



SIX SENSES SPA

COURCHEVEL

# 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.



## ENJOY AS PART OF YOUR STAY OR BEFORE YOUR TREATMENT

The many healing benefits of water and heat therapies have been practiced for centuries to reduce muscle tension, relieve pain and stress, boost the immune system and encourage detoxification.

Fast forward to today's Six Senses hydrotherapy experiences, which provide an alternative yet therapeutic way to ease muscle aches and boost overall well-being, using the physical properties of water in several different forms. What's more, the muscles will be relaxed and the mind calmer, creating optimum conditions for achieving the best results.



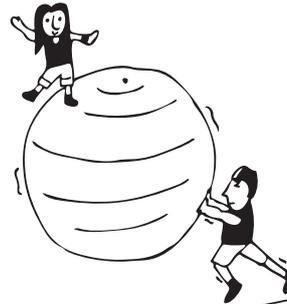
### *Six Senses Hydrotherapy Walk*

The high temperatures in the sauna help release endorphins, the body's natural painkillers, which aid in relieving muscle soreness and pain. Sweating also opens the skin's pores to flush the body's impurities in a natural way. Follow with experience showers to cool down, exercise the blood vessels and to wash away the toxins.

The Kneipp Therapy Foot Bath consists of walking in cold and hot water in short intervals to widen the arteries, stimulate blood flow and metabolism, and boost the immune system.

The idea behind this therapy is that the anatomical structure of one's body can be reflected in the shape, structure and energy zones of the feet. The Kneipp therapy has been used to treat a variety of health issues since the 1800's when Kneipp's entire system of healing rested on the power of hydrotherapy.

A session in the steam room helps release muscle tension, aches and exhaustion. It also assists in opening up airways that improves breathing, throat irritations and alleviates congestion.





# MASSAGES





**SIX SENSES SIGNATURE MESSAGES:**

***Movement Restoration, 90 minutes*** - designed to facilitate neuromuscular health, this therapeutic massage combines stretching and a range of motion techniques to help loosen and heal muscles, increase flexibility and blood circulation, allowing much needed oxygen and nutrients into the joints. Warm compresses are used during the treatment to relieve stiffness or pain by opening blood vessels and thus penetrating the muscles, ligaments and soft tissue on a deeper level. Also recommended for chronic pain and acute injuries.

***Deep Tissue, 60/90 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 and hot stones are used in the treatment, depending on the individual's need.

***Detox, 60 minutes*** - an energizing massage focusing on the areas between 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.

**Tension Soother, 30/60 minutes** - a reviving back, neck and shoulders massage using acupressure 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 cranio sacral 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 pains with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet. 

**ARNICA AND GINGER HOT OIL MASSAGE, 90 MINUTES**

Exclusively designed for Six Senses Spa Courchevel, this relaxing treatment instantly relieves aching muscles with a hot oil pouch massage. Utilizing therapeutic organic herbs and oils, it targets muscle pain, joints and sports injuries, and assists in removing toxins from the body and improving circulation. The treatment begins with a massage using hot arnica and ginger oil and is followed by the application of a hot pouch to target stiff or aching areas. *Using The Organic Pharmacy.*



# FACIALS BODY TREATMENTS





**INTENSELY HYDRATING NON-SURGICAL  
FACE LIFT, 60 MINUTES**

Achieve visible results with this natural facial that uses the power of organic cosmeceuticals and micro current to lift, tone and restore elasticity to the skin and facial muscles, leaving it looking younger and glowing. *Using The Organic Pharmacy.*

**ROSE DIAMOND FACIAL, 90 MINUTES**

Smooth, brighten and hydrate the skin with the combined power of diamonds, hyaluronic acid, retinol and safflower ceramides. This powerful yet gentle facial delivers intense hydration and rejuvenation. Perfect for returning the skin to its most ideal state after a day on the slopes. *Using The Organic Pharmacy.*

**ROSE CRYSTAL LYMPHATIC FACIAL,  
60/90 MINUTES**

A deep cleansing facial followed by the application of three masks to decongest, brighten and hydrate the skin. Lymphatic drainage and acupressure massage firm the skin and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes a deep sense of relaxation, leaving the skin fresh and radiant. *Using The Organic Pharmacy.*



### GENE THERAPY FACIAL, 90 MINUTES

Achieve visibly brighter and tighter skin with this exceptional facial using a unique cosmeceutical formulation of grape stem cells, plant peptides, hibiscus growth factor, retinol and hyaluronic acid. Complexion is infused with powerful gene modulating actives, while the age-defying facial massage and suction cups lift facial tissue, eliminate puffiness and enhance youthful appearance.

*Using The Organic Pharmacy.*

### MEN'S FACIAL, 60 MINUTES

This deep-cleansing treatment combines natural bio plant actives with rich and nourishing ingredients to deeply cleanse the face, clear pores and smooth the skin. An indulgent face-toning massage completes the experience, leaving the skin clearer, brighter and thoroughly cleansed. Perfect for the usual men's skin issues. *Using The Organic Pharmacy.*



### ANTI-AGING HYDRATING BODY RITUAL, 90 MINUTES

Designed to firm and hydrate the skin, this organic head to toe treatment starts with full body peeling, followed by a warm rose-infused mineral body mud wrap and concludes with a rehydrating rose and jasmine back, neck and shoulder massage. *Using The Organic Pharmacy.*

### DETOX WRAP, 90 MINUTES

Designed to rid the skin and body of toxins, this head-to-toe treatment starts with a full body skin brushing and exfoliation performed with a nourishing seaweed, eucalyptus and lemon body scrub. You will be cocooned in a warm, mineral-rich seaweed and eucalyptus mud wrap as you enjoy a stimulating cedar and rose hip scalp massage. Your ritual concludes with a stress-relieving back, neck and shoulder massage using a detoxifying body oil. *Using The Organic Pharmacy.*



### BODY SCRUB, 60 MINUTES

*Detox* - Lemon and Fucus Scrub followed by the application of the Detox Body Oil.

*Rejuvenating* - Cleopatra Scrub followed by the application of the Rose and Jasmine Body Oil.  
*Using The Organic Pharmacy.*

### MUSCLE RECOVERY SYSTEM

Trusted by coaches and trainers around the world to keep their athletes in peak condition, the NormaTec dynamic compression boots help you recover faster between workouts or skiing sessions by reducing muscle soreness and improving circulation.

Introductory Session, 20 minutes

Recovery Session, 40 minutes

### PAIN RELIEF WITH iTENS

This wearable electrotherapy device delivers effective and lasting pain relief by sending tiny electrical signals through the skin to intercept pain signals from reaching the brain and to help release endorphins. Controlled with an iOS or Android based app, you just peel and stick the lightweight and flexible wings onto the painful area and launch the appropriate program with your smart phone. It really is as easy as that.

Introductory Session, 20 minutes

Pain Relief Session, 40 minutes



# RITUALS





### SIGNATURE ROSE CRYSTAL RITUAL, 120 MINUTES

An indulgent organic facial that cleanses, hydrates and renews the skin – perfect for dry or dehydrated complexions. A thorough cleanse using antioxidant-rich carrot butter is followed by a purifying rose petal exfoliation. Powerful masks are designed to either brighten, decongest or tone your face, neck and décolletage. Rose quartz crystals awaken the lymphatic system and an acupressure massage firms and tones tired facial muscles. A divine massage for feet, hands and scalp makes this a heavenly experience.

*Using The Organic Pharmacy.*

### MOUNTAIN RECOVERY, 2 HOURS 30 MINUTES

*Release tension, improve mobility and rehydrate your skin*  
 Movement Restoration Massage  
 Hydrating Facial

### COURCHEVEL BOOSTER, 2 HOURS 30 MINUTES

*Lighten, tighten, scrub and brighten*  
 Detox Massage  
 Detox Wrap



# FITNESS AND WELLNESS ACTIVITIES



PERSONAL TRAINING INDOORS, 60 MINUTES

PERSONAL TRAINING OUTDOORS, 90 MINUTES

PRIVATE WELLNESS CLASS, 60 MINUTES



BEAUTY



Inspired by the street and derived from elements of nature, Kure Bazaar's colors mark their own unique style. This is the nail polish of the next generation, combining the ethics of an eco-natural formula with vibrant and fashionable colors. It has impeccable resistance, dries quickly and preserves the vitality of nails respecting their natural cycle of regeneration.

MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES



# SPA TO SPAAHH

Make the most of your spa time





### SPA OPENING HOURS

Daily 10:00 am to 9:00 pm

### SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

### PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your chalet/apartment 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 using the sauna and 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 lifestyle consultation 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 of any kind including electronic devices, 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

To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

### PAYMENT

All major debit and credit cards are accepted at the spa reception.

### CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years of age 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 17 years must be accompanied by an adult when using gym equipment.



SIX SENSES SPA COURCHEVEL

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## BIOHACKING

Unleash your limitless potential for living a healthy, balanced life full of energy. Biohacking takes shortcuts to better wellness by hacking the body's natural recovery systems.

### WELLNESS SCREENING, 45 MINUTES/EUR 120

Your data never lies, and the readings, along with a discussion about your lifestyle, are used to design a treatment or bespoke multi-day program personalized to you.

### MUSCLE RELIEF THAT IS QUICK AND EASY WITH HYPERVOLT, 15 MINUTES/EUR 45

Increases circulation and reduces muscle soreness. This percussion massage device is a fantastic way to increase mobility, range of motion and flexibility.

### FAST RECOVERY WITH COMPRESSION BOOTS, 30/45/60 MINUTES/EUR 45/65/75

This therapy takes compression to the next level. These leg boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

All prices include 20 percent tax

**EASE LOWER BACK TENSION WITH VENOM BACK WRAP,  
15 MINUTES/EUR 45**

Soak up the soothing power of heat with compression and vibration to melt away stress and tension on your core and lower back.

**ROLL IT OUT WITH VYPER GO ROLL, 15 MINUTES/EUR 20**

The Vyper Go Roll gets you ready to move. Warm up fast, recover right, and unlock your tightest muscles.





# PHYSICAL THERAPY

**PHYSIO CONSULTATION 30 MINUTES/EUR 140**

**MEDICAL TRAINING THERAPY 30/45 MINUTES/EUR 140/190**

MTT focuses on the medical aspects of exercise, strengthens the musculoskeletal system, and increases overall stamina through a series of targeted exercises that improve mobility, balance, coordination, and cardiorespiratory capacity.

**SNOW SPORTS PREPARATION COURSE, 60 MINUTES/EUR 260**

Whether you ski or snowboard this course will help you correct your stance and get you down the slopes with optimized performance and reduced risk of injury. Whatever your goals are for this upcoming season staying injury free should be your top priority.

**AEROBIC TRAINING, 45/60 MINUTES/EUR 190/260**

Aerobic means 'with oxygen' and it refers to the body producing energy with the use of air. It is very effective at building your endurance by increasing cardiovascular and respiratory capacity.

All prices include 20 percent tax

### **FUNCTIONAL REHABILITATION, 45/90 MINUTES/EUR 190/320**

A restoration program that is designed to provide comprehensive treatment of an injury regardless of the level of your activity. Functional rehab combines various techniques to give you the physical acumen and confidence to return to optimal performance.

### **ADVANCED STRETCHING SESSION, 45 MINUTES/EUR 190**

Stretching keeps muscles flexible, strong and healthy and we need that flexibility to maintain a full range of motion in the joints and to lower risk of injury during sports.

### **ISOLATED HIP, KNEE AND CORE STRENGTHENING SESSION, 60 MINUTES/EUR 240**

Muscles work in pairs, so it's important to maintain the balance between them to prevent joint pain and injuries. Keeping the hips and knees properly aligned helps you to perform better on the slopes reducing pain, stiffness, and fatigue.

### **HYDROTHERAPY, 45 MINUTES/EUR 240**

Aquatic sports therapy allows muscles to relax and eases pain in the joints. The water resistance improves strength, coordination, breathing rhythm and overall mobility. Based on the consultation we create a program with suitable techniques for maximum results.

### **DRY NEEDLING, 60 MINUTES/EUR 300**

A treatment for muscular pain relief and stiffness. In addition, easing the trigger points may improve flexibility and increase range of motion.





## JUNIOR SPA MENU

At Six Senses, spa treatments are to be enjoyed by everyone. This specially created menu is just for kids as part of Grow With Six Senses.

### **JUNIOR BODY MASSAGE, 30/60 MINUTES/EUR 140/235**

After a day on the slopes relax with this soothing full body massage using warm coconut oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

### **BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/EUR 140**

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures.

### **FOOT MAPPING, 45 MINUTES/EUR 180**

The various reflex areas on your feet form “maps” that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body’s balance to its optimum state.

### PRETTY HANDS OR FEET, 30 MINUTES/EUR 100

Have your nails shaped, followed by a hand or foot scrub and nail polish application with some fun colors.

### PARENT AND CHILD EXPERIENCES

#### MASSAGE AND NAILS, 75 MINUTES/EUR 250 per person

Spend some relaxing time together and indulge in a full body massage followed by nail painting.

#### TOP TO TOE MASSAGE, 75 MINUTES/EUR 280 per person

Unwind after an active day with a full body soothing massage followed by a scalp massage.

