



SIX SENSES SPAS

## A GUIDE TO SIX SENSES INTEGRATED WELLNESS

Over the last two years we have been working with some of the most highly respected doctors and wellness professionals from around the world on developing an approach to wellness that addresses some of the most common issues people face as a result of their ultra-stressed daily lives.

This has come hand in hand with the shift in the role of wellness in the hospitality industry. The fact that wellness is no longer confined to the four walls of a spa or a fitness center has sparked our innate desire to offer an integrated approach to health and wellness that is not only offered at our resorts and spas, but presented so that the knowledge and practices are easily incorporated into the everyday lives of our guests.

And the result is Six Senses Integrated Wellness.

There are several building blocks that form the foundations of this concept, including nutrition, sleep health, movement, alternative therapies, holistic treatments, yoga, meditation and mindfulness. The ultimate goal is to offer guests real benefits and guidance by providing in-depth information about their health and personalizing every aspect of their stay at Six Senses resorts to enhance their lives and well-being.

This winter sees the introduction of Six Senses Integrated Wellness through the launch of personalized wellness programs designed by Six Senses in-house wellness experts.

This guide provides you with an insight into this latest project and how it works at participating spas.

Six Senses Spas team



## IT ALL BEGINS WITH ... SCREENINGS

Every stay starts with a **wellness screening** which uses advanced technology to analyze key physiological biomarkers of health including body composition, metabolism, oxygen distribution, heart function and circulation, as well as stress parameters. The screening enables our wellness expert to personalize your wellness program and allows you to make more informed decisions about lifestyle changes to achieve optimal health.

At some locations, the screening process continues with **performance testing with Fusionetics**, an evidence-based sports science platform, to help you understand, monitor and improve your personal fitness levels.

Fusionetics is the compilation of over a decade of research and field-testing led by Dr. Michael A. Clark, scientists, sports medicine professionals, coaches, athletes and business leaders who have relentlessly pursued their passion for perfecting human movement.

The test involves conducting of six different movements and the execution of these is registered on the platform. The results will help you optimize your performance and reduce the risk of injury through a variety of training techniques.



## THE NEXT STEP

### A PERSONALIZED WELLNESS PROGRAM

Based on the results from these tests, Six Senses in-house wellness experts recommend a personalized wellness program including selected spa treatments, nutritional advice and a series of fitness and wellness activities to kick-start your journey and help you achieve desired goals within available timeframe.

These personalized programs also take into consideration your most common lifestyle-related concerns and personal goals, some of these are listed below:

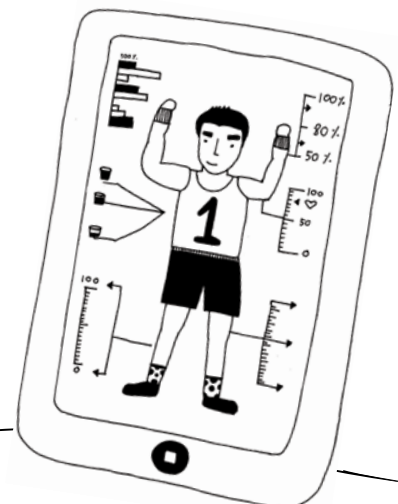
### Sleep & Resilience

Are you feeling tired and lack energy, experience bouts of cold, suffer from headaches and pains and find it difficult to handle stress and adversity? There can be many underlying issues such as lack of sleep, weakened immune system, relationship problems or stress.

Our recommendations have been developed under the guidance of **Dr. Michael J. Breus, Ph.D.**, a clinical psychologist and a Diplomate of the American Board of Sleep Medicine. He was one of the youngest people to have passed the board and with a specialty in sleep disorders and neuropsychological testing, is one of only 159 doctors in the world with his credentials and distinction.

The goal is to help you rest the mind and rejuvenate the body by combining practical advice from Dr. Breus with the many benefits of yoga and meditation, as well as relaxing spa treatments, wellness therapies, low intensity training and nutritional advice.

And benefits? Increased levels of energy, a great boost for the immune system and a host of tools to help you cope with everyday stress. It is because resilience goes hand in hand with being physically well and emotionally positive.



### Trim & Fit

Want to lose weight, improve stamina, tone the body, get fit or address specific movement-related concerns?

Your program will bring together the best of your abilities and focus on movement, blending high and low intensity training with soothing treatments, meditation, sleep and nutrition.

And benefits? Improved fitness levels, toned body, higher energy levels, improved mood and better sleep.

### Cleanse & Detox

Want to eliminate toxins, improve digestive system, boost the immune system and achieve clarity of thought and peace of mind?

The main focus is on utilizing the non-invasive techniques of yogic cleanse and detox in a safe and controlled manner. This is combined with low intensity training, detoxifying therapies, massages, reflexology, meditation and nutrition.

And benefits? Improved circulation of the blood and lymphatic systems, higher levels of energy, more clarity and quieter mind and resting of the digestive system through sensible eating of whole foods.

### Full Potential

Are you already in good health and wish to progress to the next level? Want to live your life to your full potential?

This is the most flexible program which allows our in-house expert to prepare a personalized program based on the initial assessment and the personal improvements you wish to achieve.

In addition to the initial wellness screening, your program will include:

**One spa treatment (80 minutes) per day**

**One wellness/fitness activity (60 minutes) per day**

**Access to in-house wellness experts for advice and guidance throughout your stay**

Don't forget that the underlying principle of this concept is for you to experience joy and fulfillment in what you do. We believe that without enjoyment, the results are simply more difficult to achieve and maintain long into the future.

Movement is fun, food is pleasure, sleep is divine and a treatment from a mindful expert is a gift – once you realize the joy of being well and healthy, you will be motivated to embark and stay on this personal path to well-being.

### WE ARE WHAT WE EAT

One of the main pillars of this concept is **NUTRITION**.

A well-balanced diet with regular physical activity is a cornerstone of good health. After all, we are what we eat and the food we eat has a direct bearing on our health, vitality and mood. We can either thrive or whither, depending what we choose to have on our plates and over time, what we eat also determines who we become in terms of our physical health and mental well-being.

We have worked with **Dr. Steven R. Gundry, M.D.**, whose insatiable curiosity and compassion for his fellow man have led him down a path of discovery that has literally ushered him back to the dawn of civilization. His believe in a fundamental theory about the way our brain computes and perceives our eating habits has resulted in his outlining of system of eating that not only guarantees weight loss, it can reverse and or eradicate serious diseases such as high blood pressure and, in some cases, even cancer.

He has been instrumental in preparing Six Senses nutritional guidelines which allow our in-house wellness experts to make recommendations on 'foods to favor' and 'foods to avoid' specific to your individual needs and wellness goals during your stay.

### FINALLY...

During your post-program follow up consultation, our wellness experts will go over the results of your stay and provide advice and tools on how to continue and maintain a healthy lifestyle at home.

A follow-up wellness screening session is recommended for programs of one week and beyond.



## SIX SENSES WELLNESS BOARD

**Dr. Steven Gundry** is a cardiac surgeon, former professor and chairman of cardio thoracic surgery at Loma Linda University School of Medicine. A graduate of the University of Michigan, Gundry has gone on to be internationally recognized as an inventor, researcher and one of America's top doctors. He is the director of The International Heart and Lung Institute in Palm Springs, California, and the founder/director of The Center for Restorative Medicine in Palm Springs and Santa Barbara. He also specializes in nutrition and is the author of the best-selling book "Dr Gundry's Diet Evolution".

**Michael J. Breus, Ph.D.**, is a clinical psychologist and both a diplomat of the American Board of Sleep Medicine and a fellow of The American Academy of Sleep Medicine. In addition to his private practice for 16 years, Dr. Breus also trains other sleep doctors and consults with major airlines, hotel companies, mattress manufacturers and retailers to provide the optimum sleep experience for their customers. He is the author of "The Sleep Doctor's Diet Plan, Lose Weight Through Better Sleep" and a frequent guest on The Dr. Oz Show and a clinical advisor to the show as well.

**Dr. Mehmet Oz** has been a professor at the Department of Surgery at Columbia University since 2001. He directs the Cardiovascular Institute and Complementary Medicine Program at New York Presbyterian Hospital. His research interests include heart replacement surgery, minimally invasive cardiac surgery and health care policy.

Oz appeared as a health expert on The Oprah Winfrey Show for five seasons. He coauthored six New York Times best sellers including the popular "You: Manual" series as well as "Healing from the Heart." His book "You: Having a Baby" was published by Free Press in 2009. Oz and the Hearst Corporation launched the bimonthly magazine Dr. Oz THE GOOD LIFE in 2014. Time magazine ranked Oz at 44th on its list of the "100 Most Influential People in 2008" and Esquire magazine placed him on its list of the "75 Most Influential People of the 21st Century."

