

SIX SENSES SPA AT PUNTACANA RESORT & CLUB

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SIX SENSES SPA

PUNTA CANA

SPA MENU

Six Senses Spa offers 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



**BALINESE MASSAGE, 50 MINUTES**

This traditional Balinese massage reawakens the senses and induces a complete state of calm, combining acupressure and skin rolling with firm but smooth massage strokes.

**BAMBOO MASSAGE, 50/80 MINUTES**

Relieve tension in the back, neck, shoulders and legs with this deep pressure massage using bamboo.

**FOOT ACUPRESSURE, 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.

**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.

**ORIENTAL MASSAGE, 50/80 MINUTES**

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

**PUNTA CANA SIGNATURE MASSAGE, 50/80 MINUTES**

This moisturizing medium pressure massage uses coconut oil from local coconuts. Ideal before sunbathing.

**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 stagnant 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 stagnation out of the body, boosting circulation and the flow of energy.

*Energizer* - a reviving upper body massage to relieve muscle tension.

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

**THAI MASSAGE, 50/80 MINUTES**

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



FACIALS  
BODY TREATMENTS



**CH OXYGEN GLOW FACIAL, 50 MINUTES**

Firm, tone and revitalize the skin with this intensive treatment targeting wrinkles and fine lines. It redefines the facial contour, leaving the skin noticeably radiant and glowing.

**SIX SENSES SIGNATURE FACIALS,  
50/80 MINUTES**

*Nourishing* - moisturizes and improves skin tone and elasticity, using geranium, frankincense and chamomile essential oils. Beneficial for dry or maturing skin.

*Purifying* - a deep-cleansing treatment ideal for eliminating blocked pores and skin blemishes, using flower essences, active clays and plant extracts of lavender, lemon and tea tree.

*Soothing* - calms sensitive and irritated skin with soothing plant extracts and flower essences.

**THAI SILK FACIAL, 50 MINUTES**

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



**ANTI-AGING BODY SCRUB, 50 MINUTES**

Nourish and hydrate the skin with a body scrub using verbena and lemongrass, known for relieving joint, muscle and ligament pain, improving circulation and muscle tone, and restoring tissue and unblocking pores.

**AROMATIC SCRUB, 25 MINUTES**

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

**BODY IMMERSION WRAP, 80 MINUTES**

This nourishing treatment involves the application of black clay, rich in iron and minerals, to replenish the skin, leaving it glowing and silky smooth.

**SIX SENSES SIGNATURE SCRUBS, 50 MINUTES**

*Calming* - this jojoba scrub, infused with Roman chamomile and lavender essences, is ideal for sensitive skin.

*Clarity* - ideal for combination and oily skin, this scrub uses crushed coconut shell with orange and rosemary essences.

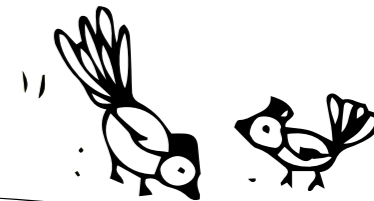
*Vitality* - this rice grain scrub infused with ylang-ylang and patchouli essences is ideal for all skin types.

**SIX SENSES SIGNATURE WRAPS, 80 MINUTES**

*Body Refiner* - ideal for sensitive skin, this gentle wrap uses jojoba and white clay to exfoliate the skin and a richly scented moisturizer to replenish essential moisture.

*Body Toner* - a balancing wrap using ground jasmine and rice to exfoliate the skin. Pink clay and uplifting plant essences, blended with peppermint and lemon firm the skin while improving circulation.

*Detoxifier* - ideal after long periods of traveling, this treatment involves skin exfoliation with crushed coconut shell, followed by the application of green clay to expel impurities.



# RITUALS



### ASIA WELLNESS, 2 HOURS 30 MINUTES

- Herbal Steam*
- Oriental Massage*
- Thai Silk Facial*

### ROMANCE JOURNEY, 2 HOURS 50 MINUTES

- Steam Bath*
- Holistic Massage*
- Soothing Facial for Her*
- Facial for Him*
- Spa Refreshment*

### SENSORY SPA JOURNEY, 80 MINUTES

Two therapists perform a cleansing facial ritual and body aroma massage in unique synchronicity for this deeply relaxing signature experience, complemented with a soothing footbath and scalp massage to induce a deep sense of calm.

### THALASSOTHERAPY BODY DETOXIFY, 2 HOURS 30 MINUTES

- Body Brushing*
- Seaweed Body Mask*
- Detox Massage*
- Algae Mini Facial*





# BEAUTY

SPA MANICURE, 50 MINUTES

SPA PEDICURE, 50 MINUTES

*Waxing services on request*



# SPA ETIQUETTE

**SPA OPENING HOURS**

Daily: 9:00 am to 8:00 pm

**SPA RESERVATIONS**

For spa enquiries or reservations, please dial 2206 from your villa or call +1 809 959 7772.

Advance bookings are recommended to secure your preferred treatment time.

**PRIOR TO ARRIVAL**

We recommend that you leave all jewelry and valuables in your villa 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 15 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.

**CANCELATIONS**

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**

All treatments will be charged to your villa and will appear on your account at the time of departure from the resort. 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. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

**GYM POLICIES**

For your personal safety, we ask that you wear sports shoes. We can provide gym shoes on request. Children under 16 years old must be accompanied by an adult when using gym equipment.



