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SIX SENSES SPA

ZIGHY BAY

WELLNESS AND SPA MENU

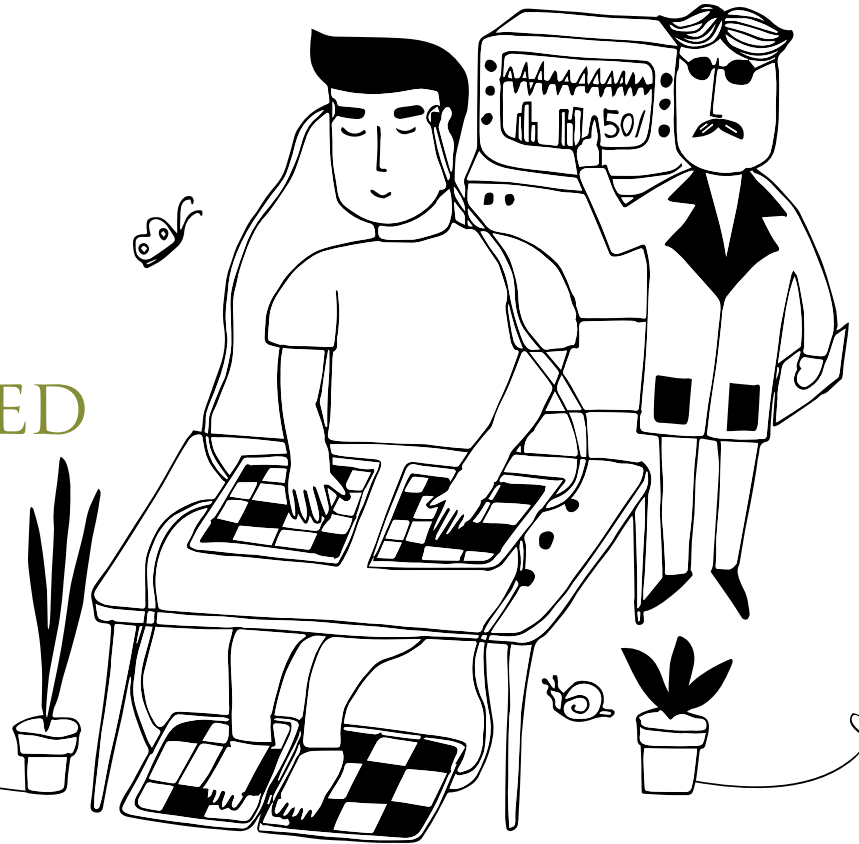
Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

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.



PERSONALIZED WELLNESS



WELLNESS SCREENING, 45 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

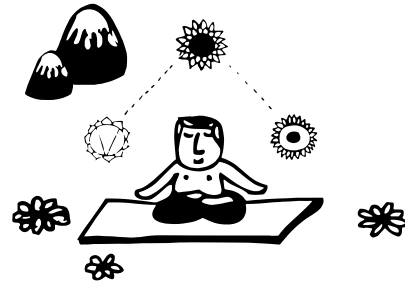
Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity?

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 not sure about any of the above programs our team of wellness experts will be happy to design a personalized program based on your needs.



BOOST YOUR IMMUNITY

This one-day spa takeover is a great immunity reboot if you're feeling sluggish, sniffly or fatigued from a stressful few months or long-haul flight.

LOVE YOUR HEART

This is a day of reflection, letting go of old baggage, setting a new purpose and learning how to connect with your heart and true purpose to find greater zest for life and meaning.

MIND YOUR BRAIN

A one-day program to help you care for and improve the state of your brain and how it works through ancient practices from yoga and meditation and modern biohacks including brain games, developmental drawings and binaural beats





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, trigger 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.

Detox, 60/90 minutes - an energizing massage focusing on the areas between 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.

Energizer, 60/90 minutes - a reviving upper body massage to relieve muscle 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.

Oriental, 60/90 minutes - a stress-relieving treatment combining a full body massage with acupressure and stretching techniques.

HOT STONE MASSAGE, 90 MINUTES

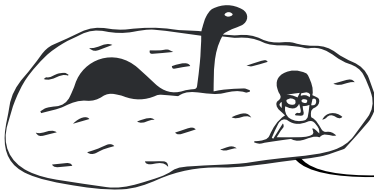
A Tibetan full body and face treatment using basalt stones to massage away muscle tension, remove blockages and eliminate stress.

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 HERBAL MASSAGE, 60/90 MINUTES

A full body massage using warm poultices applied to specific pressure points to condition skin and induce a sense of well-being.



THAI MASSAGE, 60/90 MINUTES

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

INDIAN HEAD MASSAGE, 60 MINUTES

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp, and induces a deep sense of calm.

PADABHYANG, 75 MINUTES

An energizing foot and leg treatment that is ideal for relieving jetlag, improving circulation and de-stressing after traveling. It includes a foot ritual, a signature massage and a bronze kasa bowl technique to stimulate marma points using unique oil blends. Hot compresses and the application of double cream or lotions complete this treatment. *Using Subtle Energies.*

BAMBOO MASSAGE, 90 MINUTES

Relieve tension in the back, neck, shoulders and legs with this deep pressure massage using bamboo.

FOOT ACUPRESSURE, 60 MINUTES

This deeply relaxing treatment involves the application of pressure to reflex points on the feet helping to restore the body to a healthy balance.

JET LAG RECOVERY, 90 MINUTES

This re-balancing treatment revives circulation, releases muscle tension and resets the internal clock by combining a full body massage with exclusively blended aromatherapy oils, with a head massage and a Six Senses herbal tea.

FACIALS



ARABIAN FACIAL, 60 MINUTES

Cleanse and refresh the skin with this locally-inspired facial, using natural ingredients such as figs, almond powder and warm honey. A hair mask and scalp massage complete this experience. Ideal for all skin types.

**AYURVEDA AROMMATHERAPY -
MUKHA CHIKITSA, 75 MINUTES**

Purify, hydrate and nourish the skin with this holistic facial treatment, which uses 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

COLLAGEN FACIAL, 60 MINUTES

This intensively hydrating facial tones and plumps the skin, reduces the appearance of fine lines and wrinkles, and boosts the regeneration of new cells. It leaves the skin looking youthful and with luminous glow. Ideal for all skin types. *Using Margy's.*

GENTLEMAN'S FACIAL, 60 MINUTES

Deeply cleanses and hydrates the skin, whilst combating the signs of aging brought on by stress.

MEN'S FUEL FACIAL, 60 MINUTES

Delay the signs of aging with this nourishing facial, which protects the skin against environmental effects and demanding daily routines. *Using Margy's.*



**MEN'S FUEL FACIAL PLUS HAIR HYDRATION,
90 MINUTES**

Delay the signs of aging with this nourishing facial, which protects the skin against environmental effects and demanding daily routines. *Using Margy's.*

Add on for Margy's Men's Fuel Facial only:
Hair Hydration Treatment

**PRESTIGE COLLAGEN FACIAL,
90 MINUTES**

Hydrate the skin, plump fine lines and wrinkles with this anti-oxidant treatment combining a trio of hyaluronic acid, marine extracts and collagen masks with specialist manual techniques, leaving the skin visibly refreshed and with a radiant glow. *Using Margy's*

**ROSE CRYSTAL LYMPHATIC FACIAL,
60/90 MINUTES**

The ultimate signature experience starting with deep cleansing and 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 deep sense of relaxation, leaving the skin fresh and glowing. *Using The Organic Pharmacy.*

SIX SENSES SIGNATURE FACIALS, 60/90 MINUTES

Choose from:

Nourishing - moisturizes and improves skin tone and elasticity. *Beneficial for dry or maturing skin.*

Purifying - a deep-cleansing facial ideal for eliminating blocked pores and skin blemishes.

Soothing - calms sensitive and irritated skin with soothing plant extracts and flower essence's.



SKIN SOLUTIONS ACNE FACIAL, 60 MINUTES

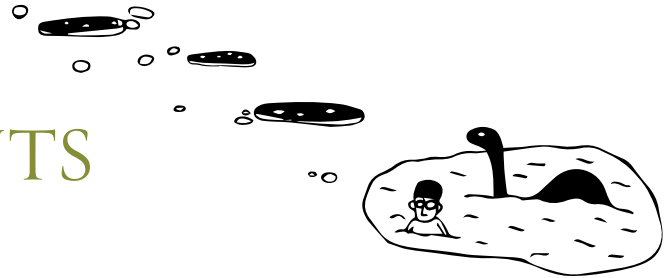
Decongest the pores and restore balance to acneic skin with this custom blended facial. It includes deep cleansing, exfoliation, lymphatic drainage and three personalized masks, leaving the skin looking fresh, luminous and revitalized. *Using The Organic Pharmacy.*

VITAMIN C & PAPAYA ENZYME PEEL, 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 rejuvenated glow. *Using The Organic Pharmacy.*



BODY TREATMENTS





DETOX CLEANSING RITUAL, 90 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, 60 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.*

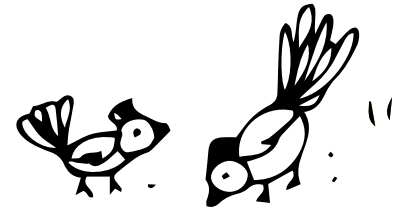
SIX SENSES SIGNATURE SCRUBS, 60 MINUTES

Choose from:

***Calming** - this jojoba scrub, infused with Roman chamomile and lavender essences, is ideal for sensitive skin.*

***Clarity** - ideal for combination and oily skin, this scrub uses crushed coconut shell with orange and rosemary essences.*

***Vitality** - this rice grain scrub infused with ylang-ylang and patchouli essences is ideal for all skin types.*



SIX SENSES SIGNATURE WRAPS, 90 MINUTES

Choose from:

Body Refiner - ideal for sensitive skin, this gentle wrap uses jojoba and white clay to exfoliate the skin and a richly scented moisturizer to replenish essential moisture.

Body Toner - a balancing wrap using ground jasmine and rice to exfoliate the skin. Pink clay and uplifting plant essences, blended with peppermint and lemon firm the skin while improving circulation.

Detoxifier - ideal after long periods of traveling, this treatment involves skin exfoliation with crushed coconut shell, followed by the application of green clay to expel impurities.



WELLNESS
THERAPIES



INTENSIVE HAMMAM TREATMENT, 90 MINUTES

Rejuvenate the body and mind with this combination of a traditional Moroccan bath and Margy's products. Margy's body scrub is detoxifying and ideal for cellulite; while the argan rassoul enhances skin tone, leaving it glowing and silky smooth. This treatment includes a signature Margy's facial massage with an extra rich firming mask and completes with a face lift collagen mask. *Using Margy's.*

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.*



RITUALS





ZIGHY BAY “WOW” EXPERIENCE, 4 HOURS

Begin your Arabian journey with a Wellness Screening before creating a personalized scrub in our Alchemy Bar. You'll then enjoy a private meditation or yoga session, followed by a full-body exfoliation, a herbal poultice massage using freshly dried herbs from our garden, and ends with a refreshing cup of Omani coffee/tea. Immerse yourself further by soaking in a hand-drawn bath in the privacy of your villa, prepared using nourishing bath amenities crafted by the spa.

WONDERS OF OMAN, 3 HOURS

This locally-inspired cleansing journey begins with a warm sea-salt bath with fresh mint and a body scrub made from local nourishing dates, honey and almond powder. It continues with the Arabian Body Rasul which has slimming and purifying properties to leave the skin revitalized, then concludes with a draining massage.

APHRODITE BATH, TWO PEOPLE

Slip into the scented waters as the goddess of love and essence of ylang ylang unite. Chilled sparkling wine and dark chocolate delights are served to enhance the mood.

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.

SIX SENSES DETOXIFYING BATH, ONE OR TWO PEOPLE

A detoxifying bath of lemongrass, cedar wood and geranium served with a detoxifying juice.



ZIGHY BEAUTY, 3 HOURS 30 MINUTES

Scalp Massage including the application of nutrient-rich hair oil:

Signature Massage

Signature Facial

Manicure

Pedicure

ZIGHY DE-STRESS, 3 HOURS

Sensory Hot Stone Massage

Scalp Massage

Aromatherapy Bath

ZIGHY DETOXIFIER, 4 HOURS

Detox Bath with fragrances of lemongrass, cedar wood and geranium:

Detox Scrub and Wrap

Detox Massage

Foot Acupressure

Tonic spa juice

ZIGHY ENERGIZER, 3 HOURS

Signature Scrub

Energizer Massage

Personalized Yoga Session

ZIGHY ROMANCE,

2 HOURS 30 MINUTES FOR 2 PEOPLE

Aphrodite Bath

Signature Massage

Signature Facial

Sparkling Wine and Chocolate



BEAUTY



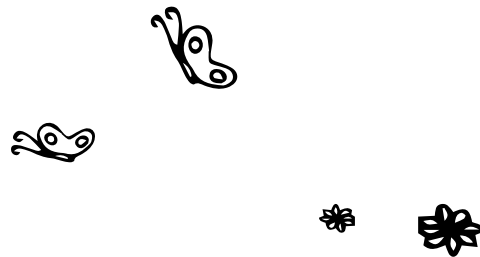


HAIR HYDRATION, 60 MINUTES

Rehydrate hair and scalp with this relaxing treatment combining a scalp massage with nutrient-rich oil and a Shea butter hair mask.

MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

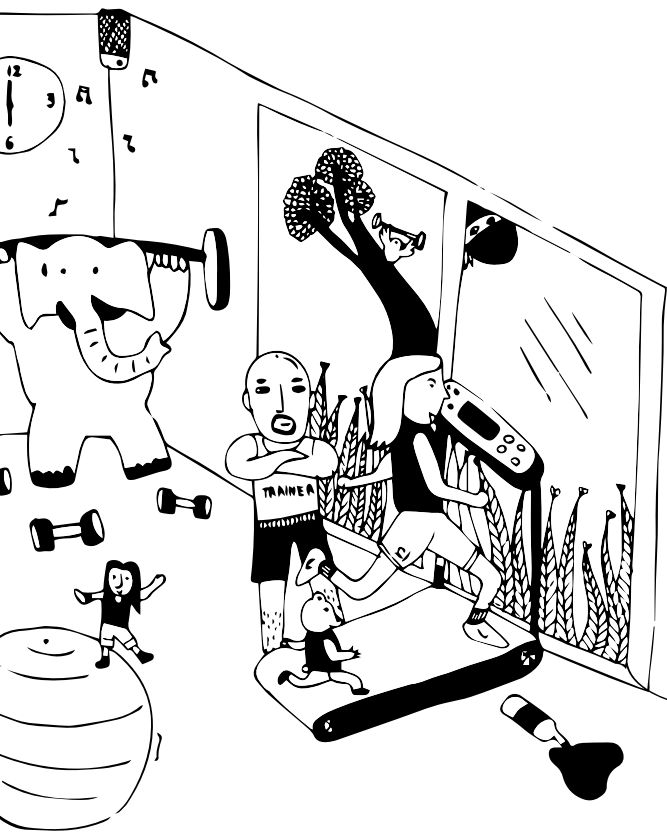


FITNESS



PERSONAL TRAINING, 30/60/90 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility.



SPA ETIQUETTE





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.

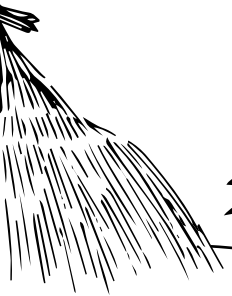
PAYMENT

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

SPA AND WELLNESS MENU PRICELIST



WELLNESS PROGRAMS

DURATION

PRICE/OMR

SLEEP

3 nights	450 per person 900 per couple
5 nights	685 per person 1,369 per couple
7 nights	962 per person 1,924 per couple

DISCOVER YOGA

3 nights	192 per person 381 per couple
5 nights	327 per person 654 per couple
7 nights	537 per person 1,073 per couple

FITNESS

3 nights	210 per person 420 per couple
5 nights	420 per person 839 per couple
7 nights	537 per person 1,073 per couple

All above prices are inclusive of services charges and taxes (as applicable in Sultanate of Oman).

WELLNESS PROGRAMS

DURATION

PRICE/OMR

DETOX

3 nights	506 per person 1,010 per couple
5 nights	722 per person 1,443 per couple
7 nights	1,024 per person 2,047 per couple

WEIGHT MANAGEMENT

3 nights	420 per person 839 per couple
5 nights	796 per person 1,591 per couple
7 nights	1,128 per person 2,256 per couple

BOOST YOUR IMMUNITY

1 night	241
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MIND YOUR BRAIN

1 night	136
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LOVE YOUR HEART

1 night	111
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All above prices are inclusive of services charges and taxes (as applicable in Sultanate of Oman).





TREATMENT	DURATION/MINUTES	PRICE/OMR
MASSAGES		
Ayurveda Aromatherapy - Padabyanga	75	87
Balinese Massage	60/90	74/99
Bamboo Massage	90	99
Foot Accupressure	60	68
Hot Stone Massage	90	105
Indian Head Massage	60	68
Jet Lag Recovery	90	93
Six Senses Signature Massages:		
<i>Deep Tissue/Detox/Energising/Holistic/Oriental</i>	60/90	68/93
Thai Herbal Massage	90	105
Thai Massage	60/90	81/99
FACIALS		
Arabian Facial	60	68
Mukha Chikitsa	75	93
Collagen's Facial Margys	60	171
Gentlement's Facial	60	84
Men's Fuel Facial Margy's	60	118
Men's Fuel Facial Plus Hair hydration Margy's	90	136
Prestige Collagen Facial	90	208
Rose Crystal Lymphatic Facial	60/90	87/105
Six Senses Signature Facial:		
<i>Nourishing/Purifying/Soothing Facial</i>	60/90	68/93
Skin Solution Facial	60	87
Vitamin C Papaya Enzyme Peel Facial	60	87

All above prices are inclusive of services charges and taxes (as applicable in Sultanate of Oman).

TREATMENT	DURATION/MINUTES	PRICE/OMR
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BODY TREATMENTS

Detox Cleansing Ritual	90	105
Green Coffee Body Sculpting	60	81
Six Senses Signature Scrubs: <i>Calming/Clarity/Vitality</i>	60	58
Six Senses Signature Wraps: <i>Body Refiner/Body Toner/Detoxifier</i>	90	93

WELLNESS THERAPIES

Intensive Hammam Treatment	90	210
Royal Moroccan Hammam	90	118
Traditional Moroccan Hammam	60	81

RITUALS

Aphrodite Bath		50
Sensory Spa Journey	90	142
Six Senses Detoxifying Bath		31
Zighy Beauty	3 hrs 30 mins	179
Zighy De-stress	3 hrs	142
Zighy Detoxifier	4 hrs	192
Zighy Energizer	3 hrs	155
Zighy Romance	2 hrs 30 mins	315
Wonder of Oman	3 hrs	155
Zighy Bay "WOW" Experience	4 hrs	148

All above prices are inclusive of services charges and taxes (as applicable in Sultanate of Oman).





TREATMENT

DURATION/MINUTES

PRICE/OMR

BEAUTY

Hair Hydration	60	56
Manicure	60	44
Pedicure	60	50

FITNESS

Personal Fitness	30/60/90	40/52/77
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All above prices are inclusive of services charges and taxes (as applicable in Sultanate of Oman).

SIX SENSES SPA ZIGHY BAY

T +968 2673 5555 E reservations-zighy-spa@sixsenses.com

P.O. Box 212, Dibba-Musandam, PC 800, Oman

