



SPA MENU



The Six Senses Spa pyramid symbol visually represents the inspiration and creation of the spa experience at Six Senses Spas.

The foundation of the experience is formed by three primary senses; sight, sound and touch.

The second stage builds upon this experience by appealing to the more acute senses of taste and smell, with the apex symbolising the unique sensory experience of a Six Senses Spa.

This pyramid is a visual testimonial to our belief that the spa experience may only be achieved once all five senses have been nurtured.

Dear Guest,

On behalf of the entire team a warm welcome to the Six Senses Spa at the PUNTACANA Resorts & Club.

We are delighted that you have chosen to join with us, you can be sure you will have a truly memorable experience!

A large list of treatments is available in the hands of international and professional therapists following the Asian culture of service.

If you enjoy a rejuvenating detox away from a busy life, or just pampering for a special celebration, we can assist in your objectives.

We have created special treatments and packages for you in the following menu, in true Six Senses SLOW LIFE style.

Once again welcome and we look forward to creating some wonderful moments and memories for you.

Spa Manager



spa menu index

Six Senses SLOW LIFE Treatments, Page 5

- Caribbean Experience
- Coffee Body Treatment
- Natural Facial
- Natural Sunburn Soother
- Punta Cana Signature Massage
- Tropical Fruit Body Smoother

Sensory Therapies, Page 6

- Hand to Mind
- Sensory Spa Journey

The Essentials, Page 6

- Back, Neck and Shoulder Massage
- Body Treats
- Essential Facial
- Essential Manicure
- Essential Pedicure
- Essential Scrub
- Eye Recovery
- Foot Massage
- Foot Recovery
- Hand Massage
- Hand Rejuvenator
- Scalp Massage

Asian Therapies, Page 7

- Foot Acupressure
- Indian Head Massage
- Thai Herbal Massage
- Thai Massage
- Vietnamese Massage (with cupping)

Facial Therapies, Page 10

- Six Senses Signature Facial
(Aroma Skin, Nourishing, Purifying, Soothing)
- Anti-Ageing Silk Facial
- Gentleman's Facial
- Luxury Hot and Cold Stone Facial

Massage Therapies, Page 10

- Six Senses Signature Massage
(Detox, Energiser, Holistic, Oriental)
- Hot Stone Massage
- Jet Lag Recovery

Body Polishes and Cocoons, Page 11

- Six Senses Signature Scrub
(Calming, Clarity, Vitality)
- Six Senses Signature Wrap
(Body Refiner, Body Toner, Detoxifier)

Spa Beauty, Page 12


- Spa Manicure
- Spa Pedicure

Ready-Made Packages, Page 12

- Detoxifier
- For Her
- For Him
- Romance Journey

Activities, Page 15

- Tai Chi
- Yoga



*six senses slow life
treatments - the essence of
six senses*

Six Senses SLOW LIFE treatments support Six Senses' commitment to SLOW LIFE: Sustainable, Local, Organic, Wellness, Learning, Inspiring, Fun, Experiences. By utilising ingredients, plants and herbs that are indigenous to the local area, we treasure local tradition as the very Essence of Six Senses in order to offer you a truly natural and authentic Six Senses experience.

Caribbean Experience, 3 hours 50 minutes

Experience a traditional Caribbean treat to renew your body senses with natural local ingredients. Steam with tropical essential oils, scrub and cocoon with coconut and carrot, hot stone massage with coconut oil and a natural facial with honey, brown sugar and jojoba oil.

Coffee Body Treatment, 1 hour 50 minutes

Start with a dry brushing scrub to gently exfoliate the skin and stimulate the lymphatic circulation. Coffee concentrate is applied to specific areas to breakdown cellulite and smooth spongy looking skin. Follow with a coffee wrap - an excellent antitoxin wrap to prevent cellulite accumulations, and to hydrate and firm the skin. Finish with a detoxifying massage. Highly recommended for anti-cellulite and body firming.

Natural Facial, 50 minutes

A cleansing and refreshing facial using a blend of natural ingredients, honey, milk, sesame and jojoba oil to cleanse, exfoliate and massage the skin. A wonderful hand massage is offered while you are enjoying the mask. This light facial experience will ensure you leave the spa feeling purely refreshed, clear and balanced. Popular combined with Thai Massage.

Natural Sunburn Soother, 25 minutes

A simply soothing treatment that includes foot acupressure or scalp massage. Calming and soothing ingredients are applied to moisturise and encourage new cell growth.

Punta Cana Signature Massage, 50 minutes / 1 hour 20 minutes

A relaxing full body massage using coconut oil from fresh Punta Cana coconuts prepared daily by your spa therapist. The moisturising properties of coconut make this an ideal treatment before going in the sun.

Tropical Fruit Body Smoother, 50 minutes

The tropical fruit blend of papaya, pineapple, watermelon and rice grains make up the main ingredients of this cleansing treatment. The naturally occurring enzymes provide a gentle exfoliation, with the additional benefits of nourishing and moisturising the skin to perfection. Add Thai Massage for a unique experience.

sensory therapies *- the soul of six senses*

Hand to Mind, 50 minutes

This personalised hand massage treatment begins with a spa consultation, where the guest instinctively selects a “Mandala card” to determine the flower essence to be used during the treatment. A pressure points massage combined with the chosen flower essence is then performed on the meridian lines of the hands and arms to release any tension and generate a sense of deep relaxation and optimum energy flow.

Sensory Spa Journey, 1 hour 20 minutes

A divine Signature Spa treatment with two therapists performing a unique facial and body massage at the same time! You will experience a luxurious footbath, a non-traditional aromatherapy massage using long strokes, a cleansing facial ritual and a stress relieving scalp massage. This will encourage your mind to release the stresses of daily life.

the essentials *- a taste of six senses*

Pick and mix or add on any of the following treatments to create your own special package to suit your individual needs.

Back, Neck and Shoulder Massage, 25 minutes

A thirty-minute massage focusing on the typical stress and tensions points.

Body Treats, 25 minutes

A full body dry-brushing treatment followed by a body-mask, to remove dead skin cells, encourage detoxification, and enliven your skin (your body’s largest organ).

Essential Facial, 25 minutes

Following a skin analysis, your therapist will perform a facial that includes cleansing, exfoliation and a suitable mask.

Essential Manicure, 25 minutes

Only the essentials! Your nails will be professionally shaped and buffed. Colour will be applied upon request.

Essential Pedicure, 25 minutes

Only the essentials! Your nails will be professionally shaped and buffed. Colour will be applied upon request.

Essential Scrub, 25 minutes

A full body scrub using products based on your skin type, followed by a shower and ginger tea.

Eye Recovery, 25 minutes

The eyes are the ‘window to the soul’. Make yours shine with our essential eye recovery. A cleanse around the eyes, followed by an application of our eye recovery cream to enrich and tighten.

Foot Massage, 25 minutes

TLC (tender loving care) for the feet! This essential feet treat using aromatherapy oils will release tension and help improve circulation.

Foot Recovery, 25 minutes

A ‘full body’ treatment for your feet! Includes a foot scrub, foot massage, mini wrap and application of moisturising lotion to soften and nourish.

Hand Massage, 25 minutes

Paying attention to one of the hardest working, and often overlooked parts of your body. Using aromatherapy oils, our hand massage is a true delight.

Hand Rejuvenator, 25 minutes

A ‘full body’ treatment for your hands! Includes a hand scrub, hand massage, mini wrap and application of moisturising lotion to soften and nourish.

Scalp Massage, 25 minutes

Massage focusing on the head’s pressure points. Excellent for relieving stress and inducing a sense of relaxation.

asian therapies *- the origin of six senses*

Foot Acupressure, 50 minutes

Reflex points on the feet correspond to every organ in the body. Applying pressure to these points, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Popular with the Indian Head Massage.

Indian Head Massage, 50 minutes

Traditionally known as ‘Champissage’, both gentle and stimulating techniques on the upper back, shoulders, neck and scalp - improves blood flow, nourishes the scalp and induces a deep sense of calm. Popular with Foot Acupressure.

Thai Herbal Massage, 1 hour 20 minutes

This is an original blend of Thai massage using the classic Thai healing herbal packs. While the acupressure works on the meridian lines, the heated herbal compress helps to improve prana flow, ease aches and stimulate circulation.

Thai Massage, 1 hour 20 minutes

Using Thai massage techniques, this treatment focuses on pressure points and gentle stretching movements along the body’s energy channels; it is offered fully-clothed and without oil to re-awaken the body’s energy flow.

Vietnamese Massage, 1 hour 20 minutes

This traditional Vietnamese oil massage incorporates a pressure point technique with invigorating movements to warm and relax muscle tissue. Warmed small suction cups are placed on the back to aid in muscle relaxation, improve circulation and rejuvenate the body.



facial therapies - nurturing with six senses

Glowing skin reflects good health and to help you achieve this, a Six Senses signature facial will do more than simply treat the surface. Following a skin analysis, your therapist will perform a balancing facial that includes cleansing, exfoliating, massage, mask and moisturising treatment to suit your skin's individual needs. Each treatment combines the healing properties of Six Senses Skin Care products with the power of touch to encourage lymphatic drainage and improved skin elasticity and clarity.

Your skin will feel silky-soft and delicately scented, with a complexion that is polished, toned and radiant.

Six Senses Signature Facial, 50 minutes

Choice of:

- **Aroma Skin** – a balancing facial, ideal for all skin types.
- **Soothing** – calms sensitive and irritated skin with soothing plant extracts and flower essences.

Six Senses Signature Facial, 50 minutes / 1 hour 20 minutes

Choice of:

- **Nourishing** – moisturises and improves skin tone and elasticity, beneficial for dry or maturing skin.
- **Purifying** – deep-cleansing facial, ideal for eliminating blocked pores and skin blemishes.

Anti-Ageing Silk Facial, 50 minutes

Enjoy a traditional natural silk cocoon facial with Sericin essential protein to firm and tone your skin complex and improve its texture.

Gentleman's Facial, 50 minutes

For the discerning gentleman who is concerned about the effects of ageing, our deeply cleansing and hydrating facial exfoliates and purifies the skin and decongests pores. This facial provides the full spectrum of skin benefits for men, as nature intended.

Luxury Hot and Cold Stone Facial, 1 hour 20 minutes

Using essential oils combined with massage to hydrate skin that has been damaged by the stress of modern life. Warm and cold stones are used to massage the face, neck and shoulders, providing a deep sense of relaxation as the benefits from the facial mask go deeper into the skin promoting lasting effects.

massage therapies - the heart of six senses

At Six Senses, a massage is a truly individual journey where you will discover the power of the sense of touch in a personalised experience to harmonise and balance your body.

Six Senses signature massage therapies are designed with your specific needs in mind. During the spa consultation, we will select with you the most suitable massage techniques and your preferred aromatherapy blend. Whether you favour light or firmer pressure or would prefer a stimulating rather than soothing treatment, we will personalise your therapy to suit your wishes.

Six Senses Signature Massage, 50 minutes

Choice of:

- **Detox** – a stimulating massage with firming, toning oils to help reduce the appearance of cellulite.
- **Energiser** – a reviving upper body massage focusing on key areas to relieve muscle tension.

Six Senses Signature Massage, 50 minutes / 1 hour 20 minutes

Choice of:

- **Holistic** – a light to medium pressure soothing massage with long, flowing movements.
- **Oriental** – an integrative style of full body massage with acupressure and stretching techniques.

Hot Stone Massage, 1 hour 20 minutes

A Tibetan full body and face massage technique that uses basalt stones to instil a deep level of calm while relaxing tight muscles, removing blockages and eliminating stress.

Jet Lag Recovery, 1 hour 20 minutes

A rebalancing treatment that stimulates circulation, reduces swelling and eases muscle tension. This includes a body massage with aromatherapy oil to revive your circulation, a head massage to re-awaken your senses and a Six Sense's herbal tea to reset your internal clock.

body polishes and cocoons - sense of renewal

Enjoy a skin brightening experience using Six Senses Skin Care products to reveal your natural glow and rejuvenate your body. This group of therapies works deeper to eliminate toxins to combat cellulite, improve circulation, tone and revive the skin. Body scrubs are proven to remove the natural build-up of dead skin cells that lead to dull and tired-looking skin. Body masks and wraps work beneath the surface and have a renewal effect.

Six Senses Signature Scrub, 50 minutes

Choice of:

- **Calming** – jojoba scrub plus roman camomile and lavender essences. Suitable for those with sensitive skin.
- **Clarity** – crushed coconut shell scrub plus orange and rosemary essences. Suitable for those with oily skin.
- **Vitality** – rice grain scrub plus ylang ylang with patchouli essences. Suitable for those with normal skin.

Six Senses Signature Wrap, 1 hour 20 minutes

Choice of:

- **Body Refiner** – a gentle jojoba scrub with white clay wrap. Finish with a richly scented moisturiser to replenish the skin. This treatment is recommended for sensitive skin.
- **Body Toner** – enliven yourself with a ground jasmine rice exfoliation. Pink clay and plant essences blended with peppermint and lemon firms the skin whilst improving circulation.
- **Detoxifier** – a gentle massage relieves tension, followed by a natural coconut shell exfoliation. Green clay then detoxifies. An excellent treatment following long periods of travel.

*spa beauty
- a sense of touch*

Spa Manicure, 50 minutes

Your nails will be shaped, cuticles tidied and hydrated, followed by a sea salt exfoliation, a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin.

Nail varnish is applied upon request.

Spa Pedicure, 50 minutes

Transform your feet with our nail and cuticle care, and then enjoy an invigorating sea salt polish to refresh and relax with a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation, relieving tired or swollen feet.

Nail varnish is applied upon request.

** Waxing, tinting and eyebrow-shaping treatments are all available upon request. Please ask our receptionists for more details.*

*ready - made packages
- the journey of six senses*

Detoxifier, 3 hours 50 minutes

Boost your body's circulation with a herbal steam. An invigorating scrub will then be applied to stimulate skin renewal, followed by a full body wrap allowing your skin to absorb the benefits of our detoxifying herbs. Next, enjoy a full body massage and finish with a cleansing facial, designed to focus on your specific needs.

Includes: Steam; Detox Scrub and Wrap; Punta Cana Signature Massage; Purifying Facial





For Her, 4 hours 20 minutes

Experience a full body scrub to revive and tone your skin. You will then be escorted to your private bath to soak your troubles away! After a relaxing full body massage, enjoy a facial using our specially blended aromas to soothe and calm the skin. Finally, complete your journey with an indulgent nail and cuticle treat for your hands.

Includes: Soothing Bath; Six Senses Signature Scrub; Holistic Massage; Soothing Facial; Spa Manicure

For Him, 2 hours 50 minutes

Your journey comprises of a herbal steam, followed by a massage therapy which includes a fusion of Thai stretching, Swedish massage and acupuncture points. Finish with a Six Senses facial designed for deep cleansing, diminishing blocked pores and leaving you looking and feeling refreshed.

Includes: Steam; Oriental Massage; Gentleman's Facial

Romance Journey, 2 hours 50 minutes

Start your journey together in our private spa suite where you will be pampered from top to toe with a full body massage and facial specifically formulated for him and her. Finish with a romantic soak in our two person tub offering you a truly natural and authentic experience. Specially blended spa refreshments will be served while you lie back and relax together.

Includes: Holistic Massage; Soothing Facial for Her; Gentleman's Facial for Him; Couples Bath; Spa Refreshments

activities - energising with six senses

Tai Chi, 50 minutes

Tai Chi is a Chinese healing art emphasising slow movements, allowing the mind to focus on physical posture whilst promoting and harmonising the chi flow in the body. Ideal to achieve a body and mind connection.

Yoga, 50 minutes

Yoga improves the overall well-being of both body and mind through the introduction of gentle postures that are adapted to suit each guest's physical structure. Ideal for both beginners and more advanced guests who want to learn how to counteract the physical and mental stresses of daily life.

** May be limited according to season and therapist availability – please consult the spa reception.*

a few suggestions for your comfort

Arrival and Lifestyle Consultation Form

Please arrive 20 minutes prior to your treatment, in order to complete your lifestyle consultation form and take time to relax in our tranquil surroundings before your treatment.

Cancellation Policy

Please give 5 hours cancellation notice on individual treatments and 24 hours notice on packages. A 50% cancellation fee may apply if such notice is not given. For no shows 100% of the treatment cost will be charged.

Children

We love children, however to be able to ensure a spa ambience of well-being, it is highly recommended to avoid bringing children under 12 years to the spa. Our young guests from 12-15 are welcome to enjoy our treatments, although a guardian is requested to attend. Only female therapists will be allocated for children between the ages of 12 – 15.

Gentlemen

Please shave prior to all facial treatments to ensure that maximum results are achieved.

Jewellery and Valuables

We recommend that you leave all jewellery and valuables in your room safe before coming to the Spa.

Late Arrival

Out of respect for other client's reservations, we advise you that we are unable to extend your treatment time in case of your late arrival.

Mobile Phones

In consideration of other guests, active mobile phones are not permitted in the spa.

Opening Hours

Six Senses Spa Opening Hours – 9am to 8pm Daily

Payment

All treatments will be charged to your room, and appear on your account at the time of departure from the resort.

Peace and Harmony

As Six Senses Spa is a sanctuary of peace and harmony, please be aware of the volume of your voice in order not to disturb our other valued spa guests.

Products

To extend your spa experience at home, a variety of spa products are available at the spa reception. Your therapist will advise you as to the products that suit you and your skin type as part of the treatment experience.

Refreshments

We have a wonderful selection of nutritious juices, which can be prepared for you to enjoy after your treatment.

Reservations

For any spa enquiries or information regarding the spa, please dial 6001 on the phone in your villa, or call 809-959 7772. Advanced bookings are highly recommended to secure your preferred time.

Smoking

In consideration of other guests, smoking is not permitted in the spa.

Swim and Sun

We advise against sunbathing for the first 6 hours after a waxing or aromatherapy treatment.