

SIX SENSES SPA LAAMU

T +960 680 0800 E rec-laamu-spa@sixsenses.com

Olhuveli Island, Laamu Atoll, Maldives



SIX SENSES SPA

LAAMU

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 BODY TREATMENTS



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.

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.



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.

LAAMU BALINESE BLISS, 120 MINUTES ✿

A Balinese-inspired massage using coconut oil is followed by the application of a warm wrap made of ginger, cloves and nutmeg, and a relaxing head massage. A cucumber conditioner is then applied to cool and refresh the skin making it feel smooth and hydrated.

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, shoulder and neck.

NATURAL SUNBURN SOOTHER, 60 MINUTES

A calming and soothing treatment to moisturize and stimulate new cell growth, including foot acupressure or scalp massage.

SOOTHE AND REPLENISH BODY RESCUE, 75/90 MINUTES

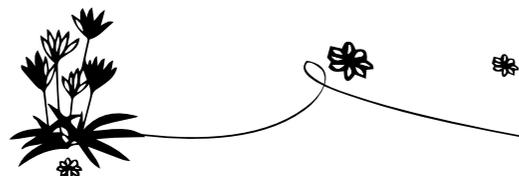
Soothe, nourish and repair the skin with this deeply cooling and hydrating treatment. Ideal for dry, sun-exposed or damaged skin, this calming face and body therapy includes a localized application of hydration mask enriched with aloe vera to reduce redness, while its antioxidant properties help fight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

RASAYANA DETOX BODY WRAP, 90 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.*

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.*



FACIALS AYURVEDA



MUKHA CHIKITSA, 60 MINUTES

Purify, hydrate and nourish the skin with this holistic facial treatment, which uses a blend of rare ingredients such as mogra (frangrant 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.

LAAMU CHAALU, 60 MINUTES ✿

Improve skin suppleness and promote hydration with this healing and nourishing facial, using fresh local ingredients applied with gentle and skillful strokes.

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.*

WILD KASHMIR PURIFYING FACIAL, 60 MINUTES

Optimize your well-being and replenish the skin with renewed freshness with this detoxifying facial, using wild turmeric to purify and exotic Kashmir lavender to soothe and restore. Ideal for tired, congested and stressed skin, toxins will be eliminated through a double cleanse, exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts. Ideal for acne prone and teenage skin. *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.*





AYURVEDIC LIFESTYLE CONSULTATION, 30 MINUTES

A personal consultation with an in-house Ayurvedic practitioner to determine your constitution or 'dosha' type, including treatment advice.

ABHYANGA, 60/90 MINUTES

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

ELAKIZHI, 60/90 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.

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.

PIZHICHIL, 90 MINUTES

This nourishing treatment strengthens immunity, increases flexibility and calms the mind by combining a rhythmic massage with the constant flow of warm medicated oils over the whole body.

PODIKIZHI, 90 MINUTES

Reduce swelling, discomfort and stiffness with this highly effective treatment using warm compresses filled with medicated powder applied to areas of concern. Recommended for treatment of backache and general joint disorders.

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.

UDVARTANA, 90 MINUTES

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



WELLNESS THERAPIES



ABHYANG FUSION, 60/90 MINUTES

Calming, detoxifying and rejuvenating, this full body treatment expertly merges Ayurveda, Aromatherapy, marma massage, reflexology, remedial techniques, lymphatic drainage and chakra balancing. Using rich aromatic blends, this treatment is recommended for detoxification, better sleep, strengthening of muscles and joints, reducing the signs of cellulite or as a jetlag relief. *Using Subtle Energies.*

WELLNESS SCREENING, 60 MINUTES

A personal consultation during which a wellness expert measures key physiological biomarkers of health, including body composition, metabolism, oxygen distribution, heart function and circulation, as well as stress parameters. Based on the results, a wellness program is prepared to your specific needs.

JET LAG RECOVERY, 90 MINUTES

This re-balancing journey combines a full body massage using specially blended oils and a relaxing foot treatment with an eye-lifting mask and head massage to release tension, revive circulation and reset the internal clock. *Recommended after traveling.*

RITUALS



**A GENTLEMAN'S JOURNEY,
2 HOURS 30 MINUTES**

Ideal for the active type or the constant traveler, this personalized journey rejuvenates the body, boosts immunity and brings back that healthy glow. It begins with an invigorating zesty body polish and continues with a full body detox massage, to help relieve adrenal fatigue. It concludes with a hydrating facial to cleanse and balance the skin. *Using Subtle Energies.*

SLEEP WELL JOURNEY, 120 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.*

BEAUTY



EXPRESS MANICURE, 30 MINUTES

EXPRESS PEDICURE, 30 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

SPA MANICURE, 60 MINUTES

SPA PEDICURE, 75 MINUTES

Waxing and eyebrow shaping are available on request.

SPA ETIQUETTE



SPA OPENING HOURS

Saturday to Thursday 9:00 am to 9:00 pm
Friday 9:00 am to 6:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please dial the spa button as marked on your telephone display or ask your GEM for assistance. 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 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 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 Boutique.

PAYMENT

All treatments will be charged to your villa and will appear on your account at the time of departure from the resort.

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.

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.





WELLNESS AND FITNESS ACTIVITIES

AERIAL YOGA, 60 MINUTES/USD 85

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.

HATHA YOGA, 60 MINUTES/USD 85, COUPLES/USD 120, FAMILIES (TWO ADULTS AND TWO KIDS)/USD 180

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. Practitioners can expect to learn how the body engages in each posture, while the yoga master guides the awareness to specific areas and aspects of the practice to enhance the body's natural intuition.

PRANAYAMA, 45 MINUTES/USD 50

Pranayama (breathing exercise) utilizes breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and minimizing the thought process. You will learn more about the art of breathing and how to implement it in your daily life.

YOGA NIDRA, 45 MINUTES/USD 50

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.

The above wellness classes are also available for couples and groups. Please ask at the spa reception for more details.

Prices are subject to 10 percent service charge and 12 percent government tax.

MINDFULNESS MEDITATION, 45 MINUTES/USD 50

Reduce stress, boost immune system and improve overall state of mind with this deeply relaxing experience, combining breathing techniques with the practice of keeping one's mind in the present.

MOVEMENT EFFICIENCY TEST BY FUSIONETICS, 45 MINUTES/USD 50

A cutting-edge scientific screening that measures movement patterns to identify areas of strength and weaknesses based on which a personalized workout plan is designed. A properly aligned body capable of fluid movement, improved performance and a decreased risk of injury are only a few benefits to ensure that your body supports you for many years to come.

CORE TRAINING, 60 MINUTES/USD 85

A strong core leads to better posture, more control, better balance and performance, assists with rehabilitation and generally protects the lower back area.

ENDURANCE TRAINING, 60 MINUTES/USD 80

A combination of intense work intervals with short periods of rest, this session offers a great way to keep in shape and burn calories.

PERSONAL FITNESS TRAINING, 60 MINUTES/USD 85

A personalized session designed to meet specific goals be they cardiovascular training, muscle toning, strength development, body posture or better performance. Fitness consultation and individual feedback are provided to help guide your progress.

The above wellness classes are also available for couples and groups. Please ask at the spa reception for more details.

Prices are subject to 10 percent service charge and 12 percent government tax.





TREATMENTS

DURATION/MINUTES

PRICE/USD

MASSAGES

Six Senses Signature Massages:

<i>Deep Tissue Massage</i>	60/90	185/220
<i>Holistic Massage</i>	60/90	160/195
<i>Detox Massage</i>	60	185
<i>Movement Restoration</i>	90	220
<i>Tension Soother</i>	30/60	100/155
<i>Head Massage</i>	30/60	85/155
<i>Relaxed Feet</i>	30/60	85/140
Thai Massage	90	220
Hot Stone Massage	90	220

BODY TREATMENTS

Laamu Balinese Bliss	120	295
Laamu Kaashi Theyo	120	295
Natural Sunburn Soother	60	160
Soothing and Replenish Body Rescue	75/90	220/250
Rasayana Detox Body Wrap	90	220
Himalayan Energizing Body Polish	60	160

FACIALS

Mukha Chikitsa	60	160
Laamu Chaalu	60	150
24K Gold Age-defying Facial	60/90	160/195
Wild Kashmir Purifying Facial	60	160
Soothe and Enrich Advanced Antioxidant Facial	60/90	160/185

Prices are subject to 10 percent service charge and 12 percent government tax.

TREATMENTS

DURATION/MINUTES PRICE/USD

AYURVEDA

Ayurvedic Lifestyle Consultation	30	complimentary
Abhyanga	60/90	185/250
Elakizhi	60/90	185/250
Kati-Vasti	60	185
Pizhichil	90	250
Podikizhi	90	250
Shirodhara	60	200
Udvaartana	90	250

WELLNESS THERAPIES

Abhyang Fusion	60/90	185/250
Wellness Screening	60	150
Jet Lag Recovery	90	220

RITUALS

A Gentleman's Journey	2 hrs 30 mins	340
Sleep Well Journey	120	290

BEAUTY

Express Manicure	30	65
Express Pedicure	30	65
Nail Polish Application	30	20
Spa Manicure	60	100
Spa Pedicure	75	100

Prices are subject to 10 percent service charge and 12 percent government tax.



