



SIX SENSES SPA

ZIGHY BAY

WELLNESS PROGRAMS MENU



Sleep

Tired, no energy, suffering from colds, headaches or stress? Combine advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, relaxing treatments, wellness therapies and low intensity training.



BENEFITS

- Boosts your mood and energy levels
- Strengthens your immune system
- Slows down the aging process
- Helps maintain a youthful glint in your eye
- Improves memory and your ability to take in new information
- Keeps you away from adding unwanted pounds
- Prevents low-grade systematic inflammation

ACTIVITY

	3 Nights	5 Nights	7 Nights
Wellness Screening (45 minutes)	1	1	1
Yoga Nidra or Pranayama (45 minutes)	1	2	3
Private Activity: Yoga (60 minutes)	1	2	3
Holistic Massage (60 Minutes)	2	3	3
Shirodhara (30 minutes)	1	2	3
Sleep tracking throughout the stay	3	5	7
Price per person USD	1,170	1,957.8	2,737.8
Price per couple USD	2,340	3,915.6	5,475.6

Wellness program rates do not include room rates or meal plans.
All prices shown are subject to government taxes and service charges.

Fitness

If you can't find time in a hectic home life to improve stamina, tone up or address specific movement related concerns, this program is for you. It focuses on movement, blending high and low intensity training with recovery treatments, meditation and sleep.



BENEFITS

- Improves mood by stimulating brain chemicals
- Boosts energy levels
- Promotes better sleep
- Increases strength and endurance
- Improves muscle tone and strength
- Helps coordination, agility and flexibility
- Supports weight management or loss
- Reduces risk of chronic disease
- Increases aerobic fitness

ACTIVITY

	3 Nights	5 Nights	7 Nights
Wellness Screening (45 minutes)	1	2	2
Consultation with Trainer	1	1	2
Personalized Training (60 minutes)	2	3	5
Deep Tissue Massage (60 minutes)	1	1	1
Thai Massage (60 minutes)	1	1	1
Private Stretching Session (30 minutes)	-	1	2
Signature Massage (90 minutes)	-	1	1
Price per person USD	613.6	1,201.2	1,435.2
Price per couple USD	1,227.2	2,402.4	2,870.4

Detox

Eliminate toxins, improve digestion, boost the immune system and clear your mind. Our non-invasive yogic cleanse helps your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and mind-body practices.



BENEFITS

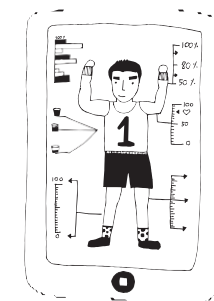
- Improves energy levels
- Speeds up metabolism
- Promotes clearer and more radiant skin
- Resets the body and gives the immune system a boost
- Helps shed a few pounds, this is a side effect of a light protein diet during the program
- Leads to a clearer mind and more clarity of thought
- Paves the way to new healthy habits and routines

ACTIVITY	3 Nights	5 Nights	7 Nights
Wellness Screening (45 minutes)	1	1	1
Fitness Training or Yoga (60 minutes)	2	2	3
Private Meditation or Pranayama (45 minutes)	0	1	2
Detox Massage (60 minutes)	1	2	3
Moroccan Hammam (60 minutes)	1	1	1
Yogic Intestinal Cleanse (90 minutes)	1	1	2
Detox Wrap (90 minutes)	0	1	1
Price per person USD	1,193.4	1,708.2	2,670.2
Price per couple USD	2,386.8	3,416.4	5,340.4

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Weight Management

Want to shed a few pounds and boost your energy levels? Learn about the importance of balanced nutrition, exercise and a healthy mind; find out what's best for you based on your current reality and receive the right guidance to sustain it all once you return home.



BENEFITS

- Improves vitality, health and general well-being
- Promotes better sleep
- Gives greater confidence
- Decreases stress

ACTIVITY	3 Nights	5 Nights	7 Nights
Wellness Screening (45 minutes)	1	1	2
Fitness Assessment	1	1	1
Yogic Intestinal Cleanse (60 minutes)	1	2	2
Private Fitness Training or Yoga (60 minutes)	3	4	8
Meditation or Pranayama (45 minutes)	1	2	3
Personalized Detox Massage (60 minutes)	3	4	8
Moroccan Hammam (60 minutes)	1	2	2
Price per person USD	1,638	2,355.6	3,746.6
Price per couple USD	3,276	4,711.2	7,493.2

Discover Yoga

Immerse yourself in a daily practice of hatha yoga to maintain body and mind balance. Relieve stress, tension and muscle stiffness, and keep the body strong, centered, powerful and flexible, while learning to quiet the mind.



BENEFITS

- Increases flexibility
 - Builds up muscle strength
 - Improves posture and balance
 - Boosts immunity
 - Regulates your adrenal glands
 - Relaxes your system and promotes deeper sleep
- Makes you happier and gives you peace of mind.

ACTIVITY

	3 Nights	5 Nights	7 Nights
Yoga Consultation	1	1	1
Personalized Yoga (60 minutes)	1	2	4
Pranayama (45 minutes)	-	1	1
Guided Meditation (45 minutes)	1	1	1
Signature Massage (60 minutes)	2	3	4
Price per person USD	730.6	964.6	1,383.2
Price per couple USD	1,461.2	1,929.2	2,766.4



*Unsure which wellness program is right for you?
Try our Wellness Screening and our experts will guide you.*

WELLNESS SCREENING, 60 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.

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Mind Your Brain

Your brain is involved in everything you do.

Its health is vital to how you feel, think, age, perform, love, learn and share.

We are all very quick to download the latest software upgrades to our devices

But how often do we deliberately consider how we can help our brain serve us better for longer?

This one-day program helps you care for and improve the state of your brain and how it works through ancient practices from yoga and meditation and modern biohacks.

Your brain is the fattiest organ in the body, consisting of nearly 60 percent fat so eating the right foods and good fats allows it to perform at its best. We'll help you stimulate, and kick start the brain in the morning, share activities that are proven to improve brain function and send you home with some tips to take back into everyday life. Keep curious, keep expanding and keep developing your own OS!

GREAT FOR

- MCT Bulletproof Coffee
- Morning yoga and
- breathwork, 30 minutes
- Mindfulness Meditation, 30 minutes
- Binaural beats to relax while playing brain games
- Shirodhara, 60 minutes
- Journaling
- One-night sleep tracking

Price per person USD 442



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Boost Your Immunity



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

Commit to a day of no news or social media and just focus on yourself. Today is your day. Stress shuts down the immune system and therefore everything that promotes relaxation is helpful to strengthen immunity.

From breath work and yoga in the sun to nutritious food and microgreens, personal training session, hot and cold experiences, treatments, and journaling, we've got everything your immune cells need to function at their best. We can also help you identify specific issues through our screening and sleep tracker so we can guide you on how best to overcome them.

GREAT FOR

- An immunity reboots
- Sluggish energy
- Fighting off colds or for when you're not feeling your best self
- Fatigue
- Counteracting a long journey

INCLUSIONS

- Wellness Screening, 45 minutes
- Guided interactive meditation, 45 minutes
- Yoga, 30 minutes
- Breathwork, 30 minutes
- Personalized Detox Massage
- Journaling
- Immunity boosting Drink
- Hot and cold experiences

Price per person USD 579.8

Love Your Heart



"Life without love is like a tree without blossoms or fruit". Khalil Gibran.

Love is a force of nature. However much we may want to, we cannot command, demand, or take away love. But you can invite love in. By listening to your intuition and wisdom that lies within your heart, you can train and heighten your compassion, awareness and consciousness and feel a much more powerful connection with mother nature and our earth.

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.

GREAT FOR

- Feeling emotionally disconnected or overwhelmed
- Heightened emotions: angry, sad, grief
- When you can't find a way forward
- Anxiety or trying to solve everything at once
- Feeling at odds with yourself or unbalanced

INCLUSIONS

- Abhyanga Massage, 75 minutes
- Yoga for the Heart Chakra, 30min
- Guided Love your Heart meditation, 45 minutes
- Smoothie

Price per person USD 418.6

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