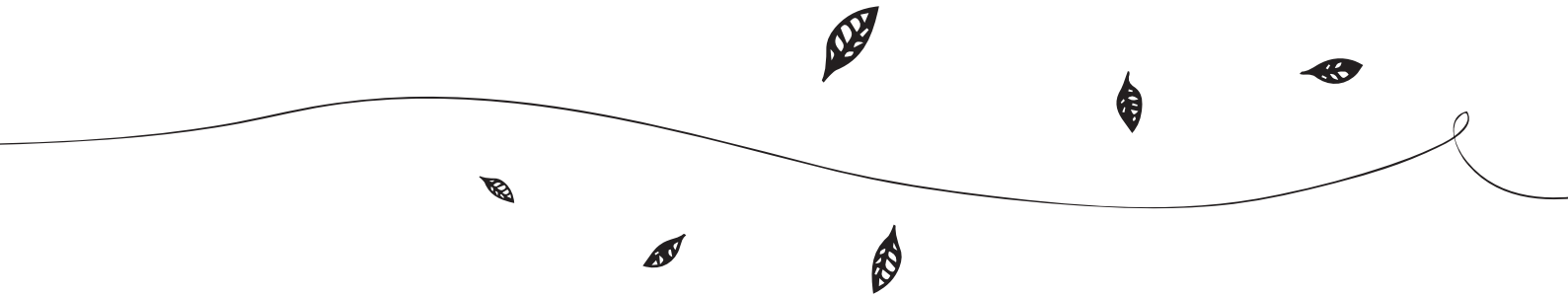
Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five specific yoga postures with the drinking of six to eight glasses of lightly salted water.

WATSU, 60 MINUTES

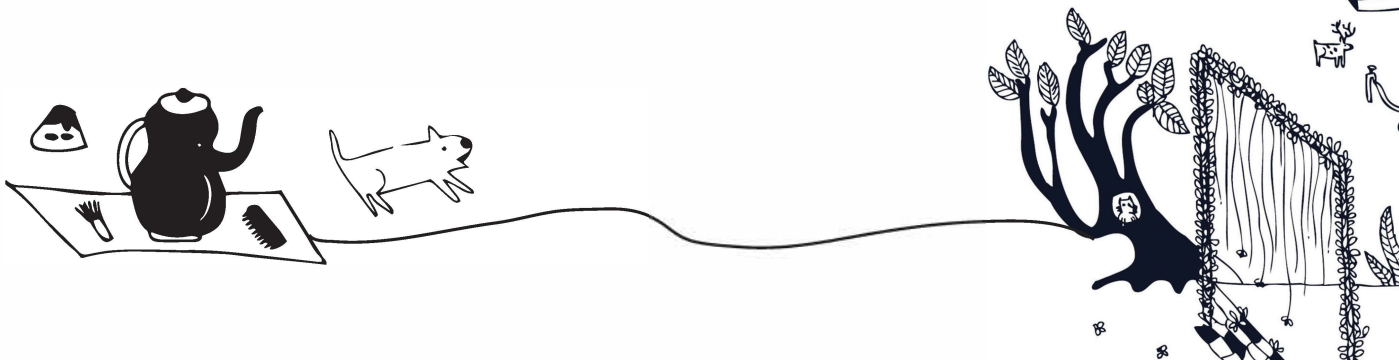
A profoundly moving and relaxing aquatic therapy, combining therapeutic benefits of warm water with elements of muscle stretching, shiatsu, yoga and meditation.

JET LAG RECOVERY, 90MINUTES

This rebalancing massage revives circulation, releases muscle tension and resets the internal clock with an exclusive blend of aromatherapy oils, followed by a heated fresh Thai herbal bag to improve the flow of energy and an eye and foot mask.



AYURVEDA RITUALS



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ABHYANGA, 60 MINUTES

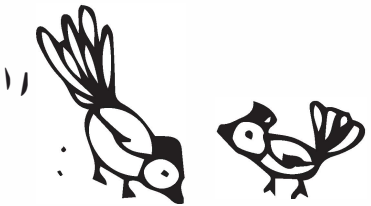
This popular Ayurvedic body massage, also known as 'four-handed massage' reduces the signs of aging, relieves fatigue, induces sleep, and strengthens the skin and the immune system.

KATI VASTI, 45 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.

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

Abhyanga
Shirodhara

PURITI DETOX, 3 DAYS

Set off on a path towards a healthier lifestyle with a three-day detox program combining specialist treatments with wellness cuisine and cleansing juices, Thai herbal supplements, fitness and yoga.
Bookings are required one day prior to the desired start date.

ROMANCE JOURNEY, 120 MINUTES

Thai Herbal Steam
Six Senses Signature Massage
Personalized Facial
Six Senses product to take home

SENSORY SPA JOURNEY, 90 MINUTES

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

BEAUTY/ FITNESS & WELLNESS ACTIVITIES

NAIL POLISH APPLICATION, 30 MINUTES

MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

Waxing, eyebrow shaping and hair services are available on request.

PERSONAL FITNESS TRAINING, 60 MINUTES

FIT BALL DETOX, 60 MINUTES

FLYING YOGA, 45 MINUTES

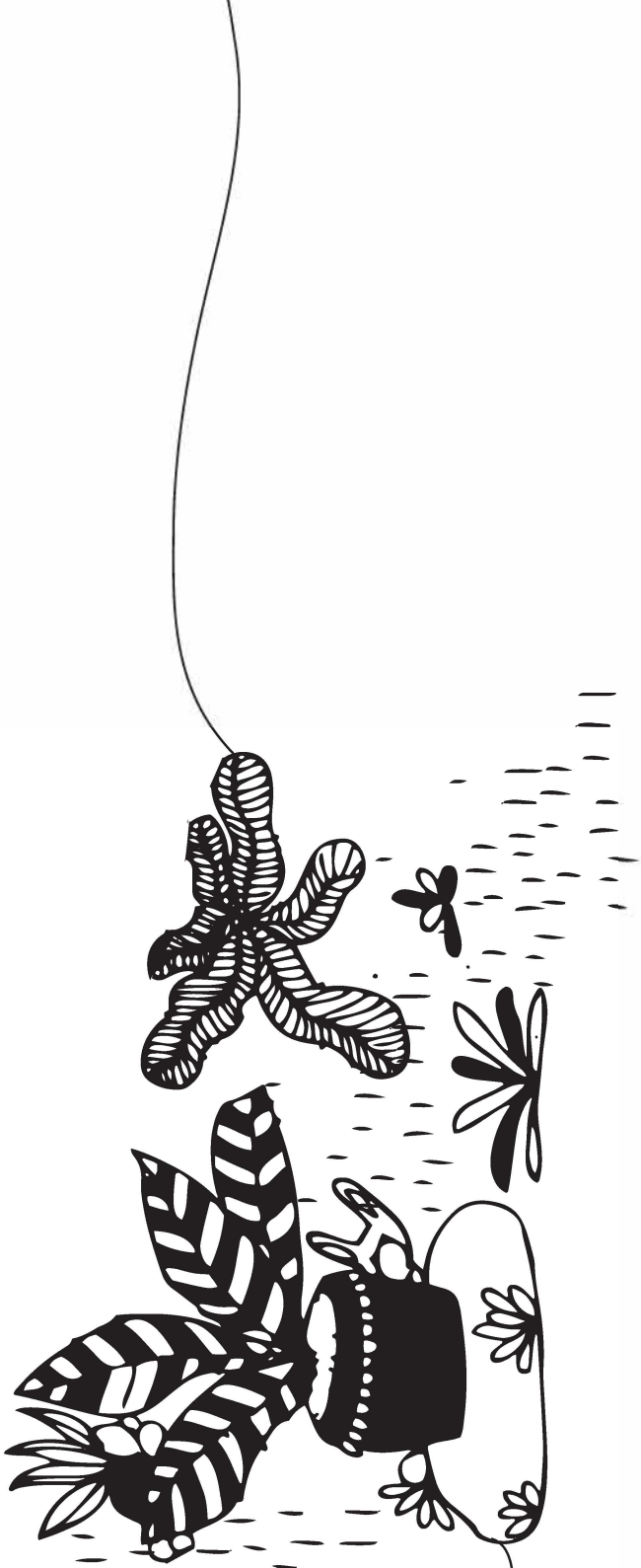
YOGA, 60 MINUTES

PILATES, 60 MINUTES

SIX SENSES MEDITATION, 45 MINUTES

YOGA NIDRA MEDITATION, 45 MINUTES

SPA ETIQUETTE



SPA ETIQUETTE

SPA OPENING HOURS
Daily 9:00 am to 9:00 pm

SPA RESERVATIONS
For spa enquiries or reservations, please dial ext. 7803 on the phone in your villa. 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 using the sauna and steam, 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 lifestyle consultation 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 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 Gallery.

PAYMENT

For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 16 years old must be accompanied by an adult when using gym equipment.

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