



SIX SENSES SPA

KAPLANKAYA

SPA AND WELLNESS MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. From our pioneering experts, doctors and practitioners to our unique blend of high-tech science and high-touch therapies. From the food you eat to the way you sleep, the people you meet and the earth beneath your feet. Wellness is integrated into your whole Six Senses experience, and becomes a joyful way of life.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.



PERSONALIZED WELLNESS



WELLNESS SCREENING, 60 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

EXERCISE PHYSIOLOGY, FROM 30 MINUTES +

Comprehensive analysis and exercise assessments to understand your current level of fitness and design a bespoke workout plan that ensures your body is aligned, optimizes your training performance and reduces the risk of injury.

SLEEP UPGRADE, FROM ONE NIGHT +

Starting with a You + Sleep questionnaire, our Sleep Ambassadors prepare your bedroom to ensure the best sleeping conditions. The sleep tracker measures your sleep quality and room environment and the results enable our wellness experts to work with you on how to ensure each day ends in peaceful slumber.

NUTRITION

Whatever wellness journey you take, our experts follow the guiding principles of Eat With Six Senses: natural ingredients (where possible from our own organic gardens and farms), local and sustainable, and less is more, focusing on quality, balance and food made from scratch. We design a nutritional plan that is right for you, while delivering maximum taste and amplifying the benefits of your daily treatments and activities.



If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

CLEANSE & DETOX

Want to eliminate toxins, improve the digestive system, boost the immune system and achieve clarity of thought and peace of mind? We use the non-invasive techniques of yogic cleanse to help your body detox in a safe, controlled manner, combined with low intensity training, detoxifying therapies and personalized wellness activities.

WEIGHT LOSS

Want to shed a few pounds, reenergize and get more out of your life? In this program, you'll learn the importance of balanced nutrition, exercise and a healthy mind; and how to sustain this routine once you return home.

TRIM & FIT

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training with correcting muscular imbalances and soothing treatments.

FULL POTENTIAL

Do you feel in good health but wish to progress to the next level? This flexible program is based all around the personal improvements you wish to achieve during your stay and flourish in the long term. Plus, you get the opportunity to meet with the chef who prepares a customized meal plan for the duration of your stay.

SLEEP & DE-STRESS

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice from our Sleep Doctor with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

AYURVEDIC REJUVENATION

Improve vitality, boost the immune system and discover Ayurveda, the ancient science of life and longevity. After a detailed consultation, the resident Ayurvedic doctor recommends suitable combinations of therapies based on your *dosha* (ayurvedic body type) along with suitable activities and the food to favor or avoid during your stay.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

If you wish to recharge your batteries, cleanse the body or improve sleep, **Yogic Detox** and **Yogic Sleep** offer mind-body tools to help you eliminate any negative environmental effects and navigate whatever life throws your way.

Programs of three, five, seven or more nights are available. It depends on how much time you have to invest in your well-being.



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.

Heated Loungers

A great start to the hydrotherapy circuit. Lie back on contoured tiled lounge chairs, radiantly heated at 35 degrees Celsius (96 Fahrenheit), allowing the heat to penetrate deep into the body to relax, reinvigorate and soothe muscles.

Crystal Steam Room

This aromatic steam room features a pure rock quartz crystal known as 'a master healer' to amplify energy, improve concentration and focus, and balance and revitalize the body, mind and soul. Choose your desired steam temperature at two bench levels.

Finnish Sauna

The high temperatures in this classic dry-heat sauna help release endorphins, the body's natural painkillers for relieving muscle soreness and pain. Sweating also opens the skin's pores to flush the body's impurities in a natural way.

Experiential Rains

Recommended to use after the sauna or steam, cooling showers stimulate circulation and aid better oxygenation of the body, wash away the toxins and clarify the mind. Light and sound effects enhance the experience.

Hydrotherapy Pool

Enjoy hydromassage stations designed for relaxation, rebalancing and releasing tension throughout the body.

Igloo

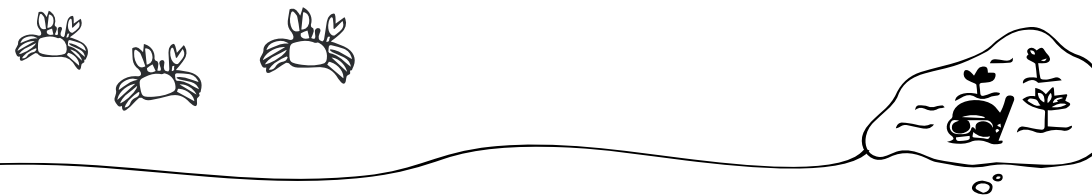
Ideal to use after the sauna, steam or the hydrotherapy pool session, icy circulating air cools the skin, and is most beneficial when inhaled deeply into the lungs, then exhaled slowly. Grab a handful of ice, rub it over the body to stimulate circulation and oxygen uptake, boost the immune system and gently exfoliate the skin to eliminate toxins. An Arctic mist spray and heated floor enhance your chilled-out experience.

Foot Therapy Basins

Boost circulation and recharge the body as you soak tired feet, alternating hot and cold water, while seated on a heated bench. The bubbles massage the feet and ankles, stimulating pressure points as in a reflexology session.

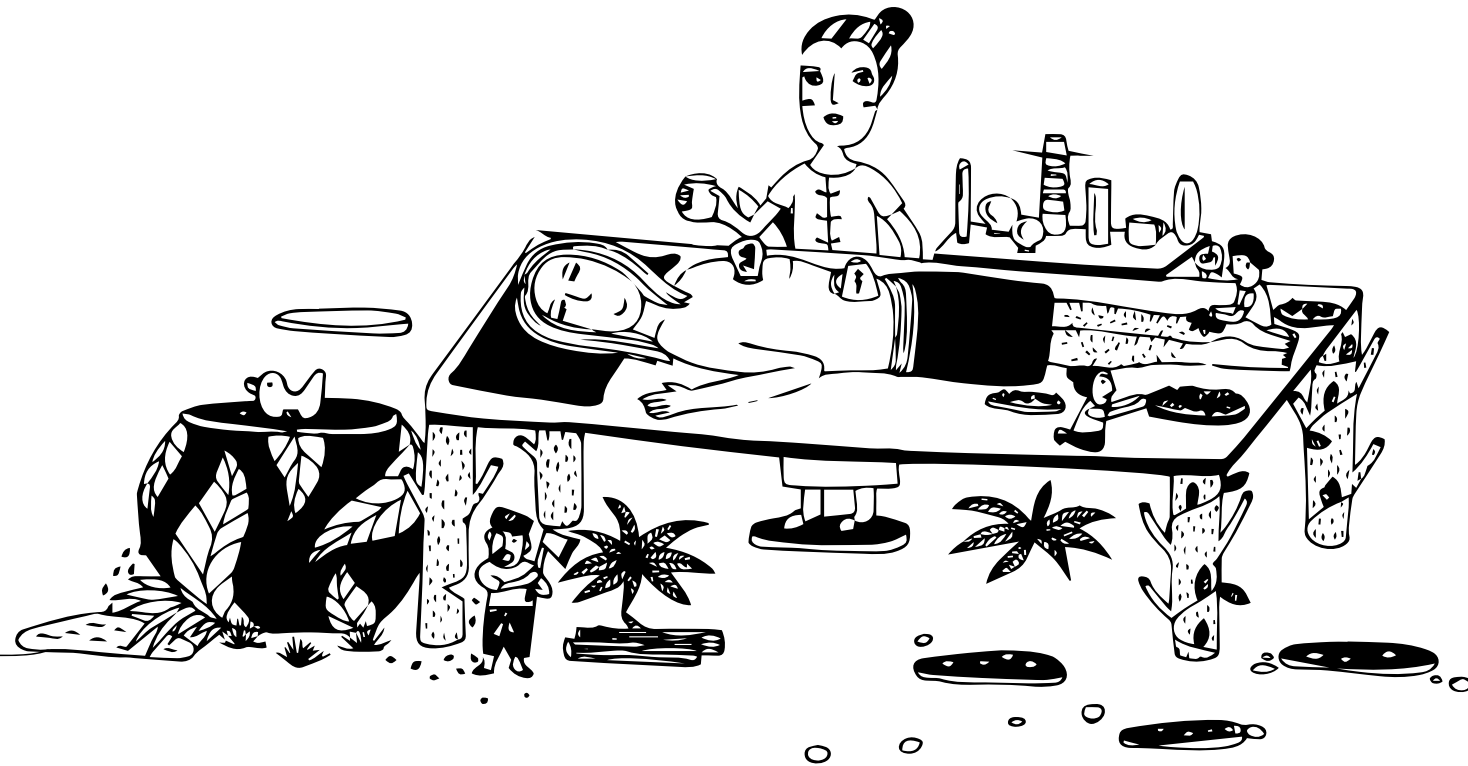
Salt Grotto

Lie back on heated benches made of thick Himalayan natural rock salt as soothing "sea air" washes over you. Salt therapy relieves respiratory ailments and its calming and detoxifying effects also support the immune, nervous and lymphatic systems. Other benefits include less stress, more energy and improved sleep quality.





MASSAGES



SIX SENSES SIGNATURE MASSAGES:

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, hot stones or warm compresses might be 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.

Holistic, 60/90 minutes - a fully personalized treatment based on each guest's needs and desired results. It uses a combination of flowing, soothing, rhythmical and medium pressure movements on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using therapeutic trigger 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 craniosacral 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 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.

DREAM CATCHER, 90 MINUTES

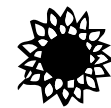
Evoke a deep sense of relaxation with this light pressure massage of head, back, shoulders, and feet and end your day in a peaceful slumber.

THAI MASSAGE, 90/120 MINUTES

Using slow, gentle, rocking movements, the massage therapist applies compression with thumbs, palms, elbows, knees and feet. Please wear loose-fitting clothes.

HOT STONE MASSAGE, 90 MINUTES

Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant warmth of the stones induces deep relaxation.



FACIALS BODY TREATMENTS



ANANDA FACE THERAPY, 60 MINUTES

A deeply nourishing and hydrating facial for stressed and tired skin. It combines an aloe vera and pomegranate cleanse with blackcurrant and honey exfoliation and specialized marma massage techniques to restore natural luminance, while a green clay mask reduces inflammation. The outside glows with radiance and the inside recovers a sense of peace. *Using ila.*

KU NYE FACE THERAPY, 60 MINUTES

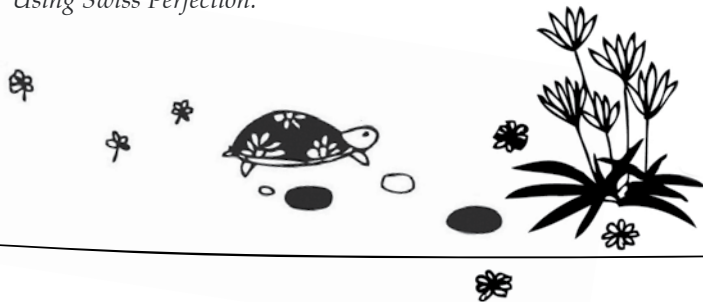
This Tibetan-inspired treatment is recommended for damaged skin and tired souls. Tibetan and Sea Buckthorn Seed oils, known for containing a rare Omega 7, are used to strengthen and regenerate the skin, improve circulation and balance core energy. A rosehip and honey scrub is followed by lymphatic drainage and Tibetan acupressure, along with the application of hot poultices to maximize penetration. This journey concludes with a balancing lavender and honey mask. *Using ila.*

MARINE FLORA FACIAL, 90 MINUTES

A stimulating facial treatment combining rich marine flora and sea lettuce with lymphatic drainage and warm herbal poultices to provide fast relief for dehydrated skin. Deep nerve point techniques remove built up waste, while a bio-plasma and sea lavender mask encourage collagen production, leaving the skin revitalized with improved skin tone and texture. *Using ila.*

CELLULAR EXCLUSIVE LIFT CONCEPT, 60 MINUTES

This five-step lifting treatment offers immediate results. A highly concentrated formula works to promote firmness and diminish wrinkles. *Using Swiss Perfection.*

**CELLULAR HYDRATING REJUVENATION, 60 MINUTES**

This unique rejuvenating treatment targets wrinkles, loss of hydration and irregular skin texture, leaving your skin smooth and rejuvenated. *Using Swiss Perfection.*

CELLULAR MEN'S TREATMENT, 60 MINUTES

This deep cleansing and rejuvenating facial treatment is designed especially for a man's skin. It ensures protection from razor burn, skin sensitivity and dullness. *Using Swiss Perfection.*

Add to any facial or body treatments:

EYE INDULGENCE, 30 MINUTES

This gentle yet powerful treatment uses marma point stimulation, eye exercises and a hydrating mask to relieve tension, reduce dark circles and restore radiance and sparkle to the area around the eyes. *Using ila.*





DREAMTIME SCRUB AND BODY TREATMENT, 90 MINUTES

To increase resilience against anxiety or insomnia, this grounding treatment relaxes the nervous system, releases tension and restores the natural rhythm of sleep. It starts with a foot ritual and soothing mini scrub, and continues with chakra healing during which herbal poultices are used to deepen the effects of the massage, leaving the mind and body deeply relaxed and peaceful. *Using ıla.*

BIO RHYTHMS TREATMENT, 120 MINUTES

Restore the body's natural biorhythms and deeply relax the nervous system with this powerful treatment that blends an ionizing energy scrub and mud wrap, with a soothing face massage. It concludes with a kundalini back massage. This treatment is ideal as part of a weight loss program and excellent for treating jet lag. *Using ıla.*

MANIPURA FULL BODY TREATMENT, 90 MINUTES

This calming and warming treatment focuses on the abdominal area, our center of health and vitality. It combines a mini scrub, marma lymphatic drainage and warm herbal poultices to relieve digestive blockages, increase blood and lymph flow and stimulate inner vibrancy. *Using ıla.*

AYURVEDA WELLNESS THERAPIES



ABHYANGA, 60/90 MINUTES

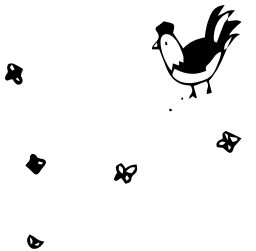
This popular Ayurvedic body massage, also known as 'four-handed massage', reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

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, while also enhancing emotional balance.

AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.



WATSU, 60/90 MINUTES

Watsu is used to heal both physical and emotional conditions. It is especially effective in addressing chronic pain, joint stiffness, arthritis, stress sleep disorders and therapies involving emotional release. Using massage and stretching techniques to soften muscles, stretch tissues and open energy pathways to increase mobility and flexibility and release stored emotions. *Swimsuit required.*

YOGIC INTESTINAL CLEANSE, 60 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water. *Bookings are required one day prior to the desired start date.*

AUTHENTIC TURKISH RASUL, 120 MINUTES

Cleanse the body with purifying muds in the steam chamber and follow with a full body massage for complete relaxation.

ROYAL HAMMAM, 90 MINUTES

Traditional Hammam experience combined with a deeply relaxing back massage to release muscle tension.

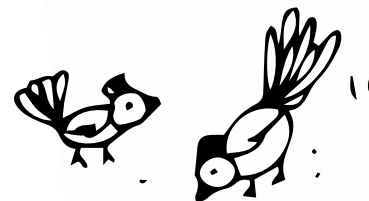
Includes: Steam, Hair Wash, Hair Mask, Black Soap with Kasa Scrub, Foaming Body Mask and Back Massage.

SIGNATURE HAMMAM, 60 MINUTES

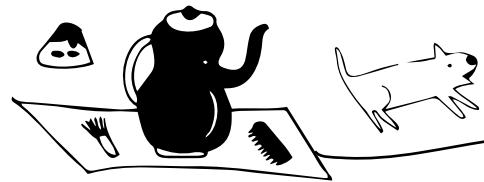
A cleansing and refreshing experience starting with a scalp ritual including a rejuvenating hair mask. It continues with exfoliation techniques using a black soap and loofah to stimulate and re-hydrate the skin. *Includes: Steam, Hair Wash, Hair Mask, Black Soap with Kasa Scrub, Foaming Body and Hair Wash.*

TRADITIONAL HAMMAM, 60 MINUTES

A cleansing and refreshing treatment starting with warm herbal steam which is followed by a body wash and a gentle exfoliation using the Hamman mitt, leaving the skin smooth and supple.



RITUALS



DETOXIFYING SEA SALT HYDROTHERAPY STRETCH EXPERIENCE, 90 MINUTES ✿

Boost circulation and cleanse the body with a detoxifying herbal scrub followed by a relaxing soak in the hydrotherapy bath. The journey concludes with the application of a rich body moisturizer and a guided stretching session.

REJUVENATING HERBAL QUARTZ POULTICE JOURNEY, 2 HOURS 15 MINUTES ✿

Founded on the ancient tradition of earthing, this treatment grounds the body to the Earth's natural surfaces. The journey starts in the Alchemy Bar where you are guided to blend your chosen ingredients into herbal poultices. These are used during a personalized dry massage, which is performed on a heated quartz bed. The bed is tilted so that the head is lower than your feet, in a deeply relaxing zero gravity position that decompresses the spine in order to relieve pressure and aches. A relaxing head massage concludes the treatment while the body is cocooned in the warmth of the bed.

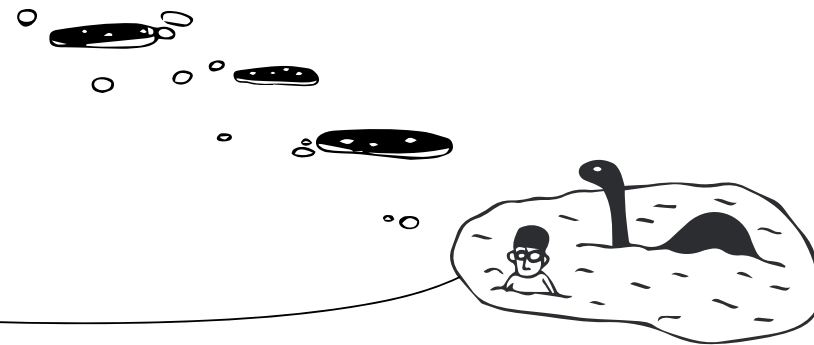
Nourishing Poultice
Detoxifying Poultice
Muscle Melt Poultice

NOURISHING COCOON FLOATATION AND MASSAGE, 90 MINUTES ✿

Hydrate and nourish the skin with a pampering rose and Turkish yogurt body wrap while being cocooned in a floating bed. Followed by a personalized massage, leaving you relaxed and re-energized.

SIGNATURE KAPLANKAYA JOURNEY, 3 HOURS 30 MINUTES

Personal consultation to determine your specific needs
Traditional Hammam
Signature Massage
ila Facial



BEAUTY HAIR



MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES

GENTLEMEN'S MANICURE, 45 MINUTES

GENTLEMEN'S PEDICURE, 45 MINUTES

NAIL POLISH APPLICATION, 30 MINUTES

BROW DESIGN, 30 MINUTES

Meet with our experts for a brow shaping and lesson.

MAKE UP

WAXING

Full waxing service available; please visit the salon for more information.

Please visit the salon for a complimentary consultation prior to your hair service.

HAIR DESIGN

Shampoo, Blow-Dry

Shampoo, Cut, Blow-Dry

Bang/Fringe Trim

Updo/Upstyle

COLOR & HIGHLIGHTING

Full Highlights

Partial Highlights

Tint, Toner

Tint Roots Only

BARBER SERVICES

Traditional Turkish Shave

Beard Trim/Shave

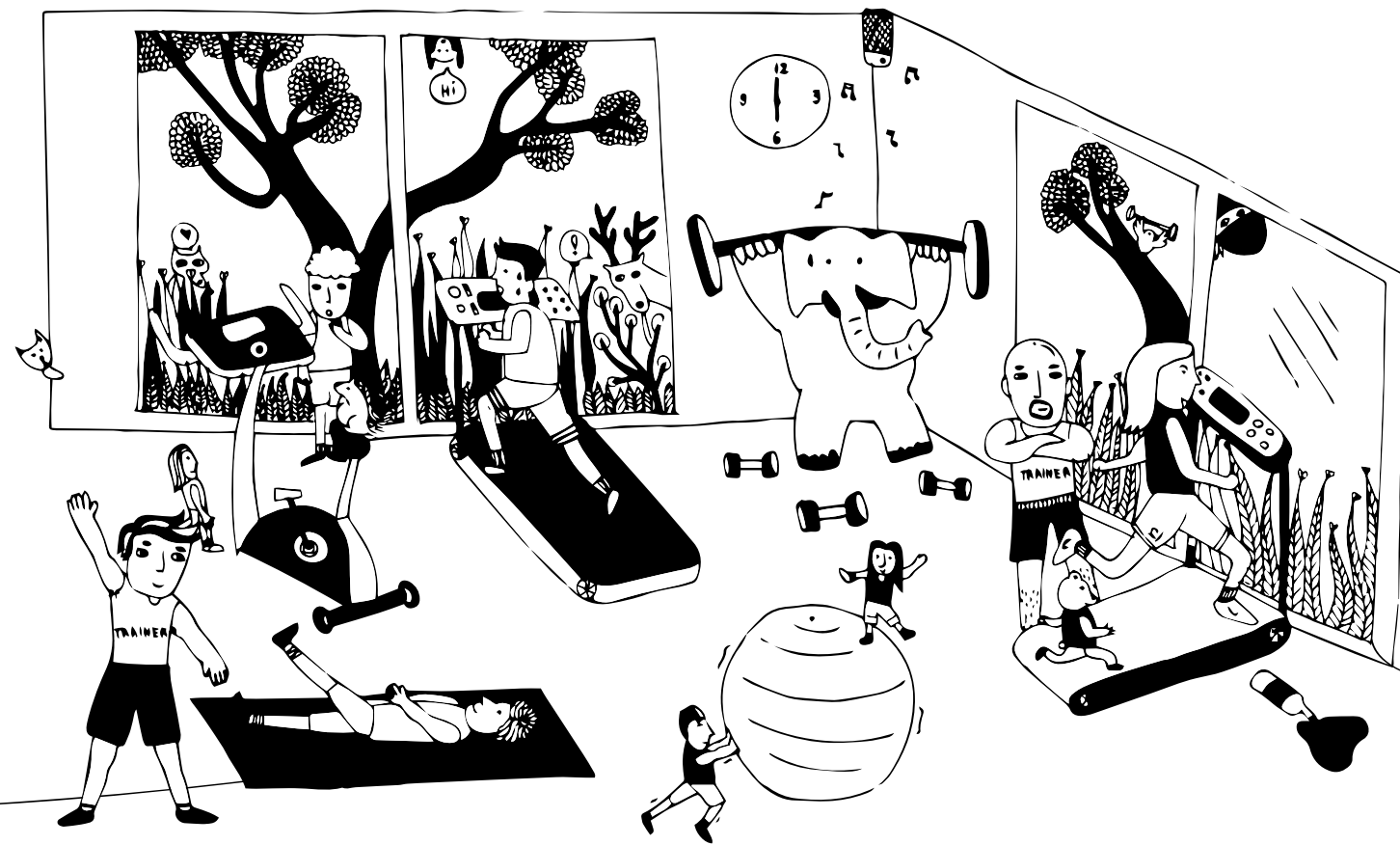
Haircut

Head Shave

Mustache/Goatee Outline



FITNESS AND WELLNESS ACTIVITIES



PERSONAL TRAINING, 60 MINUTES

Meet a personal trainer to discuss your goals and limitations, and explore how to improve your cardio, strength and mobility.

PERSONAL TRAINING WITH AN EXERCISE PHYSIOLOGIST, 60 MINUTES

If you have a condition that limits you, this session can help you safely become more active. Common concerns include diabetes, recovery from stroke, arthritis, circulation problems, neuromuscular disease, recovery from surgery and more.

KINESIS, 60 MINUTES

Experience the kinesis movement system to build strength and endurance, and improve balance and flexibility.

TRX, 30 MINUTES

This workout uses your own body weight and focuses on developing strength, endurance, balance and flexibility.

VIBRATION PLATE TRAINING, 30 MINUTES

Mechanical vibrations used at the correct frequency and amplitude cause muscular contractions, better known as involuntary neuromuscular stretch reflex. Muscles are activated and trained very easily in a short period of time. Twelve exercises of one minute each can be equivalent to an hour's workout at the gym.

AERIAL YOGA, 60 MINUTES

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.



TRADITIONAL YOGA, 60 MINUTES

Yoga combines postures with conscious breathing and focus, and helps develop strength, flexibility and mental clarity. You can expect to develop body awareness and explore varied postures in a mixed-level environment.

YOGIC INTESTINAL CLEANSE, 60 MINUTES

Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water. *Bookings are required one day prior to the desired start date.*

CHAKRA MEDITATION, 60 MINUTES

For over thousands of years meditation has been used for healing, cleansing and balancing *chakras* (energy centers). This session enables you to consciously focus on inner light and love at the same time as bringing attention directly to the chakra centers, thereby uplifting their vibratory rate and increasing the light quotient within their energy fields.

YOGA NIDRA, 60 MINUTES

Also known as yogic sleep or sleep with awareness, this simple meditation practice is taught lying down while being guided by a teacher. Its goal is to induce full body relaxation and a deep meditative state of consciousness, addressing psychological, neurological and subconscious needs.

PRANAYAMA, 60 MINUTES

Prana (life force) *Yama* (control) utilizes breathing techniques to remove blockages in energy channels, strengthen the respiratory system and tame the monkey mind, calming down its extrovert tendencies and balancing the thought process.

PILATES, 60 MINUTES

Specially designed equipment is used to strengthen and stretch the muscles, build core strength and increase flexibility.



SPA ETIQUETTE



SPA OPENING HOURS

Daily 9:00 am to 9:00 pm

SPA RESERVATIONS

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

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

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.

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 three 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 retail store.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including children. Our services are adapted to a child's needs and we offer two types of services: private treatments and therapies in an open room/group setting.

Anyone under the age of 18 must have a parent or legal guardian complete a Health Assessment Form and Children's Wellness Waiver on their behalf. They must wear undergarments or swimsuits during any treatment where clothing is typically removed. Parents and/or guardians will be asked to remain at/or close to the spa/place of the treatment so that they can be reached if needed.

For private (one on one) treatments with children below 14 years, we recommend that the parent or guardian be present in the room at the time of service. You can either schedule a couple's massage to enjoy the service simultaneously or quietly observe the treatment.





SIX SENSES SPA KAPLANKAYA

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