



GET PERSONAL WITH SIX SENSES

At Six Senses, we guide you on your path to well-being and provide inspiration to make you feel your best every day, at every age. We believe that with the right information and tools you can improve the quality of your life and achieve specific health goals... You just have to decide how active you would like to be.

Six Senses Integrated Wellness brings together the latest technology and in-house expertise with personalized wellness programs and includes:

1. Wellness screening, 45 minutes

This personal consultation uses advanced technology which analyzes key physiological biomarkers of health, including body composition, metabolism, oxygen distribution, and heart function and circulation, as well as stress parameters.

2. Movement Efficiency Test by Fusionetics, 45 minutes

A cutting-edge scientific screening that measures movement patterns to identify areas of strength and weaknesses based on which a personalized workout plan is designed. A properly aligned body capable of fluid movement, improved performance and a decreased risk of injury are only a few benefits to ensure that your body supports you for many years to come.

3. Wellness program, from one week + and post program follow up

Based on the results, our wellness expert recommends a personalized wellness program which includes spa treatments, fitness and wellness activities as well as advice on foods to favor and avoid to enhance the results.

	One week	Two weeks	Three weeks	Four weeks
Wellness screening, 45 mins	1	1	1	1
Movement efficiency test by Fusionetics, 45 mins	1	1	1	1
Personal training, 60 mins	3	6	9	12
Post workout snacks and drinks	3	6	9	12
Spa treatment, 50 mins	2	4	6	8
Yoga session, 60 mins	1	2	3	4
Meditation, 60 mins	1	2	3	4
Advice on food to favor and avoid	1	1	1	2
Mid-program wellness screening, 45 mins			1	1
Final wellness screening, 45 mins	1	1	1	1
Final Movement efficiency test by Fusionetics, 45 mins				1
Price per person	QAR 1,700	QAR 2,800	QAR 4,100	QAR 5,100

A taster day, QAR 800

Get a quick insight into your health with a wellness screening (45 mins), a personal training session with a post workout drink (60 mins) and a spa treatment (50 mins).