



SIX SENSES SPA

SHAHARUT

# 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.



# LOCALLY INSPIRED SIGNATURE EXPERIENCES



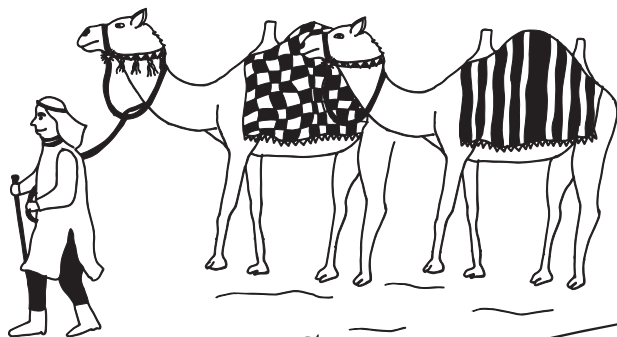


### SOUND JOURNEY INTO SPACE, 60 MINUTES

Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed.

*Let the sound and vibration of the oceanic drum, gong and singing bowls give you the opportunity to experience your true, limitless nature.*

*We highly recommend sharing this transformative experience with your loved one.*



### EXPRESS YOUR INNER BEAUTY,

2 HOURS 30 MINUTES/3 HOURS 30 MINUTES

A beautiful journey created for women.  
Feel revitalized & spiritually energized.

*Yoga (optional)*

*Himalayan Warm Stone Massage*

*Personalized Facial using Biologique Recherche*

*Complemented with healthy snacks and beverages*

### NEW ADVENTURES, NEW ME,

2 HOURS 30 MINUTES/3 HOURS 30 MINUTES

Created for those who live life to the full.  
Balance and align body, mind and soul.

*Fresh start with a Negev Nordic Walk (optional)*

*Personalized Full Body Massage*

*Foot Treatment with date and cannabis extract*

*Complemented with healthy snacks and beverages*



### DREAMCATCHER, 90 MINUTES

Relax your body and mind ready for a peaceful slumber, the perfect treatment after a desert trek.

*Tension Soother*

*Head Massage*

*Relaxed Feet*

### RELAX TOGETHER, 120 MINUTES

Enjoy an Alchemy Bar experience where you will each create a unique body scrub and herbal poultice. Your therapist will tailor your full body scrub and signature massage to incorporate your exotic creations!

### THE ALCHEMIST'S BODY TREATMENT

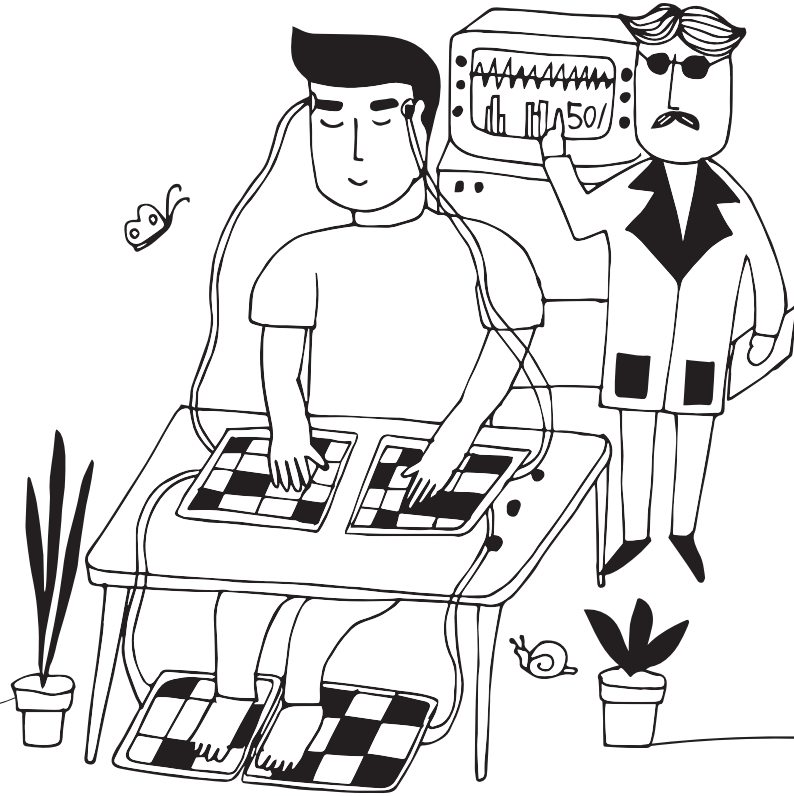
You will be guided by a skilled therapist and work with a variety of locally-sourced ingredients and products, feel their textures, smell the wonderful aromas and create your scrub and body mask that will be used in the treatment afterwards.

*Body Scrub, 60 minutes - stimulating/detoxifying/soothing*

*Body Scrub and Mask, 90 minutes - stimulating/detoxifying/nourishing*



# PERSONALIZED WELLNESS



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.

### EAT WITH SIX SENSES

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We provide advice on nutrition that is right for you to amplify the benefits of your daily treatments and activities. If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

### 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 Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

## AYURVEDIC REJUVENATION

Improve vitality, boost the immune system and discover Ayurveda, the ancient science of life and longevity. After a detailed consultation, our Ayurvedic doctor recommends suitable combinations of therapies based on your dosha (Ayurvedic body type) along with suitable activities and the food to favor or avoid.

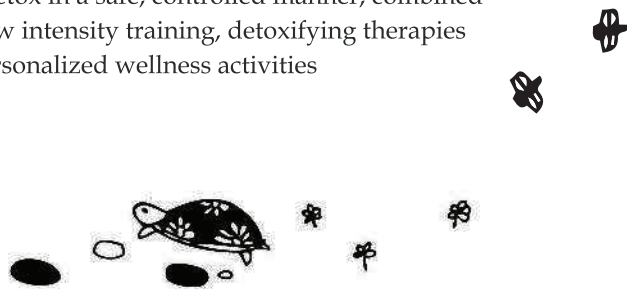
*Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being.*

## 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 yoga, guided meditation and breathing exercises with signature massages and energy treatments.

## DETOX

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 and personalized wellness activities



## WELLNESS DAYS

### *Love Your Heart*

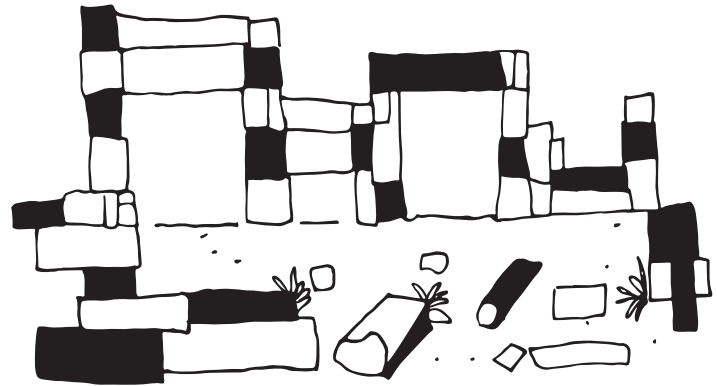
Love is a force of nature. However much we may want to, we cannot command, demand, or take away love. But you can invite love in. This is a day of reflection, letting go of old baggage, setting a new purpose and learning how to connect with your heart and true purpose to find greater zest for life and meaning.

### *Mind Your Brain*

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 including brain games, developmental drawings and binaural beats.

### *Boost Your Immunity*

An immunity reboot if you're feeling sluggish, sniffly or fatigued from a stressful time or long-haul flight. Commit to a day of no news and just focus on yourself. Stress shuts down the immune system and therefore everything that promotes relaxation is helpful to strengthen immunity.



# AYURVEDA





### AYURVEDIC CONSULTATION, 45 MINUTES

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

### ABHYANGA, 60/75 MINUTES

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

### CHOORNASWEDA, 60 MINUTES

A comforting treatment also known as the bundle massage, warm poultices filled with dry herbs are used in this treatment to stimulate the circulation and aid the release of toxins and muscle tension.

### SHIRODHARA, 60 MINUTES

This stress-releasing treatment involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

### AYURVEDIC EXPERIENCE, 90 MINUTES

This deeply healing Ayurvedic experience combines Abhyanga and Shirodhara to deliver a top to toe Ayurvedic immersion.

### KATI VASTI, 45 MINUTES

A nurturing back treatment where 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.



### UDWARTHANAM, 60 MINUTES

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

### YOGIC INTESTINAL CLEANSE, 60 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water. *Bookings are required one day prior to the desired start date.*







# MASSAGES





### SIX SENSES SIGNATURE MESSAGES:

**Choose from a local, high quality jojoba oil blended with aromatherapy extracts or a luxurious camel milk and CBD lotion to nourish and soften the skin.**

*Deep Tissue Massage, 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, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

*Detox Massage, 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.

*Holistic Massage, 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.

*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.

*Pregnancy Massage, 60/90 minutes* – a full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

***Tension Soother, 30/60 minutes*** – a reviving back, neck and shoulders massage using acupressure 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 pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

### **HIMALAYAN WARM STONE MASSAGE, 90 MINUTES**

Resonating at the Earth's frequency, Himalayan salt balances and neutralizes the ill effects of the toxic frequencies we live with every day. The radiant warmth of the stones induces deep relaxation and is complemented by the placement of healing crystals on the body to bring about balance and harmony.

### **JET LAG SOOTHER, 60 MINUTES**

After a long journey, this re-balancing treatment starts with dry body brushing to stimulate blood circulation. Your back, neck and shoulders will be massaged using a personalized blend of essential oils. A relaxing scalp massage and face acupressure follows, along with a lower leg and foot massage to release muscle tension and reset your internal clock.



# FACIALS









### PERSONALIZED TREATMENT, 75 MINUTES

This bespoke facial is tailored to suit your skin type and address skincare concerns, using a combination of products and techniques to deliver desired results. *Using Biologique Recherche.*

### SECOND SKIN, 60 MINUTES

This exceptional anti-aging and regenerative facial visibly lifts and treats the signs of aging, while accelerating the healing process. The treatment improves cell renewal and cutaneous regeneration for a visible and immediate tightening effect. It also increases the cohesion, firmness and density of the skin while reshaping the facial contour. *Using Biologique Recherche.*

*Add on to any facial or body treatment:*

### CO-FACTEURS BIOLOGIQUE RECHERCHE, 30 MINUTES

For even more visible results, enhance your treatment by applying a preformed mask with unique ingredients such as Japanese red algae, marine collagen or collagen caviar.

*Using Biologique Recherche.*

### EYE CONTOUR TREATMENT

Recommended to reduce signs of fatigue and aging around the eye area. Immediately reduces puffiness, dark circles and fine lines. Eyes will appear brighter, fresh and lifted. *Using Biologique Recherche.*

### HOLISTIC HYDRATION FACIAL, 60 MINUTES

A fragrant experience to transport you into deep relaxation. Your journey begins with gentle pore cleansing, exfoliation, deep hydration and advanced nourishing. This is complemented by inspired breathing techniques and mindfulness practices to balance and reconnect. *Using Lavidò.*

### CRYSTAL GLOW, 90 MINUTES

A luxurious treatment customized to your specific needs. Our clinically proven, active natural skincare is complemented by the healing properties of crystals, expertly used to tone, firm, reduce puffiness and uncover a radiant, energized complexion. *Using Lavidò.*



# BODY TREATMENTS



### SKIN RESTORATION ELIXIR, 60/90 MINUTES

Formulated with organic Tea Tree, Lavender and Black Cumin seed oils, experience the miraculous healing products the people from all around the globe seek out to restore dry and irritated skin, as well as heal stretch marks. This exceptional, customized treatment will pamper you from top to toe, leaving your skin soothed and deeply nourished. *Using Lavidó.*

### BODY TONING TREATMENT, 60/90 MINUTES

This firming and toning treatment includes an exfoliating session followed by a bio-reflex massage to improve the skin texture and contour the body. *Using Biologique Recherche.*

### DETOXIFYING ALGAE TREATMENT, 60/90 MINUTES

A slimming and oxygenating body treatment that detoxifies and revives. It features an energizing massage and wrap, the thermal effect releases marine active ingredients that remineralize and purify the body, leaving a wonderful sense of well-being and comfort. *Using Biologique Recherche.*

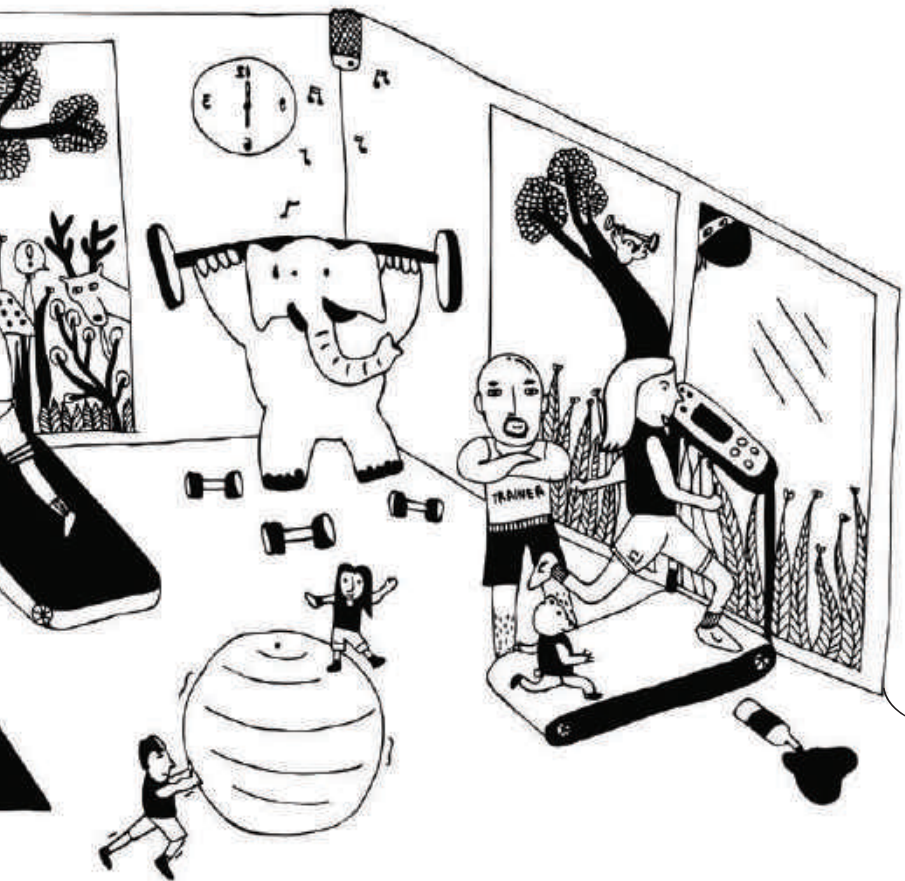
### UPPER ARMS AND BUST TREATMENT, 60/90 MINUTES

This toning treatment delivers a firmer appearance of the arm and décolleté area. It is recommended for firming up the arms and neckline while reducing any sign of pigmentation or stretch marks. *Using Biologique Recherche.*



# WELLNESS AND FITNESS ACTIVITIES







### YOGA, 60 MINUTES

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.

### AERIAL YOGA, 60 MINUTES

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.

### PRANAYAMA, 45 MINUTES

Also known as the extension of the prana (*breath*) or breath control, pranayama uses 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.

### YOGA NIDRA, 45 MINUTES

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.



### PERSONAL TRAINING, 60 MINUTES

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

*Your Personal Training could include:*

*Kettle Bells*

*Functional Fitness*

*TRX*

*Pilates*



### CHAKRA MEDITATION, 45 MINUTES

For over thousands of years meditation has been used for healing, cleansing and balancing *chakras* (energy centers). This session enables you to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

### SHAHARUT MEDITATION, 45 MINUTES

Be touched by the expansiveness that surrounds you. This session focuses on mindfulness and strengthening your ability to listen and gauge body language, while developing more compassion and empathy for each other.

BEAUTY





EXPRESS MANICURE, 30 MINUTES

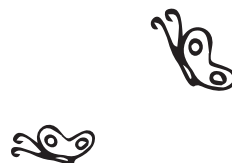
MANICURE, 60 MINUTES

DELUXE MANICURE, 75 MINUTES

EXPRESS PEDICURE, 30 MINUTES

PEDICURE, 60 MINUTES

DELUXE PEDICURE, 75 MINUTES



# SPA TO SPAAHH

Make the most of your spa time







### SPA RESERVATIONS

For spa inquiries 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 24 hours' notice on spa treatments and 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 or body treatment 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 are accepted at the spa reception.

### CHILDREN

Guests over the age of 16 years are welcome to use the gym, spa facilities and have treatments. A treatment menu for little spa goers to enjoy treatments alongside an adult is available. Family access hours for parents and their children to enjoy the inside pool can be arranged on a daily basis.





SIX SENSES SPA

SHAHARUT

# WELLNESS AND SPA MENU PRICELIST



## PERSONALIZED WELLNESS

## DURATION/MINUTES

## PRICE/ILS

### Wellness Screening

45

350

## WELLNESS DAYS

Love Your Heart

One day

1,018

Mind Your Brain

One day

1,137

Boost Your Immunity

One day

1,855

## DISCOVER YOGA

## 10 NIGHTS 7 NIGHTS 4 NIGHTS 3 NIGHTS

Yoga (60 mins)

1

1

1

1

Personalized Yoga/Personal Training (60 mins)

4

3

2

1

Pranayama/Meditation (45 mins)

1

1

1

-

Guided Meditation (45 mins)

3

2

1

1

Signature Massage (60 mins)

2

2

2

1

Himalayan Warm Stone Massage (90 mins)

1

1

-

-

Personalized Facial Treatment (75 mins)

1

-

-

-

Head Massage (60 mins)

1

1

1

1

**Price, single occupancy\***

**ILS 4,780**

**ILS 3,585**

**ILS 2,485**

**ILS 1,540**

*\*Accommodation and meals are not included in this price.*

*All prices are in ILS inclusive of 17 percent government tax as per local law.*

*Guests with a valid tourist entry permit are exempt by presenting a B-type visa upon check-in.*

## PERSONALIZED WELLNESS

### DETOX

|   | 7 NIGHTS         | 5 NIGHTS         | 3 NIGHTS         |
|---|------------------|------------------|------------------|
| Wellness Screening (60 mins)            | 2                | 1                | 1                |
| Pranayama/Meditation (45 mins)          | 2                | 2                | 1                |
| Detox Massage (60 mins)                 | 1                | 1                | 1                |
| Detoxifying Algae Treatment (60 mins)   | 1                | 1                | 1                |
| Holistic Massage (60 mins)              | 2                | 1                | 1                |
| Personalized Facial Treatment (75 mins) | 1                | -                | -                |
| Himalayan Warm Stone Massage (90 mins)  | 1                | 1                | -                |
| Relaxed Feet (60 mins)                  | 1                | 1                | -                |
| Program Debrief                         | 1                | 1                | 1                |
| <b>Price, single occupancy*</b>         | <b>ILS 4,425</b> | <b>ILS 3,050</b> | <b>ILS 1,815</b> |

### AYURVEDIC REJUVENATION

|                                  | 7 NIGHTS         | 5 NIGHTS         | 3 NIGHTS         |
|----------------------------------|------------------|------------------|------------------|
| Ayurvedic Consultation (30 mins) | 1                | 1                | 1                |
| Abhyanga (60 mins)               | 2                | 2                | 1                |
| Shirodhara (60 mins)             | 1                | 1                | 1                |
| Choornaswedana (60 mins)         | 1                | 0                | 0                |
| Kati Vasti (45 mins)             | 1                | 0                | 0                |
| Udwarthanam (60 mins)            | 1                | 1                | 1                |
| Personalized Yoga (60 mins)      | 1                | 1                | 0                |
| Pranayama (30 mins)              | 1                | 1                | 1                |
| Meditation (45 mins)             | 1                | 0                | 0                |
| Program Debrief (30 mins)        | 1                | 1                | 1                |
| <b>Price, single occupancy*</b>  | <b>ILS 3,960</b> | <b>ILS 2,840</b> | <b>ILS 2,075</b> |

*\*Accommodation and meals are not included in this price.*

*All prices are in ILS inclusive of 17 percent government tax as per local law.*

*Guests with a valid tourist entry permit are exempt by presenting a B-type visa upon check-in.*





## PERSONALIZED WELLNESS

### SLEEP

|  | 7 NIGHTS         | 5 NIGHTS         | 3 NIGHTS         |
|--|------------------|------------------|------------------|
| Sleep Tracking                                       | 7                | 5                | 3                |
| Daily Sleep Review (15 mins)                         | 7                | 5                | 3                |
| Six Senses Signature Massage (60 mins)               | 4                | 2                | 1                |
| Himalayan Warm Salt Massage (90 mins)                | 1                | 1                | 1                |
| Wellness Screening (45 mins)                         | 1                | 1                | 1                |
| Private Activity: Yoga/Meditation/Wellness (60 mins) | 7                | 3                | 1                |
| Foot Massage (30 mins)                               | 0                | 1                | 0                |
| Head Massage (30 mins)                               | 2                | 1                | 1                |
| A welcome bag with sleep amenities                   | 1                | 1                | 1                |
| Program Debrief (30 mins)                            | 1                | 1                | 1                |
| <b>Price, single occupancy*</b>                      | <b>ILS 5,865</b> | <b>ILS 3,720</b> | <b>ILS 1,660</b> |

*\*Accommodation and meals are not included in this price.*

*All prices are in ILS inclusive of 17 percent government tax as per local law.*

*Guests with a valid tourist entry permit are exempt by presenting a B-type visa upon check-in.*

## TREATMENTS

## DURATION/MINUTES

## PRICE/ILS

### LOCALLY INSPIRED SIGNATURE EXPERIENCES

|                                 |                               |                                  |
|---------------------------------|-------------------------------|----------------------------------|
| Sound Journey into Space        | 60                            | 395 per person<br>500 per couple |
| Express Your Inner Beauty       | 2 hrs 30 mins / 3 hrs 30 mins | 1,270 / 1,460                    |
| New Adventures, New Me          | 2 hrs 30 mins / 3 hrs 30 mins | 950 / 1,040                      |
| Dreamcatcher                    | 90                            | 740                              |
| Relax Together                  | 120                           | 1,650                            |
| The Alchemist's Body Treatment: |                               |                                  |
| <i>Body Scrub</i>               | 60                            | 440                              |
| <i>Body Scrub and Mask</i>      | 90                            | 590                              |

### AYURVEDA

|                          |       |         |
|--------------------------|-------|---------|
| Ayurvedic Consultation   | 45    | 325     |
| Abhyanga                 | 60/75 | 550/610 |
| Choornasweda             | 60    | 610     |
| Shirodhara               | 60    | 610     |
| Ayurvedic Experience     | 90    | 815     |
| Kati Vasti               | 45    | 390     |
| Udwarthanam              | 60    | 610     |
| Yogic Intestinal Cleanse | 60    | 390     |

*All prices are in ILS inclusive of 17 percent government tax as per local law.*

*Guests with a valid tourist entry permit are exempt by presenting a B-type visa upon check-in.*





## TREATMENTS

## DURATION/MINUTES

## PRICE/ILS

### MASSAGES

Six Senses Signature Massages:

|                                  |       |         |
|----------------------------------|-------|---------|
| <i>Deep Tissue Massage</i>       | 60/90 | 510/625 |
| <i>Detox Massage</i>             | 60/90 | 475/585 |
| <i>Holistic Massage</i>          | 60/90 | 475/585 |
| <i>Movement Restoration</i>      | 90    | 625     |
| <i>Pregnancy Massage</i>         | 60/90 | 475/585 |
| <i>Tension Soother</i>           | 30/60 | 350/475 |
| <i>Head Massage</i>              | 30/60 | 350/475 |
| <i>Relaxed Feet</i>              | 30/60 | 350/475 |
| <br>Himalayan Warm Stone Massage | 90    | 650     |
| Jet Lag Soother                  | 60    | 625     |

### FACIALS

|  |    |       |
|--|----|-------|
| Personalized Treatment                             | 75 | 760   |
| Second Skin  | 60 | 1,140 |
| <br><i>Add on to any facial or body treatment:</i> |    |       |
| Co-facteurs Biologique Recherche                   | 30 | 310   |
| Eye Contour Treatment                              |    | 310   |
| <br>Holistic Hydration Facial                      | 60 | 475   |
| Crystal Glow                                       | 90 | 585   |

*All prices are in ILS inclusive of 17 percent government tax as per local law.*

*Guests with a valid tourist entry permit are exempt by presenting a B-type visa upon check-in.*



## TREATMENTS

## DURATION/MINUTES

## PRICE/ILS

### BODY TREATMENTS

|                               |       |         |
|-------------------------------|-------|---------|
| Skin Restoration Elixir       | 60/90 | 495/585 |
| Body Toning Treatment         | 60/90 | 495/585 |
| Detoxifying Algae Treatment   | 60/90 | 495/585 |
| Upper Arms and Bust Treatment | 60/90 | 495/585 |

### WELLNESS AND FITNESS ACTIVITIES

|                     |    |     |
|---------------------|----|-----|
| Yoga                | 60 | 325 |
| Aerial Yoga         | 60 | 325 |
| Pranayama           | 45 | 290 |
| Yoga Nidra          | 45 | 290 |
| Chakra Meditation   | 45 | 290 |
| Shaharut Meditation | 45 | 290 |
| Personal Training   | 60 | 325 |

### BEAUTY

|                  |    |     |
|------------------|----|-----|
| Express Manicure | 30 | 170 |
| Manicure         | 60 | 240 |
| Deluxe Manicure  | 75 | 310 |
| Express Pedicure | 30 | 280 |
| Pedicure         | 60 | 340 |
| Deluxe Pedicure  | 75 | 395 |

*All prices are in ILS inclusive of 17 percent government tax as per local law.*

*Guests with a valid tourist entry permit are exempt by presenting a B-type visa upon check-in.*



## SIX SENSES SPA SHAHARUT

T +972 8 615-0077 E [reception-shaharut-spa@sixsenses.com](mailto:reception-shaharut-spa@sixsenses.com)

Shaharut, Hevel Eilot, Negev Desert, Israel, 8886500

