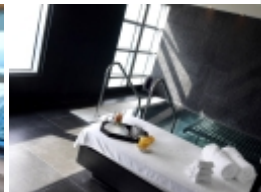


THE  
SPA

BY

SIX SENSES SPAS™

AT HOTEL ARTS BARCELONA





*Balancing Senses<sup>SM</sup>*

## The Six Senses Spa Pyramid

The Six Senses Spa Pyramid represents 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 the Six Senses Spa.

This pyramid is a testimonial. It visually represents that this unique 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 the Hotel Arts Barcelona. This magnificent spa is located on the 43rd floor of the spectacular Hotel Arts. We invite you to relax, unwind and enjoy the stunning view from our saunas, hydrotherapy pools and steam rooms. Each comes complete with 'chromo therapy' providing an added sense of colour. The spa boasts eight state of the art treatment 'zones', while the spas atmosphere embodies the spirit of 'urban elegance' combined with Six Senses Asian values and the cool Mediterranean spirit that is indicative of Barcelona.



## To fully enjoy and experience our spa we offer a few suggestions

### Spa reservations

Six Senses Spa is open from 10:00am to 21:00pm. For any enquiries or information regarding the spa please call 610 or press SPA on your in-room telephone. Our direct telephone number is +34 93 224 7067. To avoid disappointment we suggest you reserve all appointments in advance. We also suggest you set aside at least 30mins prior to your treatment to fully enjoy the Six Senses Spa experience.

### Suggestions for the ultimate in wellness and relaxation

Our treatments are available in 25, 50 and 80 minutes formats, this allows for the ultimate flexibility when booking your stay at the spa and we encourage you to combine treatments and create your own ultimate spa day.

Please note that reservations for 25minute treatments must be combined for a minimum of 1hour reservation within the spa.

For advice on the best combination to suit your needs please speak to our reception team or your therapist.

Similarly we have prepared pre-arranged spa rituals and journeys that showcase the best of our treatments available in two and three hour journeys.

All our body massages, facials and hand-foot care can be delivered in room. For in-room treatments we add an additional 40% service charge per treatment.

### Preparation

Please leave all jewellery and valuables in your room safe before coming to the Spa.

For men, we recommend a shave prior to all facial treatments to ensure that maximum results are achieved.

### Arrival and consultation

Please arrive 20 minutes prior to your treatment, in order to complete our Six Senses consultation form at our reception. This allows you time to complete our health questionnaire, enjoy our wellness facilities and unwind before your treatment commences. Also try to set aside relaxation time post your treatment to maximise its benefits.

### 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.

To extend your spa experience at home, a variety of spa products are available at the spa reception. Your therapist will advise you as to the products that suit you and your skin type as part of the treatment experience. Please note that swimsuits are to be worn in the Jacuzzi at all times. We advise against sunbathing for the first 6hours after a waxing or aromatherapy treatment.

### Payment

All treatments may be paid for by cash, credit card or charged to your room. A copy of your bill will be presented to you upon leaving the spa facilities.

### Late arrival and cancellation policy

Out of respect for other client's reservations, we advise you that we are unable to extend your treatment time in case of your late arrival.

We operate a five-hour notice period on cancellation on individual treatments and twenty-four hours notice on packages.

A 50% cancellation fee will apply in all cases that such notice is not given. For No Shows 100% of the treatment reserved will be charged.



## Spa Menu I ndex

Massage Therapies - The Heart of Six Senses

Facial Therapies - Nurturing with Six Senses

Body Therapies - Sense of Renewal

Spa Beauty (Head, Hands and Feet) - Sense of Touch

Express for those on the move - Sense of Inner Calm

Treatments by our Specialists - A Sense of Vitality

Sensory Spa Rituals and Journeys - The Synergy of Six Senses

Activities - Energising with Six Senses

Signature Treatments at Hotel Arts Barcelona



## Massage Therapies - The Heart of Six Senses

You can combine the below therapies as well as combine with therapies from other parts of the menu. Massage is ideal when combined with other Facial and Body Treatments.

### Six Senses Signature Massage - 50 mins | 80 mins

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 massage including Swedish, Thai, Aromatherapy and Sports massage. Whether you prefer light or firm, work on specific areas or full body, light pressure or a stimulating treatment opposed to a soothing one, we will mould the treatment to suit your wishes. This is the most personalised approach to massage that you can receive.

### Hot Stone Therapy (Signature Treatment Hotel Arts) - 80 mins

Imagine a therapy that utilises 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. 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 Mother Nature.

### Jet Lag Revival Massage - 80 mins

Using deep tissue massage techniques to loosen stiff neck, shoulders and back muscles while detoxifying. This is an invigorating, energising massage that stimulates circulation and promotes lymphatic flow. Scalp and facial massage is the added finishing touch to this total revitalising treatment. Ideal when combined with our Mint Foot Treatment.



## Facial Therapies - Nurturing with Six Senses



I deal when combined with Massage and Body Therapies and popular with Hand and Foot treatments.

### Six Senses Signature Facial - 50 mins

Glowing skin reflects good health and to help you achieve this, the Six Senses facial does more than just treat the surface. Following a skin analysis and product selection, your therapist will perform a luxurious facial that combines 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.

### Deep Cleansing Facial - 80 mins

A deeply purifying facial that cleanses and removes all blockages. A full lymphatic drainage of the face and neck promotes long lasting effects while the cleansing and revitalising properties of the mineral products will leave you feeling completely refreshed and renewed. The deep cleansing clay mask is the finishing touch to give the skin a soft and supple feel and a healthy shimmer.

### Luxury Hot and Cold Stone Facial (Signature Treatment Hotel Arts) - 80 mins

The pinnacle in facial care, this signature facial is designed for the ultimate in pampering and relaxation. Using essential oils combined with massage to hydrate skin that has been damaged by the stress of modern life. Warm stones and cold stones are used to massage the face, neck and shoulders that will not only provide a deep sense of relaxation but the benefits provided from the facial mask goes deeper into the skin promoting lasting effects.

## Body Therapies - Sense of Renewal

### Six Senses Signature Body Glows and Cocoons - 50 mins

Remove the natural build up of dead skin cells with a highly refining Body glow (peeling and scrub), which will make your skin shimmer with a healthy lustre and smooth tone. Follow this with a Body Cocoon (wrap) that will work beneath the surface and have a lasting effect on your body, mind and soul. Our expert therapists will determine the condition of your skin to create either a firming; contouring, refining or body boosting glow or cocoon with the hand selected aromatherapy ingredients.

### Spa Beauty (Head, Hands and Feet) - A Sense of Touch

#### Deluxe Spa Manicure - 50 mins

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.

#### Deluxe Spa Pedicure - 50 mins

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.

#### Head Massage with Scalp Mud Treatment - 50 mins

Feel your spirit awakened with our Indian head massage that will enliven your very spirit combined with the deeply nourishing effects of our signature scalp mud that works to the very roots leaving hair and scalp shining and nourished.

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



## Express for those on the move – Sense of Calm

Our Express treatments are designed to allow spa users to easily add additional experiences to classical treatments. Similarly for those guests who may find themselves without the luxury of time our express spa is a great way to feel and look great.

Express treatments can be combined with other treatments on our menu or added together for an Express experience. Please note that minimum reservation time when choosing Express treatments is 1hour.

### Scalp Neck and Shoulder Massage – 25 mins

Traditionally known in India as 'Champissage', this treatment combines both gentle and stimulating techniques on the shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a sense of calm. An ideal companion to a Body Glow, Cocoon or Hand and Foot treatment.

### Express Facial – 25 mins

This mini facial will refresh and revitalise tired skin with either a cleansing or hydration facial provided. Great for those looking for fantastic skin but with a limited schedule, or when combined with our Six Senses Signature massage.

### Deluxe Eye Treatment – 25 mins

The skin around the eyes is more prone to showing the signs of aging and stress and our unique eye care treatment concentrates on reversing the natural damage that can be caused by our hectic schedules. A fantastic way to ensure that the 'windows to the soul are full or sparkle and shine'.

### Radiance Hand Treatment – 25 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.

### Soothing Foot Treatment – 25 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 spike lavender to soften the skin and provide a cooling balm to promise you leave walking on air!



## Treatments by our Specialists - A Sense of Vitality



### Oriental Massage or Ancient Thai Massage (Signature) - 80 mins

A combination of Ayurvedic soothing strokes, Thai stretches, and Tuina (Chinese) compression techniques that balance, tone and stimulate the body using warm aromatic oils and stretching techniques. Similarly traditional Ancient Thai Massage can be delivered by our experts and is available upon request and subject to therapist availability.

### Natural Thai Facial - 80 mins

The Thai traditional facial utilises a blend of natural ingredients. Honey, yoghurt, sesame, and jojoba oil to cleanse and exfoliate while our therapist performs facial acupressure to lift and stimulate skin leaving a youthful glow. A wonderful hand and leg massage is provided while you are enjoying the nourishing and hydrating mask. This facial experience will assure you leaving the spa feeling naturally refreshed, clear and balanced.

### Reflexology - 50 mins

The most therapeutically effective massage of the feet! Although not widely known the reflex points on the foot 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. This treatment stimulates the body's own healing and balancing process creating a state of deep relaxation.

### Hopi Ear Candling - 50 mins

Ear Candling is an ancient natural therapy used by the Indians of North and South America. Used traditionally by Shaman healers to cleanse and harmonise the different energy fields of the individual (aura), in preparation for the state of trance, and to drive out negative energies. The therapist will use specially designed candles, which are lit and held inside the ear. This treatment will clean your ears and promote a healthy atmosphere in the ears, sinus cavities and throat.

## Sensory Spa Rituals and Journeys

### - The Synergy of Six Senses



Our Rituals and Journeys are an intelligent combination of our treatment menu designed to make life easier. All our Six Sensory journeys and rituals include complimentary use of our wellness area with Finnish sauna, chromo therapy steam room and ice fountain refresher.

**Thai Vitality Ritual (Signature Treatment Hotel Arts) - 1 hour 20 mins**  
Nourish your spirit with this highly regenerating treatment. Pure Asian plants and essences are utilised to exfoliate, purify and heat the body. Thai herbal pumices are used to soften the skin and rid the body of toxins while our therapist performs a sensory massage designed to trigger the body's natural healing process.

Sensory Massage, Thai Medicinal 'Pindas', Thai 'Zest' Wrap.

**Rebalance (Indigo) - 1 hour 50 mins**  
Balance your inner soul through the power of the indigo light. Relax and allow the energy to flow through you providing you with a sense of peace and calm.

Six Senses Body Glow, Signature Facial.

**Purity (Blue) - 2 hours 20 mins**  
Blue light creates a beam of purifying and cleansing rays that clears all vital organs and energy pathways. The detoxifying action creates a state of health and wellbeing helping us to feel renewed.

Six Senses Signature Body Cocoon, Deep Cleanse Facial, Detox Massage.

**Revitalise (Green) - 2 hours 20 mins**  
The green ray of light produces a sense of completeness, grounding you to your natural surroundings while simultaneously lifting and providing a state of weightlessness.

Deep Tissue Massage, Hopi Ear Candling, Mint Foot Treatment.

**Eastern Journey - 2 hours 20 mins**  
Six Senses Eastern experience combines our exclusive Asian treatments to soothe, relax and cleanse. The oriental massage combines stretching and massage to bring alignment, followed by the natural healing of the Thai facial culminating with the cleansing ritual of Hopi ear candling.

Oriental Massage, Natural Thai Facial, Hopi Ear Candling.

**Serenity (Orange) - 2 hours 50 mins**  
The vibration produced by the orange ray of light is pure energy that nourishes and revitalises tired cells. This serenity journey is designed to help those who are tired or suffering stress and need a boost of renewing energy and feel a deep sense of relaxation.

Six Senses Body Glow, Hot Stones Facial, Hand and Foot Treatment.

Activities - Energising with Six Senses

**Yoga Zone - 60 mins sessions**  
Yoga is a holistic way of health that includes physical, emotional and mental wellness of the individual. Six Senses Spa offers, from the privacy of your room or from the freedom of our terraces, a variety of personalised yoga classes with the expertise of our yoga teachers. Prior reservation is required.



## Signature Aromatherapy at Hotel Arts Barcelona

### Rescue Breathe Easy - 50 mins

An exclusive Aromatherapy Associates treatment designed to clear away stress and strain after a long journey. This treatment is geared to create a state of calm and relaxation. Breathe in and breathe well as the combination of Eucalyptus, Tea Tree and Pine combine to boost your natural healing powers.

### Renew Rose Anti Age Facial - 80 mins

This anti-age facial is skin specific to promote that youthful glow using the healing properties of pure Rosa essential oils and extracts, geranium and evening primrose to support circulation and purify the skin. A special lifting acupressure massage is combined with back, neck and shoulder acupressure. Pure hands-on therapy at its best.

### Rescue after - Sun Body Booster - 50 mins

It is easy to overdo it in the Barcelona sun, especially when the poolside is as cool as Hotel Arts! The legendary healing powers of Lavender cool your overheated skin while peppermint and rose cool and soothe the body. A fantastic treatment for those looking to reduce sunburn or looking for a cooling but nourishing body wrap.

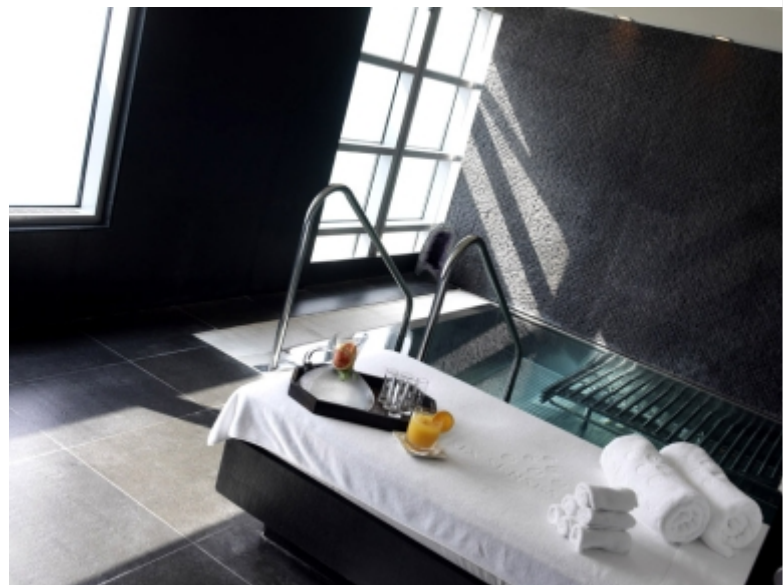
### Men's Balancing Facial - 50 mins


Specially designed to treat the male skin. Freshening and Brightening plant extracts leave the skin clear, clean and invigorated. This is combined with a stimulating scalp massage and foot acupressures to make sure you are putting your best 'face' forward whether at work or play.

### Signature Hotel Arts Barcelona 'Morning Revival' - 1 hour 20 mins

"For the morning after the night before"

A great remedy for the unforgettable (but sometimes costly the next day!) Barcelona Nights to be had here. Start off with a deep back massage that will work out all those knots, and encourage the release and elimination of toxins. Follow this with a full body exfoliation that will leave the skin smooth and refined, before being cocooned in a wrap of citrus gels and oils, to nourish the body. Finally, just let go and relax as you are treated to a mini-facial that will leave you looking and feeling radiant and fresh, and ready to take on the day.



A close-up photograph of a woman lying on her back, receiving a hot stone massage on her face. Two hands are visible, each holding a smooth, dark, oval-shaped stone. One hand is positioned near her eye, and the other is near her forehead. The woman's eyes are closed, and she has a serene expression. She is wearing a white headband. The background is softly blurred, showing a spa-like environment with warm lighting.

The time to relax is when  
you don't have time for it.

SIDNEY J. HARRIS

**THE  
SPA**

at  
SIX SENSES SPAS.

AT 1011 AND 1401 ONE