

SIX SENSES SPA COURCHEVEL

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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.



MASSAGES



**MOVEMENT RESTORATION MASSAGE,
60/90 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 cloth pads 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.

**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*

TENSION SOOTHER, 30/60 MINUTES

A reviving back, neck and shoulders massage using therapeutic trigger point techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

RELAXED FEET, 30/60 MINUTES

Restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

HEAD MASSAGE, 60 MINUTES

A deeply relaxing oil-based massage of head, neck and shoulders using craniosacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.



Suitable for pregnancy



Suitable for pregnancy

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, 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*

**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

WINTER WARMER, 90 MINUTES ❁

Warm the weary bones and melt those icy joints with this perfect blend of festive herbs and spices. After a gentle exfoliation, bask in a warming body wrap infused with delicious smells and flavors of traditional winter ingredients. The ideal way to warm up in a spa style.

SIX SENSES HYDROTHERAPY WALK

The many healing benefits of water and heat therapies have been well known for centuries and have been used to reduce muscle tension, relieve pain and stress, boost the immune system and encourage detoxification. Fast forward to today's Six Senses hydrotherapy walk, which provides an alternative yet therapeutic way to ease muscle aches and boost overall well-being, using the physical properties of water in several different forms.

The high temperatures in 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.

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 ETIQUETTE



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 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 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.



