



The Six Senses Spa Pyramid representing the foundation and creation of the Spa experience at Six Senses Spas. The foundation of the experience is formed by three primary senses; sight, sound and touch. The second stage builds upon this experience by appealing to the more acute senses of taste and smell. The apex symbolises the unique sensory experience of a Six Senses Spa.

This pyramid is a testimonial. It visually represents that the spa experience may only be achieved once all five senses have been nurtured.

Our Mission is *Balancing Senses*.

Dear Guest,

Welcome to the Six Senses Spa at Punta Cana Resort & Club. This magnificent spa is located in the newly developed club house area close to the beach. The eight indoor rooms comprise Thai massage for individuals or couples, a beauty room, a single treatment room and five treatment rooms ideal for couples. Most of the indoor rooms provide spectacular views of the ocean and have its own changing section, relaxation area and steam room.

Providing a unique sensory spa journey, the two outdoor treatment suites are set right on the beach, surrounded by tropical plantings, a private Yin-Yang bath and a herb garden which provides fresh herbs used in the Juice Bar.

We invite you to relax, unwind and enjoy the wide range of innovative and comprehensive couples and golfing packages, as well as Six Senses Signature treatments and Asian therapies, all administered under the expert care of our internationally trained therapists.

A few suggestions for your comfort

Spa Reservations

Our Six Senses Spa is open from 9am to 8pm. For any enquiries or information regarding the spa, please call 809 - 959 7772.

Advance bookings are highly recommended to secure your preferred time. We advise our customers that a minimum treatment booking of 1.5 hours applies to all our reservations.

Preparation

We recommend that you leave all jewellery in your room safe before coming to the Spa. For men – please shave prior to all facial treatments to ensure that maximum results are achieved.

Arrival

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

Consultation

We invite you to our spa for a private consultation to determine your needs and to allow us to design your treatment experience. We have six broad areas of treatments that cover all aspects of spa therapy. Your personalized package will be tailor made with suitable treatments, techniques and products. Alternatively, one of our specially designed packages can be selected to offer you the full flavour of the Six Senses offering.

During your stay

We have a wonderful selection of nutritious juices, which can be prepared for you to enjoy after your treatment.

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. As Six Senses Spa is a sanctuary of peace and harmony, please be aware of the volume of your voice in order not to disturb our other valued spa 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 in our gallery for continuing care.

Payment

If under 12 years of age, treatments are half price if booked before 2pm. Parents are welcome to attend the treatments.

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

Please give five hours cancellation notice on individual treatments and twenty four hours notice on packages. A 50% cancellation fee may apply if such notice is not given. For no show 100% of the treatment cost will be charged.

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Six Senses Signature Package - The Essence of Six Senses

In our beach spa pavilion, the world of peace, tranquillity and total privacy, discover the journey that delivers you the ultimate in pampering, relaxation, healing and rejuvenation. Here is an experience that balances your total being. This full day spa package encompasses all the treatment areas and provides a total body and mind connection.

Floral Foot Ritual
Serenity Bath
Six Senses Signature Body Glow and Cocoon
Volcanic Hot Stone Massage
Six Senses Signature Tea

Lunch
Deliciously Fresh Spa Cuisine

Ear Candling
Six Senses Signature Facial
Deep Cleansing Hand and Foot Treatment
Champagne & Chocolate

7 hours

Sensory Spa Journey - The Soul of Six Senses

Unique to Six Senses Spas. A unique variation of a four hands massage and a cleansing facial performed by two therapists synergistically, your therapists will work in harmony to take you on a journey of the five senses and beyond. A luxurious footbath, skin renewing treats, warm towels and fresh fragrances are just the beginning. You will experience a truly non-traditional body aroma massage using long, smooth strokes synchronized with a customized facial and a stress relieving scalp massage. The natural desire to concentrate on your treatment will disappear as the unusual sequence encourages your mind to let go of stress and introduce a deep state of calm. It is a work of art that is a total body and mind encounter. We will present to you a special gift so that you can enjoy the memory of this unique experience at home.

1.5 hours

Ready made packages for those who know exactly what they are looking for - The Synergy of Six Senses

Equilibrium

3.5 hours

Revitalising Bath, Soothing Body Glow, Six Senses Signature Massage, Six Senses Signature Facial, Ear Candling.

For the traveller, to bring you to the right time zone and create synergy. Remove the weight of your trip with a gentle body exfoliation and let the massage revitalise and rejuvenate. Cooling gels on the face and feet will refresh and awaken while a gentle ear candling therapy will clear all your senses.

Freedom

3.5 hours

Purifying Bath, Signature Glow, Detoxifying Cocoon, Aromatherapy Massage, Foot Acupressure.

For the liberty seeker, to take you to a fresh start. Let the renewal of your body begin with a detoxifying body scrub and mask. The gentleness and power of aromatherapy massage and foot acupressure will restore your energy and awaken your body's natural healing and cleansing ability.

Harmony

3 hours

Flower Bath, Six Senses Signature Massage, Light Spa Cuisine and Champagne.

For the two of you, to share this special moment. Allow the romantic setting to help you start the journey of blissful calm. A fragrant bath and aromatic massage will sooth your senses. Delight in the spa cuisine and savor the memory of a truly unique experience.

Elegance

4 hours

Aromatic Bath, Six Senses Signature Massage, Six Senses Signature Facial, Renewing Hand and Foot Therapy.

For the lady, to reveal your natural grace. Take this special moment to indulge in the luxury of a soothing bath and pampering back therapies. Your skin will be refined and radiant and your total self, restored. A luxurious facial and hand and foot treats will enhance the elegance you already have.

Vitality

3 hours

Energizing Bath, Volcanic Hot Stone Massage, Rejuvenating Back Exfoliation, and Refreshing Foot Treatment.

For the Golfer, to round off your game and restore your energy for the next triumph. Enjoy the solitude of the hot bath as a prelude to the luxurious hot stone massage – a deep treatment that will stimulate your circulation and instill complete relaxation. The refresh foot treatment will ease away all the tension and enhance your strength and vitality.

Regional & Asian Therapies - The Origin of Six Senses

At the very heart of our spa we treasure local tradition. We utilise plants, herbs and fruits to offer you a truly natural and authentic Six Senses experience. Be it from our origins in Thailand or the local region, you will be able to absorb the goodness of nature and reconnect to the foundation of our being.

This group of therapies includes:

Oriental Package

4 hours

Steam and Sauna
Thai Herbal Body Glow
Traditional Thai Massage
Natural Thai Facial
Scalp Massage
Foot Acupressure

Vietnamese Experience

4 hours

Steam & Sauna with fresh herbs from our garden
Foot Ritual
Vietnamese Hair Wash
Vietnamese Massage with cupping
Vietnamese Facial
Oriental scalp massage

Thai Massage

90 mins

Walk into our Thai treatment suite to discover the healing art of this ancient treatment which dates back 2500 years. Thai massage is recognized as the practical application of Buddhist concept of loving kindness. In its divine setting, enjoy this royal Thai acupressure massage combined with gentle yoga stretching to harmonize the body, loosen blockage and improve the flexibility. Far beyond pampering & relaxation, this treatment will truly reawaken the body's energy flow and facilitate the reconnection of body, mind & soul.

Natural Thai Facial

90 mins

Use nature's intelligence to beautifully refresh your skin! The traditional Thai facial uses a blend of natural ingredients, honey, milk, sesame and jojoba oil to cleanse, exfoliate and massage the skin. The wonderful hand massage is offered while you are enjoying the Thai white clay mask. This light facial experience will assure you leave the spa feeling purely refreshed, clear and balanced. Popular combined with Thai Herbal Body Mask and Thai Massage.

Tropical Fruit Body Smoother

60 mins

The tropical fruit blend of papaya, pineapple, watermelon & rice grains make up the main ingredients of this cleansing treatment. The naturally occurring enzymes provide a gentle exfoliation, with the additional benefits of nourishing and moisturizing the skin to perfection. Add Ear Candling and Thai Massage for a unique experience.

Thai Herbal Compress

90 mins

This is an original blend of Thai massage using the classic Thai healing herbal packs containing Plai, Turmeric, Camphor, Lemongrass and other herbs. While the acupressure works on the meridian lines, the heated herbal compress helps to improve the *Qi* flow, ease the aches & stimulate the circulation. Perfect when combined with a Natural Thai Facial.

Natural Sunburn Soother

40 mins

The cool lavender infused compress eases sunburn, and soothing Aloe Vera freshly picked from our garden is applied to moisturize and encourage new cell growth. A simply soothing treatment - includes foot acupressure or scalp massage. Bring your body closer to balance by adding a Chakra Balancing treatment.

Hot Stone Therapies - The Nature of Six Senses

Imagine a therapy that utilizes the natural healing properties found in the earth. Hot Stone Therapy combines the human touch with a taste of nature to restore balance and vitality through massage. You will experience relaxation and healing at the deepest level with hot stones relieving stress and tension and cold stones improving the circulation and lymphatic flow.

The weight of warm stones offers a comforting pressure to the body's stress zones while the deep flowing massage awakens the body's natural healing process. This is a truly sacred therapy that is a gift from nature.

Hot and Cold Stone Facial	90 mins
Hot and Cold Stone Body Therapy (30 mins includes back only)	90 mins

Combine your Hot and Cold Stone Therapy with a Tropical Fruit Body Smoother.

Facial Therapies - Nurturing with Six Senses

Glowing skin reflects good health and to help you achieve this, the Six Senses facial will do more than just treat the surface. Following a skin analysis, your therapist will perform a luxurious facial that combines the healing properties of natural essential oils and the power of touch to encourage lymphatic drainage, good circulation, improved skin elasticity and clarity. Lie back and enjoy the sheer luxury of a scalp massage or hand and arm massage while a delicious mask sinks into your skin.

Your skin will feel silky soft and delicately scented with a complexion that is polished, toned and quite simply radiant.

Six Senses Signature Facial	60 mins	75 mins	90 mins
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You can select a combination of any of the above therapies as well as package them with other therapies from the rest of the menu. Enjoy an additional soothing hand and foot treatment to complete your sensory experience.

Massage Therapies - The Heart of Six Senses

At Six Senses, a massage is a truly individual journey where you will discover the power of touch, an enlightening experience that will harmonise your body's subtle energy.

Six Senses Signature massage therapies are designed with your specific needs in mind. A remedy awaits you, whether you need calming or energising, and your therapy will combine the most popular techniques of world renowned massages including Swedish, Lomi Lomi, and Ayurveda to name a few. Whether you prefer light or firm pressure or a stimulating treatment opposed to a soothing one, we will mould the treatment to suit your wishes.

Six Senses Signature Massage

60 mins

90 mins

Body Therapies - Sense of Renewal

Enjoy a skin brightening experience that will reveal your natural glow and rejuvenate your body. This group of therapies works deeper than the surface to re-hydrate, balance, detoxify and revitalize. Take a journey of discovery that will eliminate toxins to combat cellulite, improve circulation and tone and revive the skin, leaving you feeling rejuvenated and ready to face the world again. Hide away in the cocoon of luxurious body masks and emerge feeling renewed.

Body therapies are proven to remove the natural build-up of dead skin cells that lead to dull and tired-looking skin. Body masks and wraps work beneath the surface and have a lasting effect.

This group of therapies includes:

Six Senses Signature Glow

30 mins

60 mins

90 mins

Six Senses Signature Cocoon

60 mins

90 mins

You can select a combination of any of the above therapies as well as package them with other therapies from the rest of the menu. Ideal when experienced with deep tissue massage.

Energy Balancing Therapies - Sense of Inner Calm

Experience a connection to the universal life force surrounding you. You have the ability to heal yourself through the meditation and energy healing.

Energy therapies can be offered on a one-to-one basis or with a group of people. Their purpose is to balance the flow of life energy on the physical, emotional and spiritual level. Treatments may or may not involve massage and could be a combination of light touch and sometimes no touch, as in polarity.

You can select a combination of any of the below therapies as well as package them with other therapies from the rest of the menu. Great when experienced with massage therapies.

This group of therapies includes:

Ear Candling	50 mins
Crystal Chakra Balancing	60 mins

Activities - Energizing with Six Senses

Experience the Six Senses activities where the instructor will direct you with the fluid, gentle and graceful movements. The rhythmic movements of the muscle, spine and joints pump the energy through the whole body. It consist gentle stretches and different postures to bring relaxation, harmony and a sense of presence. It helps to calm the mind and maintain a healthy and balanced body.

It can be for basic and intermediate levels. Please consult the spa reception for private or group sessions.

Power Yoga	60 mins
Pilates Training	60 mins

(May be limited to season and therapist availability – please consult the spa reception)

By our Specialists at Six Senses Spas - A Sense of Vitality

Offering our guests at PUNTACANA the unique experience of natural therapies, aiding in the overall wellness and promoting health and inner peace.

Reflexology

60 mins

The most therapeutically effective massage of the feet! The reflex points on the feet correspond to every organ and gland in the body. Through the feet acupressure, the autonomic nervous system, the lymphatic and the circulation system get affected. It stimulates the body's own healing process.

Aromatherapy

90 mins

Following a personal consultation, our Aromatherapist will blend the essential oils to suit your individual needs. A light pressure massage will promote self-healing and the balance of mind and body. Combines well with Mint Foot Soother Treatment.

Lymphatic drainage

90 mins

A light flowing specialist massage performed with a detoxifying blend of essential oil to gently stimulate the body's natural cleansing process and boost the immune system, an ideal treatment for anyone wishing to detoxify and cleanse while enjoying a sense of deep relaxation.

Oriental Scalp

60 mins

Traditionally known in India as Champissage this treatment combines gentle and deeply stimulating movements on the scalp, neck and shoulders to induce blood flow, nourish the scalp and encourage a deep state of calm.

(May be limited to season and therapist availability – please consult the spa reception)

Spa Beauty - A Sense of Touch

Deluxe Spa Manicure

Your nails will be shaped and your cuticles tidied and hydrated, followed by a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied if requested.

Regular Manicure	30 mins
Deluxe Spa Manicure	45 mins

Deluxe Spa Pedicure

Transform your feet with our nail and cuticle care, then relax and enjoy a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation, relieving tired or swollen feet. Nail varnish is applied if requested.

Regular Pedicure	45 mins
Deluxe Spa Pedicure	50 mins

Radiance Hand Treatment

30 mins

A well deserved pampering treatment for your hard working hands. This nurturing treatment starts with a warm compress and is followed with a luxurious jojoba bead exfoliation. A soothing massage will leave your hands feeling silky, smooth and soft. A blend of alluring fragrances such as lavender, geranium and lemon make this a wonderful experience.

Mint Soother Foot Treatment

30 mins

First your feet are refreshed in a warm bath of plant essences followed by an invigorating sea salt polish to exfoliate and stimulate the circulation. Then we treat your feet to a relaxing foot massage with essences of peppermint, spearmint and lavender to soften the skin, and provide a cooling balm to promise you leave walking on air!

* Waxing, tinting and eyebrow-shaping treatments are all available upon request. Please ask our receptionists for more details.

Six Senses Spa Price List

Six Senses Signature Package	7 hours	\$605	Two Sharing	\$1012
Sensory Spa Journey	1.5 hours	\$264	Two Sharing	\$486
Ready Made Packages				
Equilibrium	3.5 hours	\$292	Two Sharing	\$528
Freedom	3.5 hours	\$286	Two Sharing	\$514
Harmony	3 hours	\$410		
Elegance	4 hours	\$319	Two Sharing	\$574
Vitality	3 hours	\$270	Two Sharing	\$486
Regional & Asian Therapies				
Oriental Package	4 hours	\$336	Two Sharing	\$616
Vietnamese Experience	4 hours	\$336		
Thai Massage	90 mins	\$138		
Natural Thai Facial	90 mins	\$138		
Tropical Fruit Smoother	60 mins	\$99		
Thai Herbal Compress	90 mins	\$149		
Natural Sunburn Soother	40 mins	\$50		
Hot Stone Therapies				
Hot and Cold Stone Facial	90 mins	\$150		
Hot Stone Body Therapy	90 mins	\$140		
Facial Therapies				
Six Senses Signature Facial	60 mins	\$105	75 mins \$125	90 mins \$155
Massage Therapies				
Six Senses Signature Massage	60 mins	\$99	90 mins	\$138
Body Therapies				
Six Senses Signature Glow	30 mins	\$58	60 mins \$98	90 mins \$128
Six Senses Signature Cocoon	60 mins	\$125	90 mins	\$155
Energy Balancing Therapies				
Ear Candling	50 mins	\$60		
Crystal Chakra Balancing	60 mins	\$89		
Activities (Private Sessions)				
Yoga	60 mins	\$94		
Pilates	60 mins	\$94		
By our Specialists at Six Senses				
Reflexology	60 mins	\$99	A course of 3	\$264
Aromatherapy	90 mins	\$138	A course of 3	\$350
Lymphatic Drainage	90 mins	\$138	A course of 3	\$350
Oriental Scalp Massage	60 mins	\$88		
Spa Beauty				
Radiance Hand Treatment	30 mins	\$55		
Mint Soother Foot Treatment	30 mins	\$55		
Regular Manicure	30 mins	\$45		
Deluxe Manicure	45 mins	\$65		
Regular Pedicure	45 mins	\$55		
Deluxe Pedicure	50 mins	\$70		
Eyebrow Tint		\$35		
Eyebrow Shaping		\$30		
Eye Lash Tint		\$40		
Half Leg		\$55		
Full Leg		\$70		
Under Arm		\$30		
Bikini area waxing		\$45		