



SIX SENSES SPA

ZIL PASYON

# 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

Inspired by the powerful energy of the ocean and performed in The Ocean Villa, this journey revitalizes the body and mind. It combines aromatherapy, acupressure and reflexology with hot and cold massage techniques using crystal balls and Terres d'Afrique tri-touch signature tool to unblock energy pathways.

*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, 120 MINUTES

Taking its cue from its location perched on top of a large rock, this journey is inspired by the openness and lightness of being elevated above the ground. Treatments in this villa focus on reconnecting the body and mind, releasing 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.
- Advance release massage using deep tissue massage oil, cooling gel and menthol spray with septarian crystals, wooden balls and baobab pindas.



### THE CAVE JOURNEY, 120 MINUTES

The earthy and comforting setting of The Cave Villa provides inspiration for this nurturing and nourishing journey.

*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.
- 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 signing 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.







# MASSAGES





## SIX SENSES SIGNATURE MESSAGES

**Deep Tissue, 60 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.

**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.

**Head Massage, 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.

**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.

**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.



*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.

*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.



# 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.*

### LIFT ME UP FACIAL, 60 MINUTES

Reduce the signs of aging with this non-invasive treatment which uses state-of-the-art microcurrent technology with cutting-edge ingredients to lift, plump and firm the skin, inducing overall radiance and reeducation of facial muscles.

*Using The Organic Pharmacy.*

### 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.*

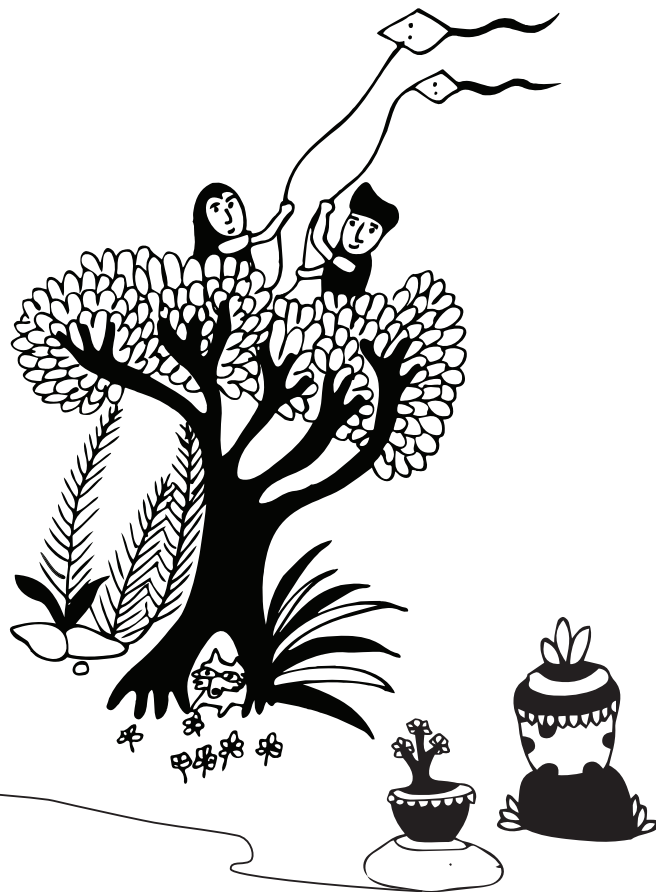
**ADD-ON BODY SCRUBS, 30 MINUTES** ✿

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.



BEAUTY



### AVOCADO HAIR MASK, 30/60 MINUTES

#### MANICURE, 60 MINUTES ✿

*Zil Pasyon* - using cashew nuts, vanilla powder, coconut milk and oil.

*Island Greens* - using island greens, bigarade fruit and leaves.

#### PEDICURE, 75 MINUTES ✿

*Zil Pasyon* - using cashew nuts, vanilla powder, coconut milk and oil.

*Island Greens* - using island greens, bigarade fruit and leaves.

### NAIL POLISH CHANGE, 30 MINUTES

*Waxing services are available on request.*



# SPA ETIQUETTE





### SPA OPENING HOURS

Daily: 9:00 am to 9:00 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

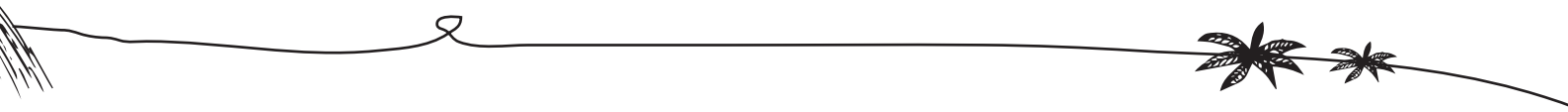
Young guests, of 12 to 15 years, are welcome to enjoy the infinity pool and a selection of treatments, under the supervision of a guardian.

### 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.

### SPA VITALITY POOL

Guests having treatments are given priority use of the vitality pool.







## TREATMENTS

## DURATION/MINUTES

## PRICE/EURO

### EXCLUSIVE JOURNEYS BY TERRES D'AFRIQUE

The Ocean Journey	120	310
The Floating Journey	120	310
The Nature Journey	120	310
The Rock Journey	120	310
The Cave Journey	120	310
The Couple's Journey	150	790 per couple

### MASSAGES

#### Six Senses Signature Massages:

<i>Deep Tissue/Detox/Head Massage</i>	60	165
<i>Holistic Massage</i>	60/90	165/240
<i>Movement Restoration Massage</i>	90	240
<i>Relaxed Feet</i>	30/60	100/165
<i>Tension Soother</i>	30/60	100/165

### FACIALS

Afrique Mystique Facial	90	280
Energy Balance Facial	60	240
Lift Me Up	60	240
Organic Sun Repair Facial	60	240
Rose Crystal Lymphatic Facial	60/90	240/280
Vitamin C and Papaya Enzyme Peel Facial	60	240

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

*All treatments and prices are subject to change without prior notice.*

## TREATMENTS

## DURATION/MINUTES

## PRICE/EURO

### BODY TREATMENTS

Detox Vital	90	240
Sleep with Me	90	240
Trim & Fit	90	240
<b>Add-on body scrubs:</b>	30	100
<i>Felicite Dew/Sweet Perfection/Island Greens Kick</i>		

### BEAUTY

Avocado Hair Mask	30/60	75/150
Zil Pasyon Manicure	60	120
Island Greens Manicure	60	120
Zil Pasyon Pedicure	75	150
Island Greens Pedicure	75	150
Nail Polish Change	30	50
Nail Polish Removal	15	25

#### **Waxing:**

Lip/Eyebrows		50
Underarms		50
Full arms		60
Half leg		50
Full leg		150
Chest/Back		150

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



## SIX SENSES SPA ZIL PASYON

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