



SIX SENSES SPA

LAAMU

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 BODY TREATMENTS



**AYURVEDA AROMATHERAPY
-ABHYANG FUSION, 90 MINUTES**

Calming, detoxifying and rejuvenating, this full body treatment expertly merges Ayurveda, Aromatherapy, marma massage, reflexology, remedial techniques, lymphatic drainage and chakra balancing. Using rich aromatic blends, this treatment is recommended for detoxification, better sleep, strengthening of muscles and joints, reducing the signs of cellulite or as a jetlag relief. *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.

FOOT ACUPRESSURE, 30/60 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.

INDIAN HEAD MASSAGE, 30/60 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.

LAAMU BLISS, 120 MINUTES ✨

A Maldivian-inspired massage using coconut oil is followed by the application of a warm wrap made of ginger, cloves and nutmeg, and a relaxing head massage. A cucumber conditioner is then applied to cool and refresh the skin making it feel smooth and hydrated.

LAAMU COMBO, 90 MINUTES ✨

This deeply relaxing treatment combines a full body massage with rejuvenating foot acupressure. Select from our Six Senses Signature Massage list.

LAAMU SIGNATURE MASSAGE, 60/90 MINUTES ✨

This relaxing full body massage uses Maldivian coconut oil prepared from fresh coconuts by the local community. Its moisturizing properties make it an ideal treatment before sunbathing.

PREGNANCY MASSAGE, 60 MINUTES 🤰

Reduce swelling, prevent insomnia, reduce muscle cramps and back pain, and sooth the nervous system with this relaxing massage. Regular massages assist with an easier return to optimal fitness.



SIX SENSES SIGNATURE MASSAGES,

Deep Tissue, 90 minutes

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, 60 minutes

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.

Energiser, 30/60 minutes

This reviving upper body massage relieves muscle tension.

Holistic, 60/90 minutes 

A soothing massage designed to evoke deep relaxation.

Oriental, 60/90 minutes

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

NATURAL SUNBURN SOOTHER, 45 MINUTES

A calming and soothing treatment to moisturize and stimulate new cell growth, including foot acupressure or scalp massage.

SIX SENSES SIGNATURE SCRUBS, 45 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.

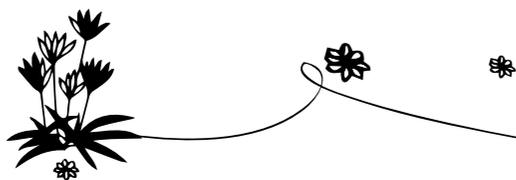
Vitality - this rice grain scrub, infused with ylang-ylang and patchouli essences, is ideal for all skin types.

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.



FACIALS AYURVEDA



AYURVEDA AROMATHERAPY**-MUKHA CHIKITSA, 60 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.*

SIGNATURE LAAMU FACIAL, 60 MINUTES ✿

Improve skin suppleness and promote hydration with this healing and nourishing facial, using fresh local ingredients applied with gentle and skillful strokes.

SIX SENSES SIGNATURE FACIALS***Nourishing, 90 minutes***

Moisturizes and improves skin tone and elasticity. Beneficial for dry or maturing skin.

Purifying, 60 minutes

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

Soothing, 60 minutes

Calms sensitive and irritated skin with soothing plant extracts and flower essences.





AYURVEDIC LIFESTYLE CONSULTATION, 15 MINUTES

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

ABHYANGA, 60/90 MINUTES

This popular Ayurveda body massage reduces the signs of aging, relieves fatigue, induces sleep, and strengthens the skin and the immune system.

ABHYANGA AND SHIRODHARA, 90/120 MINUTES

A traditional Ayurvedic massage using warm herbal medicated oil to relieve fatigue, improve sight, induce sleep, strengthen the skin and promote longevity. Warm medicated oil is continuously streamed over the third eye stimulating the pineal gland and enhancing emotional balance and well-being.

ELAKIZHI, 60/90 MINUTES

A stimulating and rejuvenating treatment using poultices filled with herbal leaves, powders and spices. Warmed in medicated oils, the poultices are used to massage the entire body to improve circulation and tackle joint pain, muscle cramps and stress.

KATI-VASTI, 60 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.

MARMAKIZHI, 90 MINUTES

A stimulating treatment using herb-infused Ayurvedic oils and small heated poultices of medicated powder, which are placed on marma points to release blocked energies. Ideal for relieving pain, stiffness and sports injuries.

PIZHICHIL, 90 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.

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.

UDVARTANA, 90 MINUTES

A full body massage using medicinal powders to promote digestion, healthier skin, firmer muscle tone, increased circulation and a breakdown of cellulite.



RITUALS



LAAMU SIGNATURE PACKAGE, 120 MINUTES ✿

Body exfoliation with fresh coconut

Laamu Signature Massage

Laamu Natural Facial

Refreshing coconut water

Spa gift

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.



HAIR HYDRATION, 45 MINUTES

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

ESSENTIAL MANICURE, 30 MINUTES

ESSENTIAL PEDICURE, 30 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

SPA MANICURE, 60 MINUTES

SPA PEDICURE, 75 MINUTES

Waxing, tinting and eyebrow shaping are available on request.



SPA ETIQUETTE



SPA OPENING HOURS

Wednesdays to Mondays: 9:00 am to 9:00 pm
Tuesdays: 9:00 am to 5:30 pm

SPA RESERVATIONS

For spa enquiries or reservations, please dial the spa button as marked on your telephone display 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 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.



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.





WELLNESS AND FITNESS ACTIVITIES

AERIAL YOGA, 60 MINUTES/USD 85

This yoga practice brings together stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and used to support the body weight during a sequence of postures.

ANTI-STRESS YOGA, 60 MINUTES/USD 85

This practice combines a series of asanas with pranayama to deliver one of the most effective and natural ways to de-stress. This combination boosts the energy levels, stimulating the cells and relaxing tense muscles.

CHAKRA MEDITATION, 45 MINUTES/USD 75

For over thousands of years meditation has been utilized for healing, cleansing and balancing chakras. This session enables practitioners to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers while specific words are chanted, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

COUPLE EYE GAZING, 30 MINUTES/USD 100 PER COUPLE

This meditation is a powerful emotional cleansing tool to deepen the sense of intimacy, allowing the eyes to talk, the hearts to communicate and the souls to connect. It dissolves the barriers that take intimacy to the deepest level possible.

The above wellness classes are also available for couples and groups. Please ask at the spa reception for more details.

Prices are subject to 10 percent service charge and 12 percent government tax.

108 SUN SALUTATIONS, 60 MINUTES/USD 85

Enjoy the benefits of a cardio workout without overstraining the joints. This exercise follows the principles of yoga, connecting breathing with movement. For every posture, a counter posture follows, thus creating greater awareness of the body.

BASIC FITNESS TRAINING, 60 MINUTES/USD 85

A workout that includes the five elements of fitness: cardio, core, endurance, flexibility, and strength.

CORE TRAINING, 60 MINUTES/USD 85

A strong core leads to better posture, more control, better balance and performance, assists with rehabilitation and generally protects the lower back area.

ENDURANCE TRAINING, 60 MINUTES/USD 85

A combination of intense work intervals with short periods of rest, this session offers a great way to keep in shape and burn calories.

PERSONAL FITNESS TRAINING, 60 MINUTES/USD 85

A personalized session designed to meet specific goals be they cardiovascular training, muscle toning, strength development, body posture or better performance. Fitness consultation and individual feedback are provided to help guide your progress.

TOTAL BODY WORKOUT, 60 MINUTES/USD 85

A total body training session including cardio, strength and conditioning exercises.

TSL CIRCUIT, 60 MINUTES/USD 85

A heart pumping workout consisting of cardio, core and strength training exercises to elevate the heart rate while sculpting and toning the entire body.

The above wellness classes are also available for couples and groups. Please ask at the spa reception for more details.

Prices are subject to 10 percent service charge and 12 percent government tax.





TREATMENTS

DURATION/MINUTES

PRICE/USD

MASSAGES

Ayurveda Aromatherapy-Abhyang Fusion	90	250
Balinese Massage	60/90	160/195
Foot Acupressure	30/60	85/140
Indian Head Massage	30/60	85/155
Jet Lag Recovery	90	220
Laamu Bliss	120	295
Laamu Combo	90	220
Laamu Signature Massage	60/90	165/200
Pregnancy Massage	60	155
Six Senses Signature Massages:		
<i>Deep Tissue Massage</i>	90	220
<i>Detox</i>	60	185
<i>Energizer</i>	30/60	100/155
<i>Holistic</i>	60/90	160/195
<i>Oriental</i>	60/90	175/200

BODY TREATMENTS

Natural Sunburn Soother	45	120
Six Senses Signature Scrubs:	45	130
<i>Calming/Clarity/Vitality</i>		
Six Senses Signature Wraps:	90	200
<i>Body Refiner/Body Toner/Detoxifier</i>		

FACIALS

Ayurveda Aromatherapy-Mukha Chikitsa	60	160
Signature Laamu Facial	60	150
Six Senses Signature Facials		
<i>Nourishing</i>	90	185
<i>Purifying</i>	60	160
<i>Soothing</i>	60	160

Prices are subject to 10 percent service charge and 12 percent government tax.

TREATMENTS

DURATION/MINUTES

PRICE/USD

AYURVEDA

Ayurvedic Lifestyle Consultation	15	complimentary
Abhyanga	60/90	185/230
Abhyanga and Shirodhara	90/120	250/330
Elakizhi	60/90	185/225
Kati-Vasti	60	165
Marmakizhi	90	225
Pizhichil	90	225
Shirodhara	60	180
Udvaartana	90	225

RITUALS

Laamu Signature Package	120	290
Sensory Spa Journey	90	320

BEAUTY

Hair Hydration	45	110
Essential Manicure	30	65
Essential Pedicure	30	65
Nail Polish Application	30	20
Spa Manicure	60	100
Spa Pedicure	60	100

Prices are subject to 10 percent service charge and 12 percent government tax.



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