



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 MINUTES**

Bring a radiant glow to your skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles. We combine collagen and elastin boosting actives, while addressing stress, anxiety and hormonal balance. This age-defying facial features Mogra and 24k Gold to renew and regenerate.

*Using Subtle Energies.*

**SOOTHE AND ENRICH ANTIOXIDANT FACIAL, 50 MINUTES**

A restorative treatment for dehydrated, sensitive or damaged skin. This intense enriching therapy delivers potent antioxidants and essential fatty acids to fight free radical damage, protecting the skin from visible signs of aging. The facial marma massage delivers a nutrient rich elixir to increase collagen and hyaluronic acid production. *Using Subtle Energies.*



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

**POMEGRANATE ENZYME FACIAL, 50 MINUTES**

Reveal a brighter, fresher skin through the transformational power of polyphenols including activated pomegranate enzymes and natural AHAs which effectively resurface and smooth the skin. The active aromatics and botanicals nourish and maintain moisture levels, while gentle exfoliation reveals a smoother and brighter complexion.

*Using Subtle Energies.*

**ADVANCED BIOTECH, \*25 MINUTES**

Transform your skin with deep hydration and enhanced cellular renewal, resulting in instant plumpness and smooth, renewed skin. This advanced facial add-on features the latest in bio-tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness the remarkable rejuvenation and enjoy a youthful, lifted complexion as you elevate your facial. *Using Subtle Energies.*

**COLLAGEN TREATMENT WITH FACE SCULPTING,  
INCLUDES APPLICATION OF PURE COLLAGEN  
FILM FACE & NECK, 100 MINUTES**

This treatment features our Signature Face Sculpt Massage, the most complete and comprehensive manual facial toning techniques to tighten, while simultaneously strengthening the facial muscles and smoothing wrinkles. It adds significant fullness to your skin and radiance to your complexion. Fortified with pure collagen, peptide technology, pure silk and plant-based growth factors, this transformative facial will rejuvenate stressed, dull or aged skin.

*Using Swissline.*

**SWISS SUBLIME SKIN, 50 MINUTES**

Hyaluronic Acid is the star ingredient at the heart of this global well-aging treatment.

It provides the skin with immediate plumping and super-hydrating effect. Wrinkles are instantly smoothed; skin elasticity and suppleness are protected for a long-lasting feeling of fullness. *Using Swissline.*

**SWISS OXYGEN, 75 MINUTES**

This treatment is a powerful antidote to the effects of modern life on the skin. It is anti-fatigue, anti-pollution, anti-dull complexion. 100 percent vegan new generation treatment has been developed with highly re-oxygenating products from the Cell Shock Age Intelligence range: Hydraholic Mask and the professional Cell Shock Age Intelligence Super Ampoule. The skin breathes, it is stimulated, awakened, and the complexion is purified.

*Using Swissline.*

**SWISS SMART, 50 MINUTES**

Quick and to the point, this fully personalized treatment uses Swissline's signature collection of Age Intelligence Boosters. Especially designed for skins that need instant "de-stress" of any kind.

A smart and fast way to look your best!

*Using Swissline.*



### FACE SCULPTING WITH INTRA-ORAL MASSAGE, \*25 MINUTES

Swissline Signature Face Sculpt Massage is an extremely innovative, original and technical facial massage technique. It features a comprehensive program of firming manual techniques: skin is tightened, facial muscles strengthened, wrinkles are smoothed, and lymphatic circulation is improved. Regular massage restores facial muscles and tissues to their original length and shape, gives the skin elasticity and improves lymphatic circulation.

In the intra-oral part of the massage, the therapists - wearing latex-free gloves - perform a massage inside the mouth, gently grasping the cheek muscles to release tension and plump:  
Lips/Nasolabial folds/Perioral wrinkles  
*Using Swissline.*

### SWISS EYE SPARKLE, \*25 MINUTES

This treatment takes your eye-care to a new level of excellence erasing the tell-tale signs of aging and fatigue instantly. Lines and wrinkles are smoothed away while the inner architecture of the eye contour is transformed instantly with a filling effect. *Using Swissline.*

### PERFECT DÉCOLLETÉ, \*25 MINUTES

Designed to give your décolleté a feeling of renewed firmness and vitality, this treatment combines draining and lifting movements, stimulate blood and lymph circulation, helping to eliminate accumulated toxins and tension. *Using Swissline.*

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



# 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.

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



# WELLNESS THERAPIES







### 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

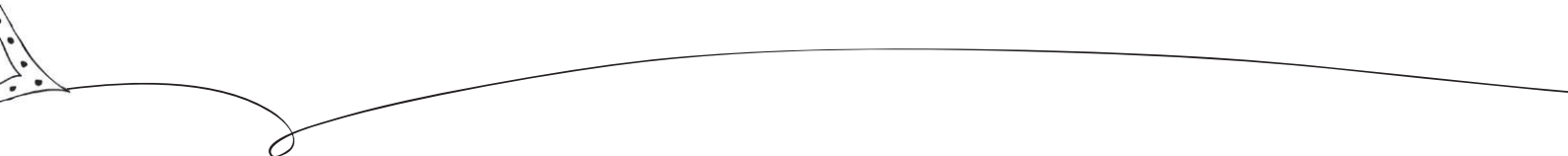


MANICURE, 50 MINUTES



NAIL POLISH APPLICATION, 25 MINUTES

PEDICURE, 50 MINUTES



# SPA ETIQUETTE





### SPA OPENING HOURS

June to August: Daily 9:30 am to 9:00 pm

September to May: Daily 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

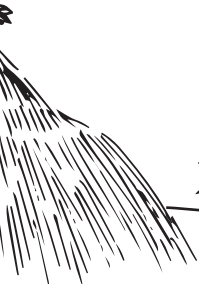
We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

### 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

Children that are 15 to 18 years old are welcome into the spa when accompanied by an adult.









SIX SENSES SPA MARBELLA AT PUENTE ROMANO AND NOBU HOTELS

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## TREATMENTS

## DURATION/MINUTES

## PRICE/EUR

### MASSAGES

#### **Six Senses Signature Massages:**

<i>Detox</i>	50/80	235/295
<i>Tension Soother</i>	*25/50	130/205
<i>Holistic</i>	50/80	205/280
<i>Deep Tissue</i>	50/80	235/295
<i>Head Massage</i>	*25/50	130/205
<i>Movement Restoration</i>	80	295
<i>Relaxed Feet</i>	*25/50	130/205
<i>Pregnancy</i>	80	280

### BODY TREATMENTS

Rasayana Detox Body Wrap	80	305
Rasayana Detox Body Buff	50	235
Pearl Remineralizing Body Mask	80	345
Mediterranean Breeze	80	315

#### *Add-on treatments:*

Six Senses Signature Scrubs:		
<i>Calming/Clarity/Vitality</i>	*25	130

### WELLNESS THERAPIES

Royal Hammam	80	350
Signature Hammam	50	315

*Prices are inclusive of government tax.*

TREATMENTS	DURATION/MINUTES	PRICE/EUR
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### FACIALS

24K Gold Age-Defying Facial	50	245
Soothe & Enrich Facial	50	235
Pomegranate Enzyme Facial	50	245
Advanced Biotech	*25	130
Swiss Eye Sparkle	*25	130
Collagen Treatment with Face Sculpting	100	495
Swiss Oxygen	75	305
Swiss Sublime Skin	50	245
Swiss Smart	50	235
Face Sculpting with Intra-oral Massage	*25	130
Perfect Décolleté	*25	130
Pure Oxygen Boost	*15	75

### BEAUTY

Manicure	50	85
Nail Polish Application	*25	45
Pedicure	50	105

#### **Add-on treatments:**

(\*15 and 25-minute treatments)

*only available when booked with another spa treatment*

*Please note that cancellations and modifications within 24 hours of your treatment will incur a 100 percent treatment charge.*

*Prices are inclusive of government tax.*

