



SIX SENSES SPA

ZIGHY BAY

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



AYURVEDA AROMATHERAPY

- PADABHYANG, 75 MINUTES

An energizing foot and leg treatment that is ideal for relieving jetlag, improving circulation and de-stressing after traveling. It includes a foot ritual, a signature massage and a bronze kasa bowl technique to stimulate marma points using unique oil blends. Hot compresses and the application of double cream or lotions complete this treatment. *Using Subtle Energies.*

BALINESE MASSAGE, 60/90 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, 90 MINUTES

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

FOOT ACUPRESSURE, 60 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.

HOT STONE MASSAGE, 90 MINUTES

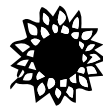
A Tibetan full body and face treatment using basalt stones to massage away muscle tension, remove blockages and eliminate stress.

INDIAN HEAD MASSAGE, 60 MINUTES

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

JET LAG RECOVERY, 90 MINUTES

This rebalancing treatment revives circulation, releases muscle tension and resets the internal clock by combining a full body massage with exclusively-blended aromatherapy oils, with a head massage and a Six Senses herbal tea.




SIX SENSES SIGNATURE MASSAGES, 60/90 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. 

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

THAI HERBAL MASSAGE, 90 MINUTES

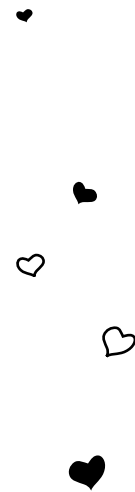
A full body massage using warm poultices applied to specific pressure points to condition skin and induce a sense of well-being.

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





ARABIAN FACIAL, 60 MINUTES ✿

Cleanse and refresh the skin with this locally-inspired facial, using natural ingredients such as figs, almond powder and warm honey. A hair mask and scalp massage complete this experience. Ideal for all skin types.

AYURVEDA AROMATHERAPY

- MUKHA CHIKITSA, 75 MINUTES ♀

Purify, hydrate and nourish the skin with this holistic facial treatment, which uses a blend of rare ingredients such as mogra (frAGRANT flower of South Asia), saffron and rose with anti-aging and relaxing properties enjoyed by the nobility of ancient India and Persia. An aromatic hand and arm ritual is followed by a complete facial cleanse and exfoliation. The treatment includes a hydrating oil mask, together with a deep facial marma massage to rejuvenate on a physical, mental and emotional level.

Using Subtle Energies.

COLLAGEN FACIAL, 60 MINUTES

This intensively hydrating facial tones and plumps the skin, reduces the appearance of fine lines and wrinkles, and boosts the regeneration of new cells. It leaves the skin looking youthful and with luminous glow. Ideal for all skin types.

Using Margy's.

GENTLEMAN'S FACIAL, 60 MINUTES

Deeply cleanses and hydrates the skin, whilst combating the signs of aging brought on by stress.

MEN'S FUEL FACIAL, 60 MINUTES

Delay the signs of aging with this nourishing facial, which protects the skin against environmental effects and demanding daily routines. *Using Margy's.*

Add on for Margy's Men's Fuel Facial only:

Hair Hydration Treatment, 30 minutes

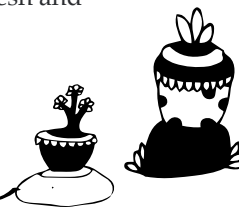
PRESTIGE COLLAGEN FACIAL, 90 MINUTES

Hydrate the skin, plump fine lines and wrinkles with this anti-oxidant treatment combining a trio of hyaluronic acid, marine extracts and collagen masks with specialist manual techniques, leaving the skin visibly refreshed and with a radiant glow.

Using Margy's.

ROSE CRYSTAL LYMPHATIC FACIAL, 60/90 MINUTES

The ultimate signature experience starting with deep cleansing and followed by the application of three masks to decongest, brighten and hydrate the skin. It continues with lymphatic drainage and acupressure massage to firm and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes deep sense of relaxation, leaving the skin fresh and glowing. *Using The Organic Pharmacy.*



SIX SENSES SIGNATURE FACIALS, 60/90 MINUTES

Nourishing - moisturizes and improves skin tone and elasticity. Beneficial for dry or maturing skin.

Purifying - a deep-cleansing facial ideal for eliminating blocked pores and skin blemishes.

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

SKIN SOLUTIONS ACNE FACIAL, 60 MINUTES

Decongest the pores and restore balance to acneic skin with this custom blended facial. It includes deep cleansing, exfoliation, lymphatic drainage and three personalized masks, leaving the skin looking fresh, luminous and revitalized.

Using The Organic Pharmacy.

VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 60 MINUTES

Target age spots, pigmentation, fine lines and uneven skin with this facial combining deep cleansing and fruit acid exfoliation to reveal a brighter, nourished and exceptionally smooth complexion. Drainage massage and a hydrating mask stimulate new skin cells and elasticity, leaving the skin with rejuvenated glow. *Using The Organic Pharmacy.*



DETOX CLEANSING RITUAL, 90 MINUTES

Regulate fat metabolism in the body with an intense full-body scrub with a stimulating and detoxifying blend of salt, seaweed and lemon. It continues with a potent wrap of seaweed and eucalyptus with rare fossil mud, leaving the skin deeply enveloped, cleansed and stimulated. *Using The Organic Pharmacy.*

GREEN COFFEE BODY SCULPTING, 60 MINUTES

Reduce puffiness, bloating and improve circulation for a firmer and slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment starts with dry skin brushing followed by the thermogenic salon-strength chili and coffee oil massage to help break down fat cells. Stimulate the circulation and metabolism with a final application of Resculpting Body Gel. *Using The Organic Pharmacy.*

SIX SENSES SIGNATURE SCRUBS, 60 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, 90 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.

INTENSIVE HAMMAM TREATMENT, 90 MINUTES

Rejuvenate the body and mind with this combination of a traditional Moroccan bath and Margy's products. Margy's body scrub is detoxifying and ideal for cellulite; while the argan rassoul enhances skin tone, leaving it glowing and silky smooth. This treatment includes a signature Margy's facial massage with an extra rich firming mask and completes with a face lift collagen mask. *Using Margy's.*

ROYAL MOROCCAN HAMMAM, 90 MINUTES

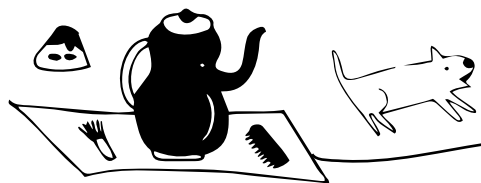
Cleanse and nourish the body with a personalized experience starting with Moroccan steam and body wash with a black soap enriched with eucalyptus essential oil. The body is then exfoliated on a heated marble bed and swathed with a purifying rasoul clay mask, allowing for impurities to rise to the skin's surface. It continues with the application of hair strengthening oil, a face and foot treatment; completing with a gentle massage and the application of hydrating body milk.

TRADITIONAL MOROCCAN HAMMAM, 60 MINUTES

A cleansing and refreshing treatment commencing with a warm herbal steam, body wash with a black soap and gentle exfoliation using the kese mitt. It continues with the application of purifying rasoul clay enriched with seven fragrant herbs. After rinsing, body milk is applied, leaving the skin supple and enriched.



RITUALS



APHRODITE BATH, 2 PEOPLE

Slip into the scented waters as the goddess of love and essence of ylang ylang unite. Chilled sparkling wine and dark chocolate delights are served to enhance the mood.

SENSORY SPA JOURNEY, 90 MINUTES

Two therapists perform a 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.

SIX SENSES DETOXIFYING BATH, 1 OR 2 PEOPLE

A detoxifying bath of lemongrass, cedar wood and geranium served with a detoxifying juice.

ZIGHY BEAUTY, 3 HOURS 30 MINUTES

Scalp Massage including the application of nutrient-rich hair oil

Signature Massage

Signature Facial

Manicure

Pedicure

ZIGHY DE-STRESS, 3 HOURS

Sensory Hot Stone Massage

Scalp Massage

Aromatherapy Bath

ZIGHY DETOXIFIER, 4 HOURS

Detox Bath with fragrances of lemongrass, cedar wood and geranium

Detox Scrub & Wrap

Detox Massage

Foot Acupressure

Tonic spa juice

ZIGHY ENERGIZER, 3 HOURS

Signature Scrub

Energizer Massage

Personalized Yoga Session

**ZIGHY ROMANCE, 2 HOURS 30 MINUTES
FOR 2 PEOPLE**

Aphrodite Bath

Signature Massage

Signature Facial

Sparkling Wine & Chocolate

WONDERS OF OMAN, 3 HOURS ✿

This locally-inspired cleansing journey begins with a warm sea-salt bath with fresh mint and a body scrub made from local nourishing dates, honey and almond powder. It continues with the Arabian Body Rasul which has slimming and purifying properties to leave the skin revitalized, then concludes with a draining massage.



BEAUTY FITNESS



HAIR HYDRATION, 60 MINUTES

Rehydrate hair and scalp with this relaxing treatment combining a scalp massage with nutrient-rich oil and a Shea butter hair mask.

MANICURE, 60 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

PEDICURE, 60 MINUTES

PERSONAL FITNESS TRAINING, 30/60/90 MINUTES



SPA ETIQUETTE



SPA OPENING HOURS

Daily 9:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please press the 'spa' button as marked on your telephone or ask your GEM for assistance. 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

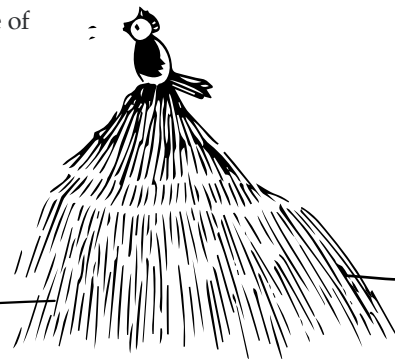
Please arrive 20 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

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

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

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. Children under 16 years old must be accompanied by an adult when using gym equipment.





TREATMENT

DURATION/MINUTES

PRICE/OMR

MASSAGES

Ayurveda Aromatherapy - Padabhyang, <i>using Subtle Energies</i>	75	62
Balinese Massage	60/90	52/72
Bamboo Massage	90	72
Foot Acupressure	60	52
Hot Stone Massage	90	72
Indian Head Massage	60	52
Jet Lag Recovery	90	72
Six Senses Signature Massages:	60/90	52/72
<i>Deep Tissue/Detox/Energizer/Holistic/Oriental</i>		
Thai Herbal Massage	90	82
Thai Massage	60/90	52/72

FACIALS

Arabian Facial	60	52
Ayurveda Aromatherapy - Mukha Chikitsa, <i>using Subtle Energies</i>	75	72
Collagen Facial, <i>using Margy's</i>	60	137
Gentleman's Facial	60	67
Men's Fuel Facial, <i>using Margy's</i>	60	95
Men's Fuel Facial plus Hair Hydration Treatment, <i>using Margy's</i>	90	110
Prestige Collagen Facial, <i>using Margy's</i>	90	167
Rose Crystal Lymphatic Facial, <i>using The Organic Pharmacy</i>	60/90	65/82
Six Senses Signature Facials:	60/90	52/72
<i>Nourishing/Purifying/Soothing</i>		
Skin Solutions Acne Facial, <i>using The Organic Pharmacy</i>	60	65
Vitamin C and Papaya Enzyme Peel Facial, <i>using The Organic Pharmacy</i>	60	65

BODY TREATMENTS

Detox Cleansing Ritual, <i>using The Organic Pharmacy</i>	90	85
Green Coffee Body Sculpting, <i>using The Organic Pharmacy</i>	60	60
Six Senses Signature Scrubs:	60	47
<i>Calming/Clarity/Vitality</i>		
Six Senses Signature Wraps:	90	72
<i>Body Refiner/Body Toner/Detoxifier</i>		

TREATMENT	DURATION/MINUTES	PRICE/OMR
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WELLNESS THERAPIES

Intensive Hammam Treatment, <i>using Marga's</i>	90	170
Royal Moroccan Hammam	90	92
Traditional Moroccan Hammam	60	62

RITUALS

Aphrodite Bath		40 for 2 people
Sensory Spa Journey	90	110
Six Senses Detoxifying Bath		25 for 1 or 2 people
Zighy Beauty	3 hrs 30 mins	145
Zighy De-stress	3 hrs	110
Zighy Detoxifier	4 hrs	150
Zighy Energizer	3 hrs	110
Zighy Romance	2 hrs 30 mins	225 for 2 people
Wonders of Oman	3 hrs	120

BEAUTY

Hair Hydration	60	42
Manicure	60	27
Nail Polish Application	30	12
Pedicure	60	32

FITNESS

Personal Fitness Training	30/60/90	32/42/62
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Prices are subject to 8.4 percent service charge and 9 percent government tax.



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