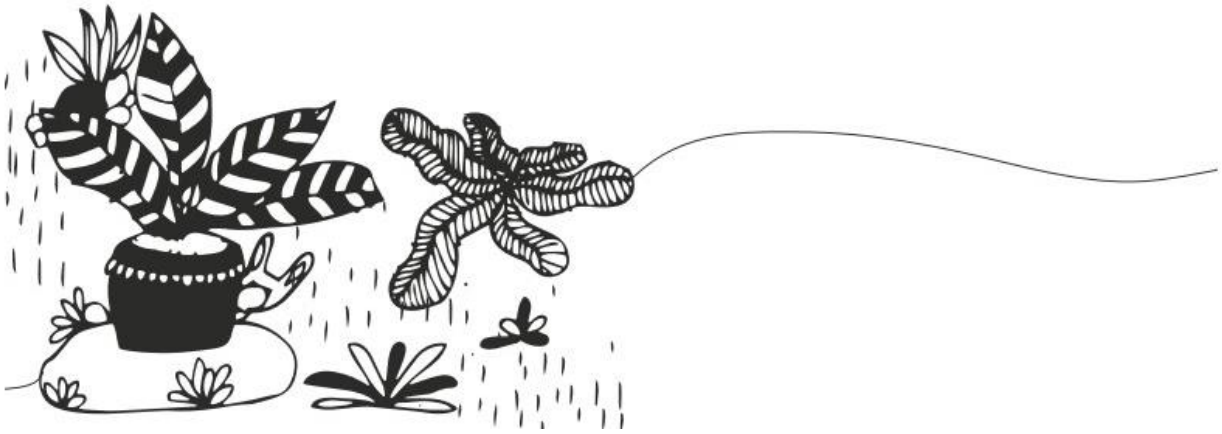
SIX SENSES SPA

DAMBULLA

SPA MENU

At Six Senses Spas, we aim to help people reconnect with themselves, others and the world around them. For it is only when we reconnect with ourselves that our connections with others become truly meaningful. We are committed to delivering integrated wellness experiences, and providing guidance and inspiration to allow our guests to gain a new perspective and make positive lifestyle changes. These experiences are delivered in some of the most beautiful locations, inspired by our Asian heritage but influenced by the local environment and culture. Our local sensibility is evident in the products we choose, the treatments we design and the sustainable practices we implement. This approach enables us to maintain a closer connection with nature and the surrounding world. We respect the individuality of our guests and craft experiences to stimulate, energise and restore.
Our global relationships with practitioners, healers, wellness leaders and experts allow us to go beyond the traditional spa offering and combine high tech and high touch approaches which blend the old and the new. We give our guests the tools to pursue a better quality of life.Our deep relationships with the modern and the well-established, our extensive experience in running some of the world's greatest spas, the multicultural diversity of our hosts and our natural curiosity to seek new ideas provide us with constant inspiration, which excites us and our guests.



MASSAGES

Six Senses Signature Massages, 60 minutes /Rs 8,900, 1 hour 30 minutes / Rs 11,500
Holistic - a soothing massage designed to evoke deep relaxation.
Oriental - a stress relieving treatment combining a full body massage with acupressure and stretching techniques.
Energiser - a reviving upper body massage to relieve muscle tension.
Detox - a stimulating massage using firming and toning oils to reduce the appearance of cellulite.
Deep Tissue Massage – a therapy focusing on the deepest layers of the muscles to release chronic muscle tension

Balinese Massage, 60 minutes /Rs 8,900, 1 hour 30 minutes / Rs 11,500
This traditional Balinese massage re-awakens the senses and induces a complete state of calm, combining acupressure and skin rolling with firm but smooth massage strokes.

Ayurvedic Abhyangam, 60 minutes /Rs 9,400, 1 hour 30 minutes / Rs 12,000
A deep relaxing full body massage using herbal oils aiding in anti-ageing while providing resistance against disharmony caused by Vata, Pitta and Kapha.

Thai Massage, 60 minutes /Rs 9,400, 1 hour 30 minutes / Rs 12,000
A fully-clothed, strong, dry pressure massage combined with gentle yoga-style stretching techniques that re-awaken the body's energy flow.

Hot Stone Massage, 90 minutes / 13,000 Rs
A full body and face massage technique that uses Basalt stones to instil a deep level of calm while relaxing tight muscles, removing blockages and eliminating stress.

Locally-inspired

MASSAGES

Kandalama Combo, 90 minutes / Rs 12,300
A deeply relaxing treatment combining a full body massage with rejuvenating Foot Acupressure or the Express Facial. Select from a Balinese or Holistic massage.

Sri Lankan Herbal Compress, 1 hour 30 minutes / Rs 13,500
Using poultices with a mixture of stimulating and detoxifying local herbs, this treatment increases energy flow, improves circulation and releases muscle tension.

Jet Lag Recovery, 1 hour 30 minutes / Rs 12,000
This rebalancing treatment revives circulation, releases muscle tension and resets the internal clock by combining a full body massage with aromatherapy oils with a head massage and a Six Senses herbal tea.

Indian Head Massage, 60 minutes / Rs 8,900
Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

Foot Acupressure, 60 minutes / Rs 8,900
This treatment involves the application of pressure to reflex points on the feet helping to restore the body to a healthy balance.

Back Neck and Shoulder Massage, 30 minutes / Rs 4800
Relaxing and rejuvenating, enjoy and a back neck and shoulder massage specially designed to soothe those tired muscles.

Fusion Massage, 60 minutes /Rs 8,900, 1 hour 30 minutes / Rs 11,500
Combining therapeutic techniques from the best massages in the world, experience a Six Senses blend of relaxing and rejuvenating full body massage.

FACIALS

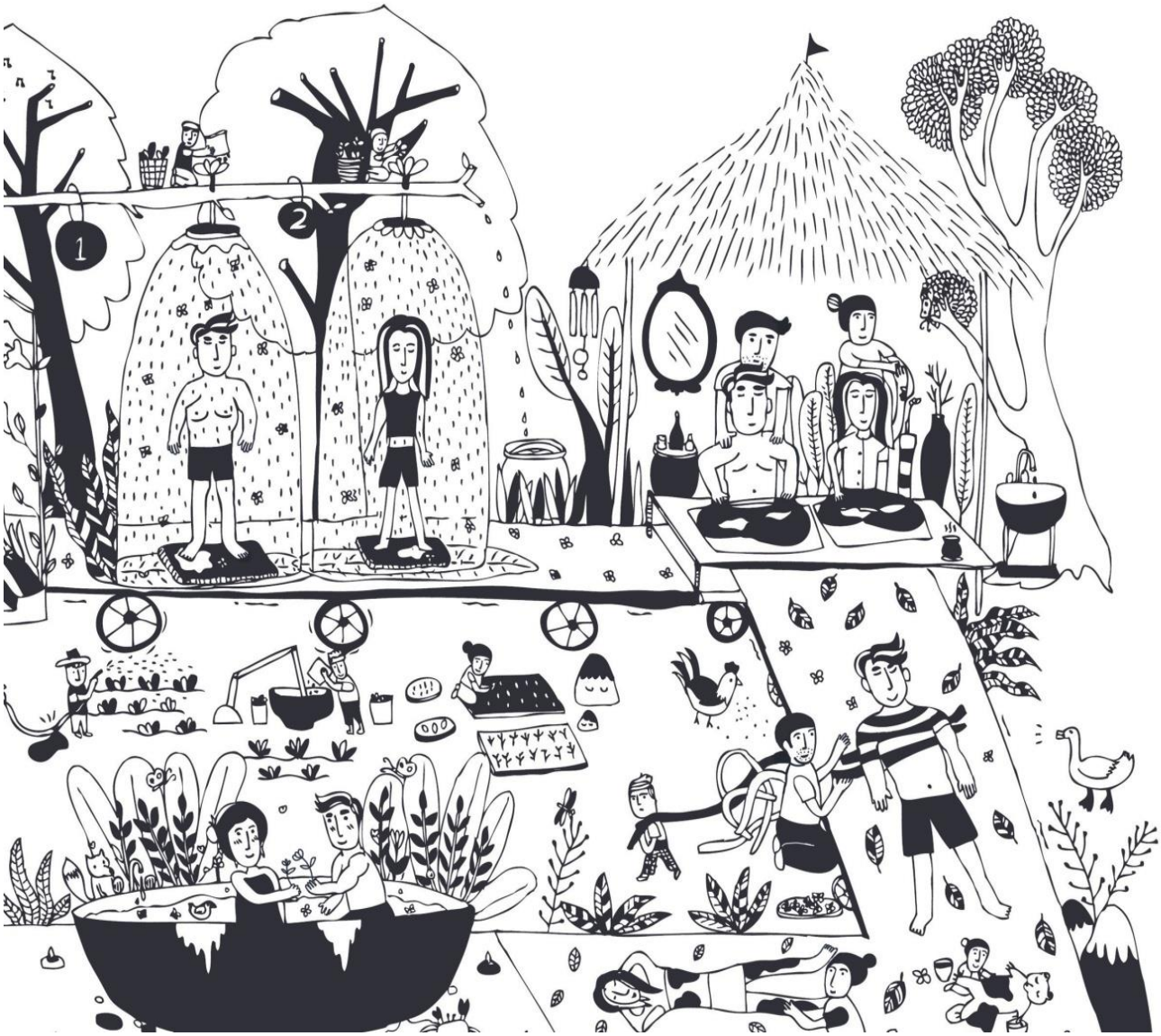
Six Senses Signature Facials, 60 minutes / Rs 10,500, 1 hour 20 minutes / Rs 12,500
***Nourishing* -** moisturises and improves skin tone and elasticity. Beneficial for dry or maturing skin.
Purifying - a deep-cleansing facial ideal for eliminating blocked pores and skin blemishes.
Soothing - calms sensitive and irritated skin with soothing plant extracts and flower essences.

Sri Lankan Natural Facial, 60 minutes / Rs 9,500
Rejuvenate and balance the skin with this traditional Sri Lankan facial, using a blend of local natural ingredients to cleanse and exfoliate. It continues with a white clay mask and a gentle hand massage to evoke a deep sense of relaxation.

BODY TREATMENTS

Bali Coffee Body Scrub, 30 minutes / Rs 4,800
Inspired by an authentic Balinese spa treatment, this aromatic scrub will smooth your skin and elevate your mood. Coffee scrub is made from finely grounded red rice, coffee and Pumice stone.

Kurumba Kaashi Coconut Wrap, 60 minutes / Rs 9,500
This rejuvenating treatment starts with a natural coconut body scrub to gently exfoliate the skin in preparation for a soothing wrap of honey and papaya. Coconut oil is then gently applied to the entire body leaving the skin glowing and moisturized.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RITUALS

Lassanai Day Package, 3 hours / Rs 22,000

A Foot Bath Ritual
Six Senses Signature Scrub
Herbal Body cocoon
Ayurvedic Massage
Purifying Facial

Kandalama Bliss, 4 hours / Rs 28,000

Aromatherapy Bath or Body Scrub
Six Senses Signature Massage
Purifying or Nourishing Facial
Manicure and Pedicure 100 min

Couples Journey, 2 hours / Rs 36,000

Aphrodite Couples Bath
Six Senses Signature Massage
Choice of Scalp or Foot Massage
Chocolates, fruits and Sparkling wine

Detoxifier Package, 4 hours / Rs 30,000

Detox Body scrub and wrap
Detox Massage
Natural Facial
Foot Acupressure

BEAUTY

File and Polish 30minutes / Rs 3,800

Manicure, 50 minutes / Rs 6800, 1 hour 20 minutes / Rs 8900

Pedicure, 50 minutes / Rs 6800, 1 hour 20 minutes / Rs 8900

JUNIOR THERAPIES*

Mini Facial / Head, Shoulder & Feet Massage, 30 min / Rs 3,800

Mini Manicure / Mini Pedicure, 30min / Rs 3,800

***Suitable for nine to 16 years old**

SPA ETIQUETTE

Six Senses Spa Opening Hours
09:00 – 21:00 daily
Spa Reservations
For any enquiries or information regarding the spa, please dial the Spa button as marked on your telephone display.

Arrival and Lifestyle Consultation Form
Please arrive 15 minutes prior to your treatment in order to complete your lifestyle consultation form to assist us with your treatment preferences. Out of respect for other clients' reservations, we advise you that we are unable to extend your treatment time in case of your late arrival.

Heat Experiences
We recommended booking a sauna and steam prior to your spa treatment. This helps to enhance the benefits of your treatment and stimulate blood and lymphatic circulation. This service is complimentary.

Preparation for your Six Senses Spa Journey
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. In consideration of other guests, active mobile phones are not permitted in the spa.

We recommend that you leave all jewellery and valuables in your room prior to coming to the spa. We recommend that you do not sunbathe after facials, aromatherapy and waxing treatments for up to 6 hours after the treatment. For men, please shave at least 24 hours prior to facial treatments to ensure maximum results are achieved.

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

Cancellations
Please give 5 hours cancellation notice on individual treatments and 24 hours on packages. A 50% cancellation fee will apply if such notice is not given. Failure to keep your

appointment will result in a 100% treatment charge.

Six Senses Spa at Heritance Kandalama
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