



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

Deep Tissue, 50/80 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.

Holistic, 50/80 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.

Detox, 50/80 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.

Movement Restoration, 80 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.

Tension Soother, *25/50 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.

Head Massage, *25/50 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, *25/50 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.

Pregnancy Massage, 80 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.

**15 and 25 minute treatments are sold only as an add-on to any other treatment.*



FACIALS



24K GOLD AGE-DEFYING FACIAL, 50/80 MINUTES

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of Mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revive the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

**SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 50/80 MINUTES**

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing Marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

FIRE AND ICE FACIAL, 50/80 MINUTES

A clinically active treatment system designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles, smoothing, softening and encouraging cellular renewal. *Using iS Clinical.*

EXFOLIATING CLEAR SKIN FACIAL, 50 MINUTES

An advanced treatment application designed for gentle exfoliation with soothing and healing benefits for oily, congested, acne prone or otherwise problematic skin. *Using iS Clinical.*

FOAMING ENZYME TREATMENT, 50/80 MINUTES

The effervescent treatment features active foaming agents for light and effective exfoliation for all skin types, leaving the skin clear and glowing. *Using iS Clinical.*

HONEY ENZYME FACIAL, 50 MINUTES

This luxurious, exfoliating, hydrating facial enhances skin with gentle massage and soothing hydration. Effective for all skin types, leaves skin smooth and soft. *Using iS Clinical.*

Recommended as an addition to any of the above facials:

PURE OXYGEN BOOST, *15 MINUTES**EYES THAT SPARKLE, *15 MINUTES**

Specific treatment for the delicate eye area, with pharmaceutical grade botanical ingredients that provide hydration, luminosity and clarity for the eyes. Spectacular results in record time. Suitable even for the most sensitive eyes. *Using iS Clinical.*

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BODY TREATMENTS



RASAYANA DETOX BODY WRAP, 80 MINUTES

Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation using essential oils with cinnamon powder and walnut shells. It continues with a mineral-rich clay mask infused with powerful herbs of spiked ginger lily, spirulina and green tea to detoxify the skin. This experience concludes with the application of customized and aromatically infused body butter, lotions or oils to provide intense nourishment, leaving the skin glowing and the body re-energized. *Using Subtle Energies.*

RASAYANA DETOX BODY BUFF, 50 MINUTES

Detoxify and stimulate the adrenals to provide clarity and grounding. Dead skin cells are buffed away to help reduce cellulite using cinnamon bark and walnut shells blended with tulasi, limbu and wild turmeric. *Using Subtle Energies.*

PEARL-INFUSED REMINERALIZING BODY MASK, 80 MINUTES

Experience the power of pearls with this exceptional treatment which delivers multi-sensory results. Starting with a skin-softening exfoliation, the journey continues with a mineral-rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate and regenerate skin cells. While being cocooned in the mineral mask, the signature facial Marma massage releases tension and stress, using potent anti-aging actives of mogra and Indian rose. *Using Subtle Energies.*

MEDITERRANEAN BREEZE, 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 massages or body treatments:

SIX SENSES SIGNATURE SCRUBS, 25 MINUTES ✿

Calming - ideal for sensitive skin, this scrub uses lavender and sea salt to gently exfoliate the skin.

Clarity - ideal for combination and oily skin, this scrub uses rosemary and sea salt.

Vitality - ideal for all skin types, this scrub involves skin exfoliation with orange, lemon and cinnamon to revitalize the skin.

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WELLNESS THERAPIES



WELLNESS SCREENING, 25 MINUTES

A personal consultation during which we measure key physiological biomarkers of health, including body composition, metabolism, oxygen distribution, and heart function and circulation, as well as stress parameters. Based on the results, a wellness program is recommended to your specific needs.

ROYAL HAMMAM, 80 MINUTES

Signature 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.

BEAUTY



MANICURE, 50 MINUTES

NAIL POLISH APPLICATION, 25 MINUTES

PEDICURE, 50 MINUTES



SPA ETIQUETTE



SPA OPENING HOURS

March to September: Daily 9:30 am to 9:00 pm
from October to February 11:00 am to 7:30 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 lifestyle consultation 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 cancellations 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.



SIX SENSES SPA MARBELLA AT PUENTE ROMANO AND NOBU HOTELS

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