



SIX SENSES SPA

ZIL PASYON

WELLNESS AND SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond the 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.



EXCLUSIVE JOURNEYS BY TERRES D'AFRIQUE





THE OCEAN JOURNEY, 120 MINUTES

Invigorating and refreshing the mind and body as the ocean does when we immerse in its waves. Utilizing a blend of aromatherapy, acupuncture, and reflexology techniques, with hot and cold stones, crystal balls and the signature Terres d'Afrique tri-touch tool, this journey helps to clear energy blockages and promote relaxation.

Crystal: Blue Lace Agate *Chakra: Throat*

Inclusions


- African foot ritual using a specially blended organic coconut oil, salt scrub and lemongrass.
- Smudging ceremony with *omumbiri* (myrrh tree resin) and *impepho* (African incense) to clear negative energy followed by guided meditation.
- Balancing and revitalizing face and body massage with crystal balls.

THE FLOATING JOURNEY, 150 MINUTES

This journey takes inspiration from the sensations of openness and weightlessness that come with elevated positions, promoting a deep sense of reconnection between the body and mind while alleviating built-up tension and uplifting the spirit.

Crystal: Polychrome Jasper *Chakra: Crown*

Inclusions

- African foot ritual using a specially blended organic coconut oil, salt scrub and lemongrass.
 - Smudging ceremony with *omumbiri* (myrrh tree resin) and *impepho* (African incense) to clear negative energy followed by guided meditation.
 - Tropical Dusk Massage using a blend of uplifting essential oils such as ylang ylang, bourbon geranium and tropical basil.
 - Facial treatment focusing on stress-relieving points.
 - A sound journey using African instruments and Tibetan singing bowls.
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THE NATURE JOURNEY, 120 MINUTES ❁

Designed with the health-giving properties of the island's vegetation in mind and inspired by African and Asian rituals, this journey detoxifies and purifies the body and mind.

Crystal: Petrified Wood *Chakra: Root*

Inclusions

- African foot ritual using a specially blended organic coconut oil, salt scrub and lemongrass.
- Smudging ceremony with *omumbiri* (myrrh tree resin) and *impepho* (African incense) to clear negative energy followed by guided meditation.
- Spice pinda massage and facial treatment using Six Senses Zil Pasyon signature oil, made from organic baobab oil infused with pink pepper, cinnamon and sandalwood.

THE ROCK JOURNEY, 120 MINUTES

Taking its cue from the physical characteristics of the towering rocks and boulders, this journey releases muscle aches, stress and tension by combining stretching and pulling techniques, trigger points therapy and cross muscle fiber techniques with heat.

Crystal: Septarian *Chakra: Solar Plexus*

Inclusions

- African foot ritual using a specially blended organic coconut oil, salt scrub and lemongrass.
- Smudging ceremony with *omumbiri* (myrrh tree resin) and *impepho* (African incense) to clear negative energy followed by guided meditation.
- Myrrh body scrub.
- Advanced release massage using deep tissue massage oil, cooling gel and menthol spray with septarian crystals, wooden balls and baobab pindas.



THE CAVE JOURNEY, 150 MINUTES

Our nurturing journey brings the warmth and comfort of the surroundings into the healing setting of the treatment space to bring about deep relaxation.

Crystal: Clear Quartz Chakra: Crown

Inclusions

- African foot ritual using a specially blended organic coconut oil, salt scrub and lemongrass.
- Smudging ceremony with *omumbiri* (myrrh tree resin) and *impepho* (African incense) to clear negative energy followed by guided meditation.
- A deep cleansing body scrub and mask.
- Massage with organic Shea butter to repair, hydrate, soothe and nourish the skin, using healing muds and butters together with soothing gels made from African botanicals rich in active ingredients.
- Hydrating facial treatment.

THE COUPLE'S JOURNEY (UBUNTU), 2 HOURS 30 MINUTES

The goal of this journey is to reignite intimate togetherness in a mindful and playful way through a series of treatments and time spent together. Ubuntu or the spirit of togetherness in Zulu represents the idea that 'I am because we are' – an African philosophical concept that we exist because others exist. It views individuals through their connections with others and not just as individuals, which is perfectly aligned with Six Senses mission of reconnecting people to themselves, others and the world around them.

Crystal: Rose Quartz Crystals Chakra: Sacral

Inclusions

- Customized blend of aphrodisiac oils is used to celebrate feminine and masculine characteristics.
- Private hammam experience with self-application of myrrh body scrub and African healing body masks.

- Guided meditation using a love mantra and singing bowls are used to renew intimacy, restore love and reignite presence.
- Healing session focusing on opening of the heart chakra with warm rose quartz crystal, the stone of universal love. This crystal helps to purify and open the heart to promote love, friendship, deep inner healing and a feeling of calm.
- Couples massage to awaken sensuality.
- A bath experience in the privacy of the villa using a blend of aromatherapy oils and bath salts.
- A fun tasting experience during or after the bath. In a ritual adapted from a Yoruba (Nigerian) tradition, the couple tastes four flavors that represent different emotions within a relationship - sour, bitter, hot and sweet. These symbolically demonstrate the aspects of journeys that couples often go through together.



MASSAGE



LOCALLY INSPIRED SIGNATURE TREATMENTS

HEATED LAVA SHELL MASSAGE, 90 MINUTES

A unique healing massage using warmed shells and exotic oils to release tension, boost circulation, reduce swelling and balance the entire body and mind. The heat helps penetrate the muscles, ligaments and soft tissue on a deeper level, while the shells target specific problem areas.

ALCHEMIST'S BODY SCRUB, 60 MINUTES

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Create your unique, fragrant body scrub that will be used in your full body polish afterwards.

ALCHEMY BAR WORKSHOP, 45 MINUTES

This interactive workshop is not to be missed! Immerse yourself in the tropical textures, extraordinary aromas and create your unique potions and cures to carry on the good work back home.

** Aloe Aftersun Wrap.

NATURAL SUNBURN SOOTHER, 45 MINUTES

This hydrating and soothing treatment brings together the healing benefits of aloe vera and cucumber to soothe the skin after sun exposure.



SIX SENSES SIGNATURE MASSAGES:

Deep Tissue, 60/90 minutes - release stress, ease muscle tension and improve mobility. Silicone cups, hot stones or warm compresses might enhance this treatment.

Detox, 60/90 minutes - focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Holistic, 60/90 minutes - combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

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, 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 shoulder massage using acupressure techniques to relieve muscle tension and restore mobility.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with a fusion of massage techniques on the meridian lines of the legs and reflex zones of the feet.



ADD-ON BODY SCRUBS, 30 MINUTES ✿

This locally-inspired scrubs are made freshly on site and are the perfect add-on to any massage or facial.

Felicite Dew - uses pure aloe vera juice, coconut meat and honey to nurture and hydrate.

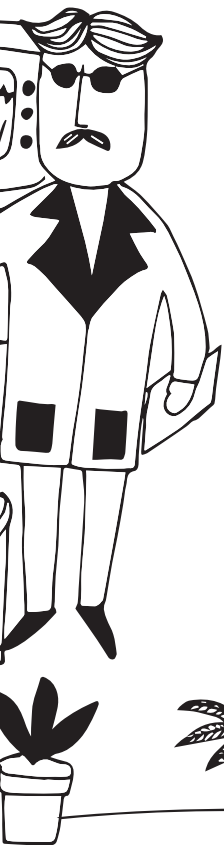
Sweet Perfection - uses brown sugar and recycled ground coffee to stimulate and energize.

Island Greens Kick - uses sea salt and bigarad fruit peel concoction to uplift, refresh and invigorate.



WELLNESS





WELLNESS SCREENING, 45 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 40 key biomarkers relating to your overall well-being, our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to gain.

Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals. Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived. Our programs can be tailored for in-house guests staying for 3/5/7 days.



DISCOVER YOGA

For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.

YOGIC SLEEP

Rest the body and mind with gentle yoga practice, achieve deep relaxation with yoga Nidra and learn practical take-home techniques for creating an ideal environment for sleep.

YOGIC DETOX

Cleanse the body and mind through an ancient yet effective practice. Increase energy levels, improve clarity of thought and enjoy a quieter mind, while boosting the immune system.



SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for your stay that includes dietary recommendations for sleep-promoting foods, the Ayurvedic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.

WELLNESS DAYS

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

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.

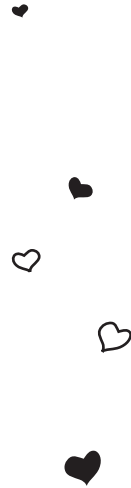
Boost Your Immunity

Our 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. Commit to a day of no news and just focus on yourself.

DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs, detoxifying body wraps and facials, as well as personalized wellness activities. A top to toe cleanse.

FACIALS BODY TREATMENTS







AFRIQUE MYSTIQUE FACIAL, 90 MINUTES

This age-defying facial smooths out fine lines and wrinkles by straightening the damaged collagen, using Terres d'Afrique lymph wands which enhance the lifting and firming properties of the formulation. At the same time, a wealth of Africa's potent antioxidants stimulate the skin's collagen and elastin production.

Using Terres d'Afrique.

ENERGY BALANCING FACIAL, 60 MINUTES

Using blue lace agate crystals, this treatment stimulates neurovascular points of the face and head to clear blocked energy pathways, releasing stress and tension.

Using Terres d'Afrique.

ORGANIC SUN REPAIR FACIAL, 60 MINUTES

This facial is designed for dull-looking skin that needs deep cleansing. This is followed by an organic Aloe Vera and Terre Rouge mask to rehydrate and repair sun damage.

Using Terres d'Afrique.

ROSE CRYSTAL LYMPHATIC FACIAL, 60/90 MINUTES

A deep cleansing facial 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 a deep sense of relaxation, leaving the skin fresh and glowing.

Using The Organic Pharmacy.

VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 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 a rejuvenated glow.

Using The Organic Pharmacy.





DETOX VITAL, 90 MINUTES

This revitalizing body treatment includes an exfoliation with seaweed, sea salt and eucalyptus followed by a re-mineralizing mud wrap to promote detoxification.

Using The Organic Pharmacy.

SLEEP WITH ME, 90 MINUTES

A calming body treatment with a relaxing foot soak, facial cleanse and full body massage using jasmine oil that nourishes, and promotes deep relaxation and overall well-being. This experience concludes with a sleep-inducing head massage.

Using The Organic Pharmacy.

TRIM AND FIT, 90 MINUTES

This result-oriented body treatment uses triple action gel to tighten, tone and firm the skin. Ingredients such as garcinia, fig, chili and green coffee help tone the abdomen and thighs, while horse chestnut and menthol improve circulation. *Using The Organic Pharmacy.*



AYURVEDA



ABHYANGA, 60 MINUTES

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

SHIRODHARA, 60 MINUTES

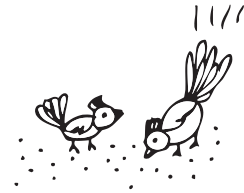
A stress-releasing treatment during which warm oil is poured over the third eye to soothe and calm the nervous system. Assists with treating skin conditions and insomnia, whilst also enhancing emotional balance.

AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

KATI VASTI, 45 MINUTES

A nurturing Ayurvedic treatment in which warm medicated oils are pooled on the lower back to promote 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.



RECONNECTION



SOUND JOURNEY TO SOURCE, 60 MINUTES

Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.

YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity.

BREATHWORK, 45 MINUTES

Breathing techniques to remove blockages in energy channels, strengthen the respiratory system and calm the mind by minimizing thought process.

MEDITATION, 45 MINUTES

We will guide you through the meditation that you need on the day. This could include chakra balancing, yoga Nidra or loving kindness.



BEAUTY



AVOCADO HAIR MASK, 30/60 MINUTES

MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

NAIL POLISH CHANGE, 30 MINUTES

Waxing services are available on request.



SPA TO SPAAAHH





SPA OPENING HOURS

Daily 9:00 am to 8:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please dial extension 418 from your villa or call +248 467 1058. 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 and experience shower, 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 health assessment 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 four 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

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

CHILDREN

Young guests, of 5 to 14 years, are welcome to enjoy the infinity pool and 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. Please inform your gem or dial extension 418 for your preferred work out booking time.





SIX SENSES SPA ZIL PASYON

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P.O. Box 696, Angel Fish Bay Marina, Roche Caiman, Victoria, Seychelles





JUNIOR SPA MENU

Pamper yourself with our selection of spa treatments, specially created for kids as part of Grow With Six Senses. Incorporating all of the dimensions of wellness, you'll understand more about what's going on inside you and in the world around you.

For kids aged 5 to 14 years.



JUNIOR BODY MASSAGE, 60 MINUTES/EUR 140

Relaxation is the way to go with this soothing body massage using coconut oil.

NECK, BACK AND SHOULDER, 30/45 MINUTES, EUR 70/120

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES/EUR 120

The various reflex areas on your feet form “maps” that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body’s balance to its optimum state.

PRETTY HANDS OR FEET, 30/60 MINUTES, EUR 50/100

Enjoy having your nails shaped, followed by a hand or foot scrub and nail polish application with some fun colors.

Prices are inclusive of 15 percent government tax and 10 percent service charge.



SIX SENSES SPA

ZIL PASYON

WELLNESS AND SPA MENU PRICELIST



WELLNESS PROGRAMS

	DURATION/MINUTES	PRICE/EUR
Wellness Screening	45	150

DISCOVER YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yoga Consultation (30 mins)	1	1	1
Personalised Yoga per villa (60 mins)	1	3	5
Guided Meditation per villa (45 mins)	1	1	1
Deep Tissue Massage (90 mins)	1	2	2
Movement Restoration (90 mins)	1	1	2
The Rock Journey (2 hrs)	1	1	1
Hot Stone Massage (90 mins)	-	-	1
Price per person	EUR 1,000	EUR 1,450	EUR 2,100
Price per couple	EUR 1,780	EUR 2,500	EUR 3,650

YOGIC SLEEP

Yoga Consultation (30 mins)	1	1	1
Personalized Yoga per villa (60 mins)	1	1	1
Guided Meditation per villa (45 mins)	1	1	1
Holistic Massage (90 mins)	1	1	1
Relaxed Feet (60 mins)	1	1	1
Head Massage (60 mins)	-	1	1
The Cave Journey (2 hrs)	1	1	1
Price per person	EUR 900	EUR 1,470	EUR 1,850
Price per couple	EUR 1,600	EUR 2,550	EUR 3,050

*Prices are inclusive of 15 percent government tax and 10 percent service charge.
All treatments and prices are subject to change without prior notice.*

WELLNESS PROGRAMS

YOGIC DETOX

	3 DAYS	5 DAYS	7 DAYS
Yoga Consultation (30 mins)	1	1	1
Personalised Yoga per villa (60 mins)	1	3	3
Yogic Intestinal Cleanse (60 mins)	1	1	1
Detox Massage (90 mins)	1	2	2
Detox Vital (90 mins)	1	1	1
Holistic Massage (90 mins)	-	1	1
Movement Restoration (90 mins)	-	-	1
Price per person	EUR 700	EUR 1,400	EUR 2,071
Price per couple	EUR 1,190	EUR 2,350	EUR 3,500

SLEEP

Wellness Screening	1	1	1
Sleep tracking throughout the day	3	5	7
Sleep tracking review	3	5	7
Holistic Massages	2	3	5
Private Activity: yoga/meditation	3	5	7
Head Massage	1	2	2
Welcome bag with sleep amenities	1	1	1
Program wrap-up	1	1	1
Price per person	EUR 1,160	EUR 1,560	EUR 2,070
Price per couple	EUR 2,030	EUR 2,760	EUR 3,650

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WELLNESS PROGRAMS

DETOX

	3 DAYS	5 DAYS	7 DAYS
Wellness Screening	1	1	1
Private Activity: Yoga/Meditation	2	5	7
Personal Spa Detox Massage	2	3	4
Personal Detox Body Scrub and Wrap Treatments	1	2	3
Yogic Intestinal Cleanse	1	1	1
Private Sauna and Steam Bath	1	2	3
Program wrap-up	1	1	1
Price per person	EUR 950	EUR 1,590	EUR 2,100
Price per couple	EUR 1,600	EUR 2,560	EUR 3,425

WELLNESS DAYS

	DURATION	PRICE/EUR
Love Your Heart	1 day	675 per person 1,035 per couple
Mind Your Brain	1 day	780 per person 1,300 per couple
Boost Your Immunity	1 day	750 per person 1,300 per couple

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TREATMENTS

DURATION/MINUTES

PRICE/EUR

EXCLUSIVE JOURNEYS BY TERRES D'AFRIQUE

The Ocean Journey	120	380
The Floating Journey	150	475
The Nature Journey	120	380
The Rock Journey	120	380
The Cave Journey	150	475
The Couple's Journey	150	850 per couple

LOCALLY INSPIRED SIGNATURE TREATMENTS

Heated Lava Shell (Locally inspired)	90	300
Alchemist Body Scrub	60	150
Alchemy Bar Workshop	45	50 per person
Natural Sun Burn Soother	45	150

MASSAGE

Deep Tissue	60/90	200/280
Detox Massage	60/90	200/280
Holistic	60	190/270
Movement Restoration	90	280
Pregnancy	90	270
Tension Soother	30/60	135/185
Head Massage	30/60	135/185
Relaxed Feet	30/60	135/185
<i>Add-on, Body Scrub</i>	30	125

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TREATMENTS

DURATION/MINUTES

PRICE/EUR

FACIALS

Afrique Mystique Facial	90	320
Energy Balance Facial	90	280
Organic Sun Repair Facial	60	280
Rose Crystal Lymphatic Facial	60/90	280/320
Vitamin C and Papaya Enzyme Peel Facial	60	280

BODY TREATMENTS

Detox Vital (Wrap)	90	300
Sleep with Me	90	300
Trim and Fit	90	300

AYURVEDA

Abhyanga	60	350
Shirodhara	60	380
Ayurvedic Experience	90	560
Kati Vasti	45	150

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TREATMENTS

DURATION/MINUTES

PRICE/EUR

RECONNECTION

Sound Journey	60	150
Hatha Yoga	60	140
Guided Meditation	45	100
Breathwork	45	120

BEAUTY

Avocado Hair Mask	30/60	100/180
Zil Pasyon Manicure	60	140
Zil Pasyon Pedicure	60	140
Nail Polish Change	30	40
Nail Polish Removal	15	25

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