



SIX SENSES SPAS

WEEKLY WELLNESS ACTIVITIES

	7:30 am	9:00am	6:00 pm
MONDAY	Yoga	Yoga	Legs, Bums & Tums
TUESDAY	Boxercise	Yoga	Yoga
WEDNESDAY	Yoga	Yoga	Circuit class
THURSDAY	Yoga	Legs, Bums & Tums	Six Senses Meditation
FRIDAY	Core Stability	Boxercise	Super Stretching
SATURDAY	Yoga	Yoga	Circuit Class
SUNDAY	Muay Thai	Yoga	Yoga

Six Senses Wellness Class designed by our in-house wellness experts is a fun, quirky and energizing session; actual activity varies according to the instructor; combines various practices such as yoga, aerobics, body balance & conditioning in an energizing way.

Spa Members and in-house guests - complimentary

Six Senses Spa at Jaypee Greens Golf Resort & Spa

T: +91 120 674 3271 / +91 120 674 3272 | E: reservations-jaypee-spa@sixsenses.com | www.sixsenses.com



Abhyanga & Shirodhara: Ayurveda's Bliss Therapy

A relaxed body will lead to a relaxed mind. Letting go doesn't have to be difficult, however. It can even be blissful.

One of Ayurveda's favorite ways to relax and let go is Abhyanga and Shirodhara, perhaps the most soothing oil treatment "the Science of Life" has to offer. Shirodhara comes to us from Ayurveda, the 5000 year old system of holistic healing from India. Its purpose is to reduce stress and induce a state of deep relaxation. Abhyanga is used to help relieve insomnia, anxieties, fears, stress headaches and other nervous system disorders. Guests normally experience a deep relaxation during the winter season the cold and dry weather invariably leaves its mark on the skin, joints and muscles. Ayurveda believes that winter is the most favourable time for health, as bio energies can be balanced by simple measures.

We have a special winter offers available throughout the month and beyond so get in touch with our spa team and plan your relaxing experience in advance. This package includes Abhyanga for 60mins and Shirodhara for 30mins.

Ayurveda's Bliss Therapy

INR 8,999

Enjoy an 90-minute treatment to cleanse the body and mind through an ancient yet effective practice. Increase your energy levels, improve clarity of thought and enjoy a quieter mind.

Ayurveda's Bliss Package

Buy a series of five Ayurveda's bliss therapy and get seven sessions.

- 90-minute treatments combo / INR 44,995

This offer is available for treatment package purchased in advance.

*You can share your treatments with your family members or even friends.

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SIX SENSES SPAS

Six Senses Fitness Membership

We have taken an integrated approach to developing our Six Senses offering incorporating fitness and wellness activities such as Flying Yoga, Muay Thai (Thai Kickboxing), Boxercise, Yoga and Ayurveda. Personal fitness assessments, gym orientations and Ayurvedic consultations are provided along with wellness classes to support your goals.

Member's benefits

Access to the wet facilities, fitness center, scheduled wellness classes & swimming pools
25% discount on personal training, 10% discount on spa retail, 15% discount on all F&B outlets at Jaypee Greens Golf & Spa Resort, a Fitness assessment, gym orientation and Ayurvedic consultation.
All the below membership categories are subjected to a one-time joining fee INR 10,000.

Fitness Intro | 1 month single | INR 18,000

Includes one fitness assessment, one guest pass & one Six Senses Signature massage 50 minutes

Fit and Fast | 3 month INR 35,000 single | INR 60,000 couple

Includes one PT session, two guest passes, one Six Senses Signature massage 50 minutes (per person)

Simply Active | 6 month INR 55,000 single | INR 90,000 couple

Includes one PT session, three guest passes, one Six Senses Signature massage 50 minutes (per person)

Revive and Energize | 1 year INR 85,000 single | INR 130,000 couple

Includes two PT sessions, six guest passes & one Six Senses Signature massage 50 minutes (per person)



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Six Senses Spa Greater Noida at Jaypee Greens Golf & Spa Resort

Corporate Fitness | 6 months INR 150,000 | 1 year INR 240,000 (for four person)

Includes four PT sessions, four Guest passes, two complimentary hair-cuts, one Six Senses Signature massage 50 minutes (per person)

*Corporate membership can be issued for group of up to 10 people

Member's PT Promotion | 60 minutes 7 sessions | INR 7,500

Transform your body with this bespoke one-to-one programme including a fitness assessment, programming, personal training sessions, an initial nutritional consultation and wellness classes

Weight Management Membership | 2 months INR 53,000 single | INR 95,000 couple

Includes two guest passes, seven PT sessions, two personal yoga sessions, four detox colonic sessions, six spa treatments, fitness assessment with personal trainer, lifestyle consultation with our Ayurveda doctor

*Motivational incentive provided as a target to help achieve your goals



**All prices are subject to applicable government taxes*

Six Senses Spa at Jaypee Greens Golf Resort & Spa

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Fact Sheet

Six Senses Spa at Jaypee Greens Golf & Spa Resort

One of the finest fully integrated health and wellness Spa and leisure facilities in India that expertly integrates the components of physical fitness, alternative health, healing and wellness therapy, hair and beauty, anti-aging treatment and healthy spa cuisine and specialized wellness programs in a truly holistic destination Spa retreat.

Away from the hustle and bustle of city life, spread expansively over three floors, the Six Senses Spa houses a wide range of facilities including a state-of-art fitness center, Kinesis machine - a stretch and strength training machine, Yoga and wellness activities studio with an aerobic pool, female and male Moroccan style Hammam suites, a meditation cave, hair and beauty salon, ladies club and golfer's treatment areas to name just a few. Among its twenty-three treatment areas, spread over a stunning 98,000 sq ft you will find specialist therapy areas for Ayurveda, Watsu therapy, detoxification, slimming and colonic hydrotherapy. Also included are private consultation rooms, separate male and female wet area's with private changing facilities, herbal steam rooms, saunas, experience showers, ice fountains and private lap pools and expansive relaxation areas.

Our comprehensive menu has your whole body covered, from the Six Senses world renowned signature massages, facials, wraps and scrubs, extensive international therapies to locally-inspired treatments, specialist wellness therapies and rejuvenating and balancing Spa journeys.

You may also benefit from personalized advice from our wellness consultants, get in shape with qualified personal trainers or just simply enjoy some time out. Whatever you are looking for, our spa and wellness hosts will exceed your expectations to ensure that the time you spend at Six Senses is truly memorable.

Spa and Fitness Facilities:

- Over 98,000 sq. ft spread expansively over three floors offering the highest standard of health & wellness treatment areas & world class Spa facilities.
- Over 23 luxurious private single & double treatment areas including 4 Moroccan Hammam treatment suites for groups, singles & couples.
- Thermal facilities, including steam rooms, sauna, experience showers, Ice bowl fountain & experience showers.
- Common Aerobic Pool with conveniently & privately separated female/male lap pools for water fitness, aqua aerobics or just a refreshing dip.
- 5 luxurious relaxation areas which can accommodate more than 50 people at any time all in consideration of relaxation & privacy to our guests & private groups.
- Meditation Cave providing opportunity for private/group meditation & relaxation therapy
- Yoga & Dance Studio - offering specialized classes for yoga, hot yoga, stretch therapy, Pilates, dance & body pump workouts.
- A purpose built Watsu pool for shiatsu water therapy - a gentle passive water therapy for health & relaxation therapy
- Fully Equipped Fitness center with state of the art Kinesis machine & Formula 1 themed tread mills equipped with Wi-Fi internet & sky TV channels
- Hair & Beauty Salon and private Bridal suite / ladies club for spa parties, private events, social spa gatherings & brides to be
- Golfers Rooms for a quick stretching and treatment to re-energize after the play
- Outdoor herbal garden for locally inspired indigenous treatments & ingredients for the Spa Cuisines
- Retail Gallery - showcasing best of international cosmetics, herbal teas & other lifestyle products



SIX SENSES SPA

GREATER NOIDA

Treatment Room Facilities:

- Equipped with Ipod and Bose Speakers for personal list of the music to be played
- Couples rooms fully equipped with steam room with shower facilities
- Restrooms
- Sitting and relaxing area
- Adjustable room temperature control's

Exclusive Spa Services:

- Private Butler's
- Highly skilled & certified Personal Trainer's and Fitness Specialists
- Personalized lifestyle consultations available with in-house Wellness Manager
- State of the art BMI analysis and fit test machine upon need's basis
- Car valet and drivers relaxation area
- Inspirational literature, books and readings on health, wellness, fitness and rejuvenation throughout the many luxurious Spa relaxation lounges
- Welcome drink and refreshing towels on arrival
- Six Senses Signature teas

A summary of some of the Spa Menu offerings created is as follows:-

- Western and Eastern Therapies
- Anti-Aging Therapies
- Hair & Beauty Rituals
- Skin Treatments
- Stress Relief & Relaxation
- Detox & Purification
- Figure & Body Transformation
- Colonic Hydrotherapy & Rejuvenation
- Moroccan Hammam and Detox Therapies
- Men's Health
- Locally inspired Authentic Indian Wellness Therapies & Ayurveda
- Watsu – Shiatsu Water Therapy
- Thai Therapies
- Physical Fitness and Vitality
- Alternative Healing Treatments and Reiki
- Wellness Activities, Stretch Classes, Pilates Yoga & Meditation
- Visiting Consultants & Specialist Healing Practitioners
- Six Senses World renowned Signature Treatments

Architecture and Design:

Designed in the style of a traditional Indian house, the spa houses inner courtyards, water features and various therapy and relaxation areas. Locally-sourced woods and stone are used throughout the spa and traditional artefacts including antique bronzed pots, vases and urns evoke a sense of indigenous local essence. A considerable amount of care was put into the design of this Six Senses property to reflect traditional local style. There is ample use of natural materials, lots of windows, providing natural ventilation and views out to the surrounding luscious plantation and greenery throughout.

Much of the Spas interiors have been developed with the Six Senses ethos and concept including many artefacts, finishing touches and interiors exclusively designed for Six Senses. Some of these touches include light shades made with distinct markings and inflections with natural materials, shades and tones. The entire



SIX SENSES SPA

GREATER NOIDA

building is made with all of the walls and finishes completely rounded off to provide a curved and softened effect. This rounding off of the walls and niches is very much used in all Six Senses properties around the globe. Interior furnishings make use of brightly coloured fabrics and linens including the signature teal green colour that is used for the Six Senses Spas globally and featured prominently portrayed throughout.

Natural woods are used throughout for the floors, walls, ceilings and many of the furnishings and are all locally sourced including “Teak”, “Shisham” – Indian Rosewood Tree and “Acacia Arabica” – Indian Thorn tree.

Locally sourced white and grey marbles and stones are used for the wet areas and the outdoor areas. Hand made locally sourced baskets is used for plant holders, linen baskets, towel and trash bins.

Beautiful Antique silver, brass and bronze has been sourced and designed to provide all the Spa amenities including serving trays, amenity trays, foot wash basins and fruit bowls.

Curtains and roman blind linens, fabrics and straws are based on the Six Senses design philosophy but sourced and made up from suppliers sourced locally. Rugs and carpets are simple designs and made from Jute and Sisal all from India.

The Location:

Located in Greater Noida just out of the national capital city the Six Senses Spa at the Jaypee Green Golf and Spa Resort is strategically placed within the Jaypee Greens five star Golf Resort and the luxury Residences of the Jaypee Greens. Set amongst naturally beautifully landscaped grounds it is a true oasis for Resort guests, memberships for Jaypee and surrounding residents, a Destination Spa for global Spa guests seeking a comprehensive and integrated health and wellness retreat. In addition it provides an exclusive high standard Day Spa facility for people living in and around the entire New Delhi national capital region.

You may also visit the following websites:-

<http://www.sixsenses.com>

<http://www.jaypeeresortdelhi.com/>

<http://www.jaypeeresortdelhi.com/spa/index.aspx>

<http://www.sixsenses.com/Six-Senses-spas/Jaypee-Green-Golf-Resort/>

For any additional information, we invite you to contact our Spa Team personnel on the contact details given below or visit us at Six Senses Spa at Jaypee Greens Golf and Spa Resort, Greater Noida.

Contact:	Sandeep Kaushik
Designation:	Spa Sales Manager
Address:	Surajpur Kasna Road, Greater Noida - 201306, U.P., India
Mobile:	+91 9649256203
Phone:	+91 (120) 6743279
E-mail:	sales-india-spa@sixsenses.com



Six Senses Promotions

We have a selection of special offers available throughout the month and beyond so get in touch with our spa team and plan your relaxing experience in advance.

Spa Treatment Bundles

Buy ten Six Senses signature treatments for the price of seven.

- 60-minute treatments combo / INR 34,300
- 90-minute treatments combo / INR 41,300

This offer is available for treatment bundles purchased in advance.

You can share your treatments with your family members or even friends.

Relax Together

INR 5,900

Enjoy an 90-minute signature massage and let your partner, parent or friend enjoy a complimentary 30-minute head or foot massage.

Yogic Cleanse

INR 10,650

Guided inner and outer cleanse program, helping you reveal the radiant, leaner and revitalized you.

Program includes:

- Personalized Yoga Session
- Yogic Detox
- Guided Meditation
- Six Senses Signature Massage
- Life style consultation
- Fitness consultation

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Thai Massage Room

Commence your wellness journey with Six Senses Spa's exclusive setup, away from the hustle-bustle of the city. Our membership options have been designed to help you on your way towards a healthier lifestyle. We will provide you with the knowledge, tools and guidance to gain better understanding of your body and to attain sustainable improvements.



Aerobics Pool

Membership Benefits

- Full access to Spa wet facilities, fitness center and aerobics & lap pools during operational hours
 - Unlimited access to the weekly scheduled wellness classes
 - 25% discount on Spa treatments & personal training sessions
 - 20% discount on Spa wellness beverages
 - 15% discount on all F&B outlets at Jaypee Greens Golf & Spa Resort
 - 10% discount on personal wellness packages and spa retail products
- One Wellness lifestyle consultation with in house Doctor (per person)
 - One Fitness assessment with a personal trainer (per person)

Rejuvenating with Six

Six-month membership

	Single	Couples
Membership Fee	95,000 INR	160,000 INR per couple
Joining Fee	10,000 INR	10,000 INR per person

Additional Benefits

- Three personal training sessions (per person)
- Three Guest passes – day use (per person)
- Three Six Senses Signature Massages - 50 minutes (per person)

Wellness with Six Senses

Annual membership

	Single	Couples
Membership Fee	150,000 INR	250,000 INR per couple
Joining Fee	10,000 INR	10,000 INR per person

Additional Benefits

- Six personal training sessions (per person)
- Six Guest passes - day use (per person)
- Six Signature Massages - 50 minutes (per person)

Journey with Six Senses

Five-year Lifestyle membership

	Single	Couples
Membership Fee	500,000 INR	960,000 INR per couple
Joining Fee	10,000 INR	10,000 INR per person

Additional Benefits

- Twelve personal training sessions (per person / per year)
- Twelve Guest passes – day use (per person/ per year)
- Twelve Signature Massages - 50 minutes (per person/ per year)

Corporate Memberships

Six Senses Spa offers flexible packages and great value annual corporate memberships tailored to specific company needs and the number of potential members.

Corporate Memberships can be issued for groups of up to 10 people.

Six Senses Spa Maharaja & Maharani Memberships

An exclusive membership offering unique benefits, a selection of Six Senses Spa specialist treatments, complimentary Hotel stays and private butler service. Price on request.



Spa Reception



Watsu Pool

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SPA MEMBERSHIPS



Yogic Detox

Cleanse the body and mind through an ancient yet effective practice. Increase your energy levels, improve clarity of thought and enjoy a quieter mind. Rest and improve your digestive system through sensible eating of whole foods and boost the immune system.

Ideal for Yoga aficionados and guests looking for less punishing detox programmes, **Yogic Detox** combines aspects of asana (Hatha yogic postures); pranayama, meditation and a balanced diet along with Satkriya to offer a profound experience. These programmes are complemented by a variety of detox and energy treatments.

The ultimate goal is to detoxify the body and mind in a controlled and safe manner.

Inclusions	Sessions
Yoga consultation (25 min) (To assess the individual for customizing yogic detox program)	1
Shankha Prakshalanam (For cleansing lower alimentary canal of toxicity and balancing secretions and metabolism)	1
Vaman Kriya (For cleansing upper alimentary canal of toxicity and balancing secretions and metabolism)	3
Jal Neti (For cleansing nasal canal of toxicity and balancing aagya chakra)	3
Sutra Neti (For cleansing upper alimentary canal of toxicity and balancing secretions, improve absorptions through mucosa)	3
Trataka Meditation (improves concentration , focus and improves vision)	1
Package	INR 10, 340/-

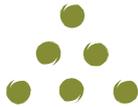
About the practitioner – Nemi Chand Sahu

Hailing from yoga capital of India Utrakhand, Nemi specializes in aerial yoga, hatha, power and ashtanga yoga. He believes that yoga's cleansing benefits, breath work and meditation are often overlooked and encourages their use in modern life.

All above prices are subjected to government tax (18%GST)

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SIX SENSES SPA

GREATER NOIDA

SPA AND WELLNESS MENU
PRICELIST



WELLNESS PROGRAMS

DURATION

PRICE/INR

DISCOVER YOGA

Yoga Consultation (25 mins)

3 nights

10,500 per person

Personalized Yoga (60 mins)

18,375 per couple

Guided Meditation (45 mins)

Holistic Massage (60 mins)

Reflexology (60 mins)

Yoga Consultation (25 mins)

5 nights

16,800 per person

2 x Personalized Yoga (60 mins)

28,350 per couple

Pranayama (45 mins)

Guided Meditation (45 mins)

2 x Holistic Massage (60 mins)

Reflexology (60 mins)

Yoga Consultation (25 mins)

7 nights

26,175 per person

3 x Personalized Yoga (60 mins)

45,750 per couple

Pranayama (45 mins)

Guided Meditation (45 mins)

Aerial Yoga (45 mins)

Thai Massage (90 mins)

2 x Holistic Massage (60 mins)

Relaxed Feet (30 mins)

Prices are subject to 14 percent government tax.

WELLNESS PROGRAMS

DURATION

PRICE/INR

YOGIC SLEEP

Yoga Consultation (25 mins)
2 x Personalized Yoga (60 mins)

5 nights

18,525 per person
29,775 per couple

Pranayama (30 mins)

Yoga Nidra (45 mins)

Aerial Yoga (45 mins)

Holistic Massage (60 mins)

Facial (60 mins)

Reflexology (60 mins)

Debrief

Yoga Consultation (25 mins)
2 x Personalized Yoga (60 mins)

7 nights

28,125 per person
48,675 per couple

Pranayama (30 mins)

2 x Yoga Nidra (45 mins)

2 x Aerial Yoga (45 mins)

Relaxed Feet (30 mins)

Holistic Massage (60 mins)

Facial (60 mins)

Movement Restoration Massage (60 mins)

Reflexology (60 mins)

Debrief

Prices are subject to 14 percent government tax.



WELLNESS PROGRAMS

DURATION

PRICE/INR

YOGIC DETOX

Yoga Consultation (25 mins)	5 nights	19,425 per person
2 x Personalized Yoga (60 mins)		31,200 per couple
Pranayama (30 mins)		
Guided meditation (45 mins)		
Thai Massage (90 mins)		
Yogic Intestinal Cleanse (60 mins)		
Detox Massage (60 mins)		
Movement Restoration Massage (60 mins)		

Yoga Consultation (25 mins)	7 nights	35,550 per person
3 x Personalized Yoga (60 mins)		60,825 per couple
2 x Pranayama (30 mins)		
Guided meditation (45 mins)		
Thai Massage (90 mins)		
Yogic Intestinal Cleanse (60 mins)		
Detox Massage (60 mins)		
Detox Scrub (30 mins)		
Detox Body Wrap (45 mins)		
Holistic Massage (60 mins)		
Facial (60 mins)		
Movement Restoration Massage (60 mins)		

Prices are subject to 14 percent government tax.





WELLNESS PROGRAMS

DURATION

PRICE/INR

YOGIC DETOX

Yoga Consultation (25 mins)

10 nights

59,100 per person

4 x Personalized Yoga (60 mins)

1,040,025 per couple

3 x Pranayama (30 mins)

2 x Guided meditation (45 mins)

2 x Thai Massage (90 mins)

Yogic Intestinal Cleanse (60 mins)

2 x Detox Massage (60 mins)

Detox Scrub (30 mins)

Detox Body Wrap (45 mins)

2 x Holistic Massage (60 mins)

Reflexology (60 mins)

Facial (60 mins)

2 x Movement Restoration Massage (60 mins)

Prices are subject to 14 percent government tax.



TREATMENTS

DURATION/MINUTES

PRICE/INR

MASSAGES

Six Senses Signature Massages:

<i>Detox</i>	60	4,900
<i>Holistic</i>	60/90	4,900/5,900
<i>Deep Tissue</i>	90	5,900
<i>Movement Restoration</i>	90	5,900
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	2,800/4,900
Thai Herbal Massage	90	6,100
Thai Massage	60/90	4,900/5,900

FACIALS

Wild Kashmir Facial	60	5,200
24k Gold Age-Defying Facial	60	5,600
Soothe and Enrich Advanced Antioxidant Facial	60	5,200
Essential Daily Facial	60	5,200
Thai Silk Facial	60	5,100
Express Facial	30	3,000

BODY TREATMENTS

Coffee and Coconut Oil Scrub	30	2,500
Detoxifying Salt Polish	30	2,500
Detoxifying Coffee Body Wrap	45	3,400
Hydrating Body Wrap	60	4,500

Prices are subject to 14 percent government tax.

TREATMENTS

DURATION/MINUTES

PRICE/INR

WELLNESS THERAPIES

Watsu	45	4,700
Yogic Intestinal Cleanse	60	3,200
Colonic Cleansing	60	4,900
Traditional Moroccan Hammam	45	4,600
Signature Hammam	75	5,500
Couples Hammam	75	9,000

AYURVEDA

Lifestyle Consultation	25	1,500
Abhyanga	60	5,900
Shirodhara	60	5,900
Ayurvedic Experience	90	8,200
Kati-Vasti	30	3,000
Pizhichil	45	5,800
Choonaswedana	60	5,900

RITUALS

Detox Day	2 hrs 15 mins	8,500
Nourish and Glow	2 hrs 15 mins	10,500
Together Journey	2 hrs 15 mins	13,000
Romance Journey	2 hrs 40 mins	18,000

Prices are subject to 14 percent government tax.



TREATMENTS

DURATION/MINUTES

PRICE/INR

BEAUTY

Manicure	60	3,500
Pedicure	60	3,500
Mini Pedicure/Mini Manicure	30	1,800

Waxing and threading are available on request.

FITNESS

Personal Training	45	1,800
Partner Training, max. two people	45	1,800
Aerial Yoga	45	2,000
Yoga	60	1,800
Meditation	45	1,700
Pranayama	45	1,700

Prices are subject to 14 percent government tax.





SIX SENSES SPA

GREATER NOIDA

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 and programs that can change your life.



YOGIC PROGRAMS



DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

YOGIC SLEEP

If you wish to recharge your batteries, improve sleep and boost your overall well-being, this program is the right choice for you. Rest the mind and rejuvenate the body by combining relaxing wellness therapies with the many benefits of yoga nidra, meditation and breathing exercises.

YOGIC DETOX

Want to cleanse the body, improve digestive system and achieve clarity of thought? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with detoxifying therapies and wellness activities. This program helps you eliminate any negative environmental effects and navigate whatever life throws your way.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being.





MASSAGES



SIX SENSES SIGNATURE MASSAGES:

Detox, 60 minutes - an energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone 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.

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.

Deep Tissue, 90 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.

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.

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.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using craniosacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

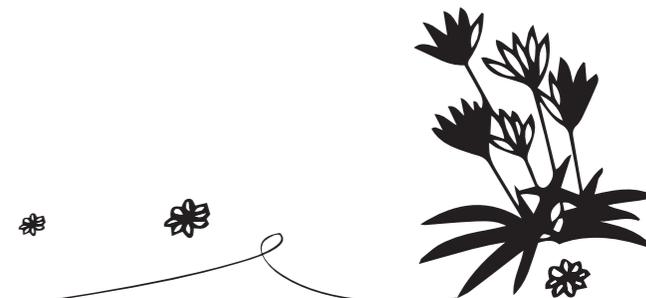
Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pressure in the feet with this signature treatment using

THAI HERBAL MASSAGE, 90 MINUTES

A full body massage using warm poultices which contain plai, ginger, turmeric and lemongrass. These are applied to specific pressure points, using gentle and rolling movements, to condition skin and induce a sense of well-being.

THAI MASSAGE, 60/90 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.



FACIALS
BODY TREATMENTS
WELLNESS THERAPIES



FACIALS

WILD KASHMIR FACIAL, 60 MINUTES

Optimize your well-being and replenish the skin with renewed freshness with this detoxifying facial, using wild turmeric to purify and exotic Kashmir lavender to soothe and restore. Ideal for tired, congested and stressed skin, toxins will be eliminated through a double cleanse, exfoliation with saffron and frankincense, and a purifying mud mask made of Vedic herbs and extracts. Ideal for acne prone and teenage skin. *Using Subtle Energies.*

24K GOLD AGE-DEFYING FACIAL, 60 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 revives 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, 60 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.*

**ESSENTIAL DAILY FACIAL, 60 MINUTES**

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines the nature's best actives with gul heena, neem and carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalized, supple and resistant to the effects of urban living. *Using Subtle Energies.*

THAI SILK FACIAL, 60 MINUTES

This anti-aging facial uses natural silk cocoons to firm and tone the skin. Originating from North Thailand, the cocoons contain 12 amino acids which improve skin elasticity, reduce the appearance of wrinkles and repair sun-damaged skin.

EXPRESS FACIAL, 30 MINUTES

Cleansing, exfoliation and a relaxing mask.



COFFEE AND COCONUT OIL SCRUB, 30 MINUTES ✿

A great exfoliator for rough or dry skin, ideal for stretch marks and cellulite. This locally-inspired scrub simply delivers soft and glowing skin.

DETOXIFYING SALT POLISH, 30 MINUTES ✿

A stimulating treatment using local salt to gently sweep away dull cells and smooth, soften and renew the skin.

DETOXIFYING COFFEE BODY WRAP, 45 MINUTES ✿

This purifying body wrap uses coffee blended with coconut oil to detoxify and firm the skin. It is followed by a green clay mask to deeply moisturize and nourish.

HYDRATING BODY WRAP, 60 MINUTES ✿

This hydrating body wrap uses locally grown aloe vera and soothing lavender to calm the skin. It is followed by a body brush exfoliation and banana leaf wrap to lock in the moisture.

**WATSU, 45 MINUTES**

A profoundly moving and relaxing aquatic therapy, combining therapeutic benefits of warm water with elements of muscle stretching, shiatsu, yoga and meditation.

YOGIC INTESTINAL CLEANSE, 60 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five specific yoga postures with the drinking of six to eight glasses of lightly salted water.

COLONIC CLEANSING, 60 MINUTES

A cleansing treatment to help the body expel unnecessary waste and toxins, boosting the immune system and inducing a sense of lightness.

TRADITIONAL MOROCCAN HAMMAM, 45 MINUTES

A cleansing and refreshing treatment including warm herbal steam, body wash with a black soap, Moroccan mask and gentle exfoliation using the Hamman mitt.

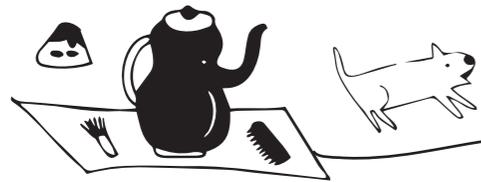
SIGNATURE HAMMAM, 75 MINUTES

This experience uses cocoa beans and shea butter which are known as natural skin cleansers, softeners and conditioners, leaving the skin glowing and silky smooth. Cocoa beans are also rich in antioxidants, protecting the skin's natural elasticity and firmness.

COUPLES HAMMAM, 75 MINUTES

Unwind together with this traditional experience combining cleansing and invigorating treatments, whilst inducing deep relaxation.

AYURVEDA RITUALS



LIFESTYLE CONSULTATION, 25 MINUTES

A personal consultation with an in-house Ayurvedic practitioner to determine your constitution or 'dosha' type, including treatment advice.

ABHYANGA, 60 MINUTES

This popular body massage reduces the signs of aging, relieves fatigue, induces sleep, and strengthens the skin and 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, 30 MINUTES

A nurturing back treatment in which warm medicated oils are pooled on the lower back, Kati-Vasti promotes 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.

PIZHICHIL, 45 MINUTES

This nourishing treatment strengthens immunity, increases flexibility and calms the mind by combining a rhythmic massage with the constant flow of warm medicated oils over the whole body.

CHOORNASWEDANA, 60 MINUTES

Stimulate circulation, eliminate toxins and relieve muscle pain, stiffness, rheumatism, arthritis and sports injuries with this deeply calming treatment. A full body massage with dosha specific oils is followed by therapeutic sweating induced by the application of warm herbal poultices.

DETOX DAY, 2 HOURS 15 MINUTES

Coffee and Coconut Oil Body Scrub
Detoxifying Coffee Body Wrap
Detox Massage

NOURISH AND GLOW, 2 HOURS 15 MINUTES

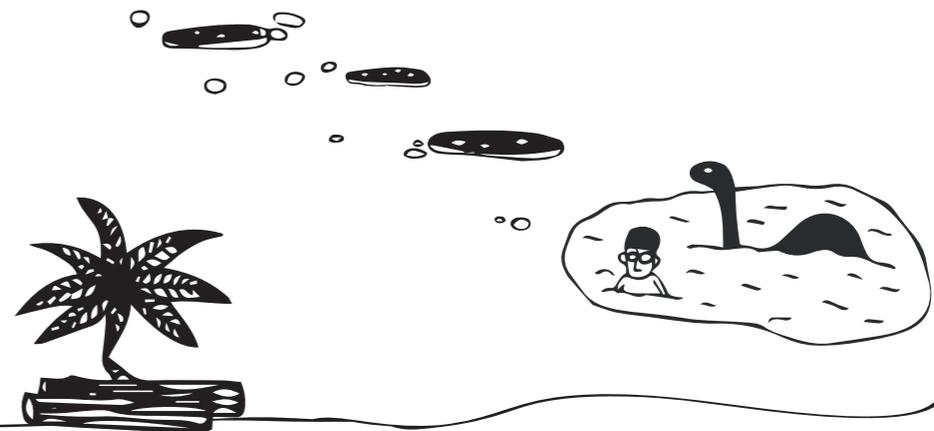
Traditional Moroccan Hammam
Hydrating Body Wrap
Thai Silk Facial

TOGETHER JOURNEY, 2 HOURS 15 MINUTES

Signature Hammam
Back Massage
Aromatherapy Bath

ROMANCE JOURNEY, 2 HOURS 40 MINUTES

Singing Bowl Meditation
Signature Massage or Facial
Steam and Rose Petal Milk Bath
Fruit and Tea



BEAUTY FITNESS



MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

MINI MANICURE, 30 MINUTES

MINI PEDICURE, 30 MINUTES

Waxing, threading and other hair services are available on request.

PERSONAL TRAINING, 45 MINUTES

PARTNER TRAINING (TWO PEOPLE), 45 MINUTES

AERIAL YOGA, 45 MINUTES

YOGA, 60 MINUTES

MEDITATION, 45 MINUTES

PRANAYAMA, 45 MINUTES

SPA ETIQUETTE



SPA OPENING HOURS

Daily 7:00 am to 9:00 pm

GYM OPENING HOURS

Daily 6:30 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please dial 3272 from your hotel room or contact the spa reception on T +91 (0) 120 674 3271/3272. 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 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 30 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 five 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

For hotel guests, all treatments will be charged to your guest room folio 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 12 years old to the spa.

GYM POLICIES

For your personal safety, we ask that you wear sports shoes. All personal belongings including clothing, footwear and personal items must be kept in the gym lockers and not in the guest service areas.

MEMBERSHIP BENEFITS

Spa members can redeem their complimentary spa benefits between Monday and Thursday only.





Six Senses Spa at Jaypee Greens Golf & Spa Resort
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