

Dear Guests,

Welcome to Six Senses Spa Samui!

We are delighted to have you at our beautiful Spa with spread out individual treatment villas and salas to give you privacy. The emphasis of our Spa is to offer de-stress treatments that focus on bringing out your inner beauty by pampering to your body's needs. Our therapists are fully trained to provide "high touch", not "high tech" treatments. We can help you select the most suitable treatments and packages which can be fine tuned to suit your needs. We respect guest confidentiality and privacy and trust you will enjoy your spa experience. Surrounded by spectacular ocean views we are confident you will leave feeling invigorated, energized and full of vitality.

We work with a team of highly skilled spa therapists and another team of selected holistic practitioners from all over the world. We have put together a great understanding and passion for physical, emotional and spiritual health resulting in great well-being. We care not only about ourselves, but also about others and our environment. Together with the resort of the Six Senses Samui, we support many charity projects and environmental initiatives.

Herbal steam, sauna, showers, changing rooms and relaxation areas are available in our Spa. Fully-equipped fitness center is open for all in-house guests to use complimentary from 7:00 am to 9:00 pm. There is also a yoga pavilion, completed with mats, to utilize for private classes or your own personal practice.

The spa is open daily from 10:00 am to 10:00 pm. For any questions or information regarding the spa, please call our team on the extension number 1301 or press "spa" button on your telephone display or consult your GEM.

Please feel free to contact us for a complimentary spa consultation to help you customize your spa journey according to your individual needs.

With warm regards,

*Keerana Sripongpunkul*  
*Wellness & Spa Director*

## SPA ETIQUETTE

### **PRIOR TO YOUR ARRIVAL**

We recommend that you leave all jewelry and valuables in your villa before coming to the spa. We recommend using the sauna and steam prior to any treatment, as this will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

### **ARRIVAL**

Please arrive at our spa 15 minutes prior to your appointment 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 ARRIVAL**

Out of respect of other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### **CANCELLATION**

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 as cancellation fees. Failure to keep your appointment will result in a 100 percent treatment charge.

### **DURING YOUR TREATMENT**

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

## SPA MENU INDEX

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2. Signature Therapies
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8. Hand & Foot Care
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**Ritual\***

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Thai Ancient	2 hours/THB 4,900
Sleeping Enhancement	2 hours/THB 5,900
Samui Ritual	2 hours/THB 6,900
Cleansing Ritual	2 hours/THB 6,900
Nourishing Ritual	2.5 hours/THB 6,900

**Signature Therapies**

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Secret La Stone Four Hands	90 minutes/THB 6,900
Amazing Senses Four Hands	90minutes/THB 6,500
Harmonic Senses Therapy	90minutes/THB 4,200
Hideaway Retreat*	90 minutes/THB 4,200*
Oriental Fusion*	120 minutes/THB 4,900*

**Massage Therapies**

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Senses of Element	60 minutes/THB 2,900
Lymphatic Drainage	90 minutes/THB 3,900
Anti Stress	120 minutes/THB 4,500
Foot Acupressure	

**Ancient Thai Wisdom**

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Thai Boran	60 minutes/THB 2,900
	90 minutes/THB 3,900
	120 minutes/THB 4,500
Thai Healing Therapy	90 minutes/THB 4,200
	120 minutes/THB 4,900

*All rates are quoted in Thai Baht and are subject to ten percent service charge and seven percent applicable government tax.*

*We reserve the right to any change in this menu without prior notice.*

**Specialized Therapies**

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Zen Na Tai	60 minutes/ THB 2,500
3 Days Zen Na Tai	THB 6,500
Indian Head Massage	60 minutes/ THB 2,500
Pregnancy	90 minutes/ THB 3,500

**Healing Energy Therapies**

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Harmonic Healing	30 minutes/ THB 1,900
Chakra Balancing Energy	30 minutes/ THB 1,900
Reiki	60 minutes/ THB 2,500
Energy Enhancing (7 Full Moon Singing Bowl)	60 minutes/ THB 2,500

**Bath Therapies**

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Soothing Milk Bath	45 minutes/ THB 2,500
Organic Bath Salt	

**Body Therapies**

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Aromatic Marine Salt Scrub	45 minutes/ THB 2,500
Thai Coconut Butter Scrub	
After Sun Soothing Wrap	
Coconut Butter Body Masque	

*\*\*Receive 15% discount when combining Bath and Body Therapy\*\**

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**Facial Therapies**

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**BY DERMALOGICA**

Hydrating Spa Facial	60 minutes/THB 2,900
Sensitive Skin Facial	60 minutes/THB 2,900
Soothing Facial Therapy	60 minutes /THB 2,900
Skin Brightening	60 minutes/THB 3,500
Multi-Vitamin Power Skin	60 minutes/THB 3,500
Revitalizing Eye Rescue	30 minutes/THB 1,900
Eye Treatment & Facial Combination	15 minutes/THB 1,000

**BY ZNYA (100% Certified Organic)**

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Daily Nurture	60 minutes/THB 2,500
Detox Naturally	60 minutes/THB 2,500
Herbal Cherish	75 minutes/THB 2,900
Beauty Enshrinement	75 minutes/THB 2,900

**Hand and Foot Care**

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Deluxe Manicure	60minutes/THB 1,900
Deluxe Pedicure	60minutes/THB 1,900

**Gel Nail**

Manicure	75 minutes/THB 2,200
Pedicure	75 minutes/THB 2,200
Removal (each part)	45 minutes/THB 1,000

**Junior Menu**

Kids Massage	30 minutes/THB 1,500
Express Manicure & Pedicure	60 minutes/THB 1,500
Coconut Body Scrub	30 minutes/THB 1,200

*\*\*Receive 20% discount when booking for two persons or more\*\**

*All rates are quoted in Thai Baht and are subject to ten percent service charge and seven percent applicable government tax.*

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**Self-Healing Workshop\*\***

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Breathe of Happiness	60 minutes/THB 2,900
Sound Therapies with Singing Bowl	90 minutes/THB 3,900
Towel Self-Healing	120 minutes/THB 4,900
Thai Massage	180 minutes/THB 6,900

**Holistic Body, Mind & Spirit**

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**DR. SERGE LANDRIEU M.D. PHD**

Private Yoga /Pilates	60 minutes/THB 4,000
Meditation	60 minutes/THB 2,500
Myotherapy	60 minutes/THB 4,000
Acrobatic Yoga	60 minutes/THB 4,000
Realignment Package	120 minutes/THB 7,000

**KEERANA SRIPONGPUNKUL**

Energy Mapping	75 minutes/THB 3,900
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**OMESH LANGMANN**

Astrology & Palmistry	60 minutes/THB 4,000
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**Work Out & Wellness Activity (Advance Reservation)**

Thai boxing / Personal Trainer /Booth Camp / Body Combat / Super Stretching / Children class

**In Villa Massages**

Massage can be provided in the privacy of your villa between 10:00 am to 7:00 pm with additional charge of 25% from the menu price.

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## RITUALS

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### **Thai Ancient**

2 hours

This is the ultimate experience by combining the ancient Thai Boran massage with the magic of a Thai herbal compress ball to stimulate blood circulation and relieve muscle strain, tension and stiffness in the joints.

### **Samui Ritual**

2 hours

Treat your senses and your skin to a tropical oasis of fresh hydration and pampering. Infuse your skin with ultra healing coconut, remove excessive dead skin cells and strengthen new skin tissue enzymes to address dryness, sun damage and pigmentation. Your skin will be glowing leaving you feeling completely refreshed. Package includes a coconut scrub, coconut wrap, and ending with coconut aromatic massage

### **Sleeping Enhancement**

2 hours

A journey to recharge your body, rest your mind and enhance your soul. This is an experience that allows the three minds of head-thinking (cognitive), heart-feeling (affection), and gut-awareness (intuitive) to relax and become one through guided breathing. It also enhances the subtle energy body to relax and unwinding through healing sound frequency of Tibetan chakra singing bowls that resonates with the body fluid; hence, the body's energy is cleansed and rejuvenated. This sleeping enhancement helps slow down the brain wave frequencies and allow the mind to rest. Package includes Reiki Energy, Senses of Element and ending with Full Moon Singing Bowl.

### **Cleansing Ritual**

2 hours

This therapeutic spa package will nourish, detoxify and rejuvenate your body inside out. It is a pampering solution to today's stressful living. Package includes Organic Bath Salt, Aromatic Marine salt scrub and ending with a Lymphatic Drainage massage.

### **Nourishing Ritual**

2.5 hours

A journey designed to completely restore and replenish your entire system. Oriental philosophy regards beauty and health as a holistic concept embracing both the inner and outer self. This ritual supports this belief by applying natural elements to specifically suit your body's needs, release tension, improve circulation and create perfect harmony. The package includes an Oriental Blend massage, Foot Acupressure ending with a Daily Natural Facial.

## SIGNATURE THERAPIES

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### **Secret La Stone Four Hands**

90 minutes

Melt tension away with a hot stone massage using smooth, heated basalt stones. The warm stones are placed on tension-prone areas that will be soothed with the right amount of pressure to encourage muscles to warm up and relax. This is the ideal remedy for chronic muscle tension, ending with Reiki.

### **Amazing Senses Four Hands**

90 minutes

Performed by two therapists, this synchronized massage is the ultimate indulgence. With our own unique massage techniques, this therapy will leave you in total relaxation and complete bliss, ending with Reiki.

### **Harmonic Senses Therapy**

90 minutes

This is a calming and soothing therapy over the full body in order to achieve an overall sense of well-being. It is a combination of Chakra Balancing Energy and Harmonic Healing Chime techniques. This therapy will allow your energy to flow smoothly by removing old blockages and stagnant energy. The treatment is energizing, revitalizing, balancing and deeply relaxing.

### **Hideaway Retreat**

90 minutes or 120 minutes

This offer melts away accumulated stress, restores balance and vitality to the body, mind and spirit and leads you to a renewed level of relaxation. We combine the techniques of Thai & Western style massages, ending with a Thai Herbal Compress.

### **Oriental Fusion**

90 minutes or 120 minutes

Our Fusion Massage is the ultimate customized treatment for your body, assessing your personal energy and tension levels. The therapist uses a variety of massages to soothe, relax and rejuvenate your body. This massage is all about our specific needs, bringing your body, mind and spirit back to balance.

## MASSAGE THERAPIES

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### **Senses of Element**

60/90/120 minutes

This is a calming and soothing massage over the full body to achieve an overall sense of well-being.

### **Lymphatic Drainage**

60/90 minutes

Stimulate the body's lymphatic system. A fluid filled network, which circulates fats, proteins and immune cells, while it removes bacteria, viruses and cholesterol. The massage uses very light pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body.

### **Anti Stress**

60/90 minutes

Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension, combine with Thai Herbal compress.

### **Foot Acupressure**

60/90 minutes

Reflex points on the feet correspond to every organ and gland in the body. Through the feet, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Experience true relaxation when combining with an Indian Head massage.

*\*A recommendation for above Spa Therapies is to begin or ending with Chakra Balancing or Harmonic Healing Chime for half an hour. In this special introduction, we apply Reiki to the seven major chakras and ending with a final chakra balancing. This powerful healing treatment deals with all the internal organs on a physical and emotional level before the treatment\**

## ANCIENT THAI WISDOM

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### **Thai Boran (Nuad Thai)**

60/90/120 minutes

Help to relief the stress, provide deep relaxation for warmed and stretched muscles, heal energy flow with the aim to increase and focus on energy levels, provide greater flexibility, prevention of injury, relief from sore and aching muscles and joints, detoxification, and a feeling of confidence and well-being. No oils are used in Nuad Thai.

### **Thai Healing Therapy**

90/120 minutes

This is a therapeutic massage that applies the intelligence of locality which has been discovered from more than 700 years ago. It is the ultimate customized treatment for your body, focusing on the problem areas such as neck, shoulder, back, and legs. This treatment requires a high level of massage technique; therefore, the therapist has to be well-trained and highly-skilled in order to release all the tension.

## SPECIALISED THERAPIES

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### **Zen Na Tai**

60 minutes

An ancient therapeutic medical massage treatment working through the abdominal area the center of chi of energy flow in the body, and chest area for improving digestion and breathing qualities, including head and scalp to release cranial tension and improving concentration, this treatment stimulates the lymphatic flow, helping to detoxify the body getting rid of toxins and negativity, brings comfort and relief to the abdomen, include the deeper state of relaxation and peaceful mind.

### **Indian Head Massage**

60 minutes

Traditionally known in India as “Champissage”, this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm will ending with Chakra balancing energy / Sound healing from Singing bowl. It is popular to combine with Foot Acupressure therapy.

### **Pregnancy**

90 minutes

Massage has great benefits for the pregnant woman. It can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. Regular massages during pregnancy can also make the return to your optimal fitness easier. Recommend for 4-7 months pregnancy only. Ending with chakra balancing energy.

## HEALING ENEGRY THERAPIES

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**Harmonic Healing** 30 minutes  
During a Harmonic Healing, energy chimes are placed on or near your body and played in intuitive combinations, emitting intriguing sound pulsations. In this deep state of relaxation, you are slowing the brain waves, shifting energy blockages, balancing chakras and realigning both your physical and light bodies with the Universal Resonance.

**Chakra Balancing Treatment** 30 minutes  
In this special introduction, we apply Reiki to the 7 major chakras individually. We also include a final balancing to all the chakras.

**Reiki Treatment** 60 minutes  
Universal Life Energy is transmitted through the hands of the practitioner to the recipient to support the body's own ability to heal itself. Allow your own energy to flow smoothly in harmony by removing old blockages and stagnant energy. It is energising, revitalising, balancing and deeply relaxing.

**Energy Enhancing (7 Full Moon Singing Bowl)** 60 minutes  
Awaken the chakra energy with precious healing oils that activate the body's subtle energy flow. Enhanced with the restorative sound vibration from Tibetan singing bowls that resonates with the body fluid, the body's energy is cleansed and rejuvenated. This treatment helps to slow down the busy mind and able to rest the mind to a pre-meditation experience.

## BATH THERAPIES

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In our spa you can book this beautiful bath therapy in a private open air villa overlooking the tropical surroundings. If you require a romantic set up in your own villa, please ask our spa receptionists for advice.

**Soothing Milk Bath** 45 minutes  
Get the softest and silkiest skin with Cleopatra milky bath.

**Organic Bath Salt** 45 minutes  
It detoxifies, relieves muscle pain, balances blood circulation, and helps you sleep better

## BODY THERAPIES

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### *Body Scrub*

**Aromatic Marine Salt Scrub** 45 minutes  
It is rich in minerals and liquorice to heal and re-mineralise your skin.

**Thai Coconut Butter** 45 minutes  
Removal of excessive dead skin cells and strengthens new skin tissue.

### *Body Wrap*

**After Sun Soothing Wrap** 45 minutes  
With healing Aloe Vera any sunburn or skin irritation is reduced. This body wrap is done without heating blanket and will create a very cool sensation.

**Coconut Body Masque** 45 minutes  
Soothing to the skin, it draws out impurities, improves the complexion and protects against harmful UV rays.

*\*\*Receive 15% discount when combining Bath and Body Therapy\*\**

## FACIAL THERAPIES

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### **BY DERMALOGICA**

#### **Hydrating Spa Facial**

60 minutes

For tired, dry and thirsty skin! Maximise nourishment, hydration and protection for dry, dehydrated and ultra-dry skin. With firming botanicals and vitamins your skin will appear moisturised, revitalised and supple.

#### **Sensitive Skin Facial Treatment**

60 minutes

Handle this with care! Gentle cleansing, mild exfoliation and carefully selected anti-inflammatory products that provides nourishment, protection and hydration for maximum healthy skin

#### **Soothing Facial**

60 minutes

Ideal for skin environmentally sensitized. Helps reduce skin irritation and damage caused by environment assault. A powerful treatment to help skin recover from damage while enhancing barrier properties and promoting healthy tissue regeneration.

#### **Skin Brightening Facial/Pigment Relief**

60 minutes

Revolutionary treatment to even out pigmentation and dark spots caused by sun exposure, age spots, hormonal imbalance, oral contraceptives or pregnancy. With multi active botanicals of bearberry, liquorices and Vitamin C that will together reduce pigmentation for a brighter, healthier, more glowing skin.

#### **Multi-Vitamin Power Skin Treatment**

60 minutes

Energise tired overworked skin. This treatment is designed to revitalise premature damaged skin. An effective vitamin power exfoliation followed by a vitamin recovery masque to improve skin's texture. The POWER facial massage increases surface firming reduces fine lines and instantly revitalise and regenerates showing off your beautiful skin within.

#### **Revitalising Eye Rescue**

30 minutes

A high performance eye treatment packed with vitamins A-C-E and Red Seaweed to firm and accelerate repair of our delicate eye area. Together with a gentle head massage, you will feel truly revitalized

**BY ZNYA-100% CERTIFIED ORGANIC**

**Daily Nurture**

60 minutes

The skin can become tired due to stress, pollution and aging. “Daily Nurture” can revive your exhausted and dull skin with the pure and gentle power of Mother Nature by absorbing heat from skin cell. This daily facial treatment can soothe and restore the moist your facial skin has lost during the day. Reveal refresh, youth and glowing skin from within.

**Detox Naturally**

60 minutes

A detoxifying and purifying facial treatment with effective and delicate naturopathy which extremely clean and draw out toxins from skin underneath. Having skin immersed in rich moisture to improve moisture level while providing skin nutrition for a clear, fresh and healthy facial skin.

**Herbal Cherish**

75 minutes

Wake your skin up with this delightful botanical beauty regimen. Getting rid of dead skin cells can reveal the glowing and hydrated complexion. Boost blood circulation as well as lymphatic system to promote natural waste eliminating function for instantly revitalizing skin.

**Beauty Enshrinement**

75 minutes

Holistic beauty treatment from inside out by precious blessings of the natural innovation will nourish your tired and weaken skin to feel comfort and healthy. Botanical vitamins and mineral essences are designed to achieve a glowing, and hydrated skin. This treatment will create the vibrant sensation of truly beauty and elicit a look of healthy skin.

## HAND AND FOOT CARE

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**Deluxe Manicure** 60 minutes

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 on request.

**Deluxe Pedicure** 60 minutes

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 and relieving tired or swollen feet. Nail varnish is applied on request.

**Gel nails** (Manicure or Pedicure) 75 minutes

Gel nails are durable, painted-on nails that closely resemble real nails. Regular gel nails are more durable but soak-offs are easier to remove. (75 minute in each part)

## JUNIOR MENU

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**Kid Massage** 30 minutes

**Coconut Body Scrub** 30 minutes

**Express Manicure & Pedicure** 60 minutes

*\*Age Limitations: Spa is a relaxing and tranquil experience. Teen services are available for ages 10-12. We also offer limited services for Kids ages 6-9, and a parent or guardian must accompany them through the duration of their service.\**

## SELF HEALING WORKSHOP

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### **Breathe of Happiness**

60 minutes

Breath is an important part of life. If one knows how to breathe correctly, the body will be balanced and does not get sick easily. Correct breathing can bring positive energy to a person, help one to stay focus and concentrate, and help those who have problem sleeping.

### **Sound Therapies with Singing bowl**

90 minutes

A Tibetan singing bowl is used in this session to help the brain relaxes completely at Alpha level by sending the sound wave to adjust and balance the fluid level in the body. Tibetan Buddhist monks also use these bowls during their meditation, as they believe that the sound wave can get rid of negative energy in the body. Through some practices, the person will be more focused and relaxed. During this session, one will be guided on how to clear negative energy using the bowl and they will also learn Yin-Yang breathing at the same time. These two exercises help balance the energy even better.

### **Towel Self-Healing**

120 minutes

Learn how to massage yourself and treat others. In this session, towels will be used as a massage tool. It is very simple and easy technique. Through a continuous practice, one can adapt the massage at their own place at their own convenience. This session is recommended for those who have problem with body aches around the neck, shoulders, and back.

### **Thai Massage**

180 minutes

Learn simple techniques for a Thai massage from our in-house experienced therapist. You will be guided on a variety massage techniques that are best for your body, so you can apply them in your daily life as well as treating others. No equipment is required.

*\*\*Receive 20% discount when booking for two persons or more\*\**

## HOLISTIC BODY, MIND & SPIRIT

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### ***DR. SERGE LANDRIEU M.D. PHD***

Serge has been practicing yoga since the age of 10. His medical background and passion for food, sports, science and health makes him very capable as a practitioner and teacher. He is fluent in French, German, English and Dutch.

#### **Myotherapy**

60 minutes

This is a unique manipulation technique to remove chronic or acute pain in muscles, joints or ligaments.

#### **Acrobatic Yoga**

60 minutes

Acrobatic Yoga is a physical practice which blends elements of yoga acrobatics performance with healing arts. Acrobatic Yoga is a form of partner yoga where two yogis work together for therapeutic release and acrobatic fun.

#### **Realignment Package**

120 minutes

We offer a one-hour private Pilates session with Serge after an assessment of your physical needs, to readjust alignment, symmetry and tone in the whole body structure. After that Dr. Serge will loosen the tensioned or painful muscles and ligaments using his technique of Myotherapy. Expect to feel changes in your body starting the day after until up to two weeks after the treatment.

### ***KEERANA SRIPONGPUNKUL***

Keerana has been leading the Spa at Six Senses Samui since 2004, in the capacity of Wellness and Spa Director. Specializing in Reiki (Master Level), sound therapy, cosmic healing energy, graphology, and meditation.

#### **Energy Mapping**

75 minutes

The session begins with the spread of healing energy to all the seven chakras in one's body to release the blockage, which is the cause of body ache, sickness, and unbalanced emotion. Keerana will use her technique to connect all the energy within one's body and bring them to a deeper relaxation state and their subconscious. The body and the brain wave will then be tuned to the level of meditation or Alpha meditation, where the sound wave from Tibetan singing bowls will help adjust and balance the fluid level in the body. At this stage, the body is deeply relaxed as the energy within the body works consistently together. This session is recommended for those who truly want to balance the energy of life.

### ***OMESH LANGMANN***

Omesh is our freelance Astrology & Palmistry and meditation Healer. Omesh Langmann was born in Germany in 1957. He studied theologies, philosophies in university for 5 years and later psychology.

#### **Astrology & Palmistry**

60 minutes

The birth chart is an image of the energy constellation at the moment you took your first breath as an independent, individual being. The first imprint when you entered this body as a - let's say - blank canvas. It is a picture of the basic vibration that surrounds you all your life. We look at the birth chart to see direction and destiny, your talents and difficulties, your opportunities, and any challenges in life.