



SIX SENSES SPA

MARBELLA

## SPA MENU

Six Senses Spas offer 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



## SIX SENSES SIGNATURE MASSAGES, 50/80 MINUTES

*Deep Tissue* - a deep oil-based massage to ease muscle tension and reawaken your senses. Silicone cups are used to lift connective tissue and improve blood flow to sluggish skin and muscles.

*Detox* - a stimulating massage using firming and toning oils to reduce the appearance of cellulite, uneven skin tone and fluid retention. Silicone cups are used to drain toxins and residues out of the body, boosting circulation and the flow of energy.

*Energizer* - this reviving upper body massage relieves muscle tension.

*Holistic* - a soothing massage designed to evoke deep relaxation.

## INDIAN HEAD MASSAGE, 50 MINUTES

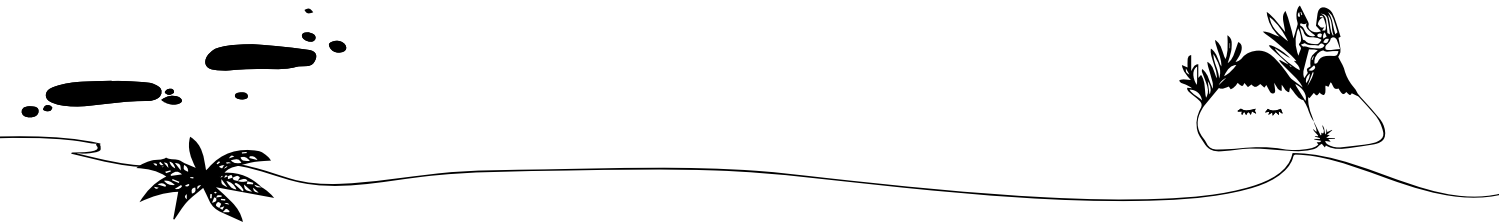
Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

## FOOT ACUPRESSURE, 25/50 MINUTES

This deeply relaxing treatment involves the application of pressure to reflex points on the feet helping to restore the body to a healthy balance

## ORIENTAL MASSAGE, 50/80 MINUTES

A stress relieving treatment combining a full body massage with acupressure and stretching techniques.



FACIALS  
BODY TREATMENTS  
WELLNESS THERAPIES



**ROSE CRYSTAL LYMPHATIC FACIAL, 50/80 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, 50 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.*

**ACTIVE WELLNESS FOR MEN AND WOMEN, 50 MINUTES**

Revitalize, soothe and hydrate the skin with this energizing facial combining deep pore cleanse and exfoliation with a skin refueling mask. Ideal after sun exposure or an active lifestyle. This facial can be adapted for teens. *Using QMS Medicosmetics.*

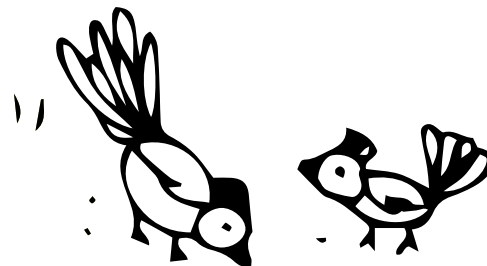
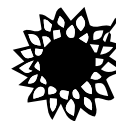
**COLLAGEN REJUVENATION TREATMENT, 80 MINUTES**

An advanced anti-aging and intensely hydrating facial featuring a unique system of natural soluble collagens combined with pioneering exfoliation to restore and revitalize the skin. Ideal for sensitive skin. *Using QMS Medicosmetics.*

**PURE OXYGEN TREATMENT, 80 MINUTES**

Using a customized oxygen machine, pure oxygen is used to encourage circulation, stimulate the regenerative process and channel ingredients more effectively to enhance the skin profile leaving it firmer, smoother and radiant. *Using QMS Medicosmetics.*

*Recommended as an addition to any of the above QMS Medicosmetics facials:*

**PURE OXYGEN BOOST, 15 MINUTES****PIGMENT REPAIR, 15 MINUTES**

**GREEN COFFEE BODY SCULPTING, 50 MINUTES**

Reduce puffiness, bloating and improve circulation for a firmer and slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment starts with dry skin brushing followed by the thermogenic salon-strength chili and coffee oil massage to help break down fat cells. Stimulate the circulation and metabolism with a final application of Resculpting Body Gel. *Using The Organic Pharmacy.*

**ANTI-CELLULITE CONTOURING TREATMENT, 50 MINUTES**

This specialized lower body treatment is highly effective in targeting cellulite, improving circulation and hydrating the skin. The combination of expert products and techniques helps to eliminate toxins, smooth the skin's texture and refine body contours. *Using QMS Medicosmetics.*

**UPPER BODY TONE & HYDRATE TREATMENT, 50 MINUTES**

Firm and tone the upper body with this body treatment based on a sequence of exfoliation, detoxification and hydration. It completes with a back massage using nourishing body oil to regenerate and smooth the skin. *Using QMS Medicosmetics.*

**SIGNATURE OLIVE OIL & SEA SALT TREATMENT, 80 MINUTES ✿**

Stimulating body exfoliation using a herbal scrub infused with sea salt and olive oil to remove dead skin cells. It continues with the application of warm oil to re-mineralize the skin, leaving a long lasting feeling of well-being. It completes with a personalized back massage concentrating on areas of concern.

*Recommended as an addition to any spa treatments:*

**SIX SENSES SIGNATURE SCRUBS, 25 MINUTES**

*Calming* - ideal for sensitive skin, this scrub uses sea salt from the Dead Sea to gently exfoliate the skin.

*Clarity* - ideal for combination and oily skin, this scrub uses rice powder.

*Vitality* - ideal for all skin types, this scrub involves skin exfoliation with crushed coconut shell.





**ROYAL HAMMAM, 80 MINUTES**

Traditional Hammam experience combined with a deeply relaxing back massage to release muscle tension.

**SIGNATURE HAMMAM, 50 MINUTES**

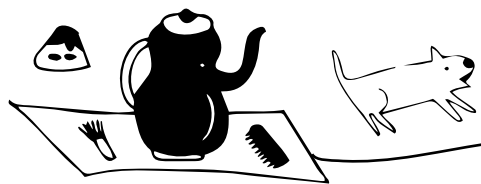
A cleansing and refreshing experience starting with a scalp ritual including a rejuvenating hair mask. It continues with exfoliation using homemade soap and loofah to stimulate and rehydrate the skin.

**TRADITIONAL HAMMAM, 50 MINUTES**

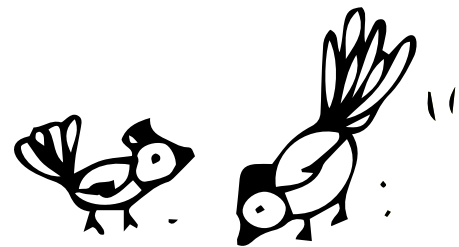
A cleansing and refreshing treatment starting with warm herbal steam which is followed by a body wash with a black soap and gentle exfoliation using the Hamman mitt. It leaves the skin smooth and supple.



# RITUALS





**BEAUTY, 3 HOURS 20 MINUTES***Signature Massage**Facial, choose any 50-minute facial**Manicure**Pedicure***DETOX, 100 MINUTES***Green Coffee Body Sculpt**Detox Massage***ENERGIZER, 100 MINUTES***Signature Body Scrub**Energizer Massage**Foot Acupressure***ROYAL, 3 HOURS***Royal Hammam**Manicure**Pedicure***BEAUTY****MANICURE, 50 MINUTES****NAIL POLISH APPLICATION, 25 MINUTES****PEDICURE, 50/80 MINUTES***Waxing and eyebrow-shaping treatments are available on request.*

# SPA ETIQUETTE



### SPA OPENING HOURS

Daily 9:30 am to 9:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. 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.

We recommend using the wet area facilities prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment. There is an additional charge for the use of the wet area if a treatment has not been booked.

### ARRIVAL

Please arrive 25 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 note that cancelations and modifications within 24 hours of treatment will incur 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

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 or cash are accepted at the spa reception.

### CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 15 years old to the spa.





## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### MASSAGES

Six Senses Signature Massages:

<i>Detox/Energizer/Holistic</i>	50/80	140/190
<i>Deep Tissue Massage</i>	50/80	155/205
Indian Head Massage	50	150
Foot Acupressure	25/50	85/140
Oriental Massage	50/80	155/205

### FACIALS

Rose Crystal Lymphatic Facial	50/80	140/175
Vitamin C and Papaya Enzyme Peel Facial	50	150
Active Wellness for Men and Women	50	140
Collagen Rejuvenation Treatment	80	190
Pure Oxygen Treatment	80	210
Pure Oxygen Boost	15	45
Pigment Repair	15	45

### BODY TREATMENTS

Green Coffee Body Sculpting	50	145
Anti-Cellulite Contouring Treatment	50	150
Upper Body Tone & Hydrate Treatment	50	150
Signature Olive Oil & Sea Salt Treatment	80	200
Six Senses Signature Scrubs:	25	85
<i>Calming/Clarity/Vitality</i>		

*Prices are inclusive of government tax.*

## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### WELLNESS THERAPIES

Royal Hammam	80	250
Signature Hammam	50	190
Traditional Hammam	50	210

### RITUALS

Beauty	3 hrs 20 mins	380
Detox	100	240
Energizer	100	250
Royal	3 hrs	365

### BEAUTY

Manicure	50	75
Nail Polish Application	25	40
Pedicure	50/80	95/120

*Waxing and eyebrow-shaping treatments are available on request.*

*Prices are inclusive of government tax.*





## SIX SENSES SPA AT PUENTE ROMANO BEACH RESORT & SPA

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